



TRAINING PLAN

**FIGHT
FOR EVERY
HEARTBEAT**
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YORKSHIRE THREE PEAKS CHALLENGE 2014



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The following guide, endorsed by adventure challenge experts eightpointtwo, will get you prepared for the Yorkshire Three Peaks Challenge.

Even if you already consider yourself 'fit' it is worth remembering that hill walking requires a very specific type of fitness (both mental and physical) and your training should replicate this need.

If you have an existing medical condition or are concerned about your health it is important you visit your doctor and seek their advice before starting any training programme.

The guide refers to different fitness training, these are:

Level 1: A basic level of fitness - being able to sustain 30-40 minutes constant physical activity without becoming over breathless

Level 2: Endurance - exerting yourself and remain active for at least an hour

Level 3: Hill fitness - training for ascents and descents, needed for hill walking

Note: The session could be walking, running, swimming, cycling or any other form of physical activity. For those of you training for the first time, walking may be an appropriate session.

Month 1	30-40 minutes constant activity x 3 times a week. (Level 1). Start and end the sessions with a slower pace to allow your muscles to warm up and cool down.
Month 2	30-40 minutes constant activity x 2 times a week. (Level 1). One hour walk (level 2) x 1 time a week. Start slow and cool down at the end.
Month 3	30-40 minutes constant activity x 2 times a week. (Level 1). One hour walk (level 2) x 1 time a week. Start to include some hills into your routes for level 1 and 2. Walk fast on the ascent and use the descent to recover your breath. Start level 3 once a month. For this pick a route around 10 miles. Where possible walk level 3 with your team members as this will be good team building.
Month 4	30-40 minutes constant activity x 2 times a week. (Level 1). This should include as many inclines as possible and the distance per session should have increased. You could change some of the sessions to cycling or swimming and include some jogging in the walking sessions. Level 2 x 1 time a week, again some of the sessions could be changed to a different activity. Level 3 x 2 times a month. The terrain should include some hills but not necessarily mountains and you should cover up to 12 miles.
Month 5	30-40 minutes constant activity x 2 times a week. (Level 1). Level 2 x 1 time a week, including steep hills and also wearing a light rucksack. Level 3 x 1 per month. Walk in hilly terrain and aim for a 2,500 foot or above peak. If you can arrange more trips - great!
Month 6	30-40 minutes constant activity x 2 times a week. (Level 1) wearing a rucksack. Level 2 x 1 time a week wearing a heavier rucksack. Level 3 x 1 per month. If you have the chance visit one of the Peaks, or similar terrain, and compare your time to the scheduled time.

The challenge will still be **demanding**. Use the sessions in the plan to try out your kit and break-in any new boots.

Despite this you might still suffer from blisters and you may want to use tape such as zinc tape on blister prone areas.

**GOOD
LUCK!**

KIT LIST

With so many products on the market, it can be hard to tell what you'll actually need for your walking challenge. To help make it easier we've compiled a list of items you should consider.

ITEM	ESSENTIAL/OPTIONAL	COMMENTS
Route map	Essential	Provided on day
Emergency numbers	Essential	Provided on day
Mobile Phone	Essential	Worth entering into your phone the emergency numbers before you set off
Participant number	Essential	To be worn on your person at all time
Sun cream/lip balm/sun block	Essential	
First aid kit	Essential	Should consist of a minimum of plasters/blister kit, Vaseline, talc, tape, and scissors
Whistle	Essential	To attract attention
Suitable footwear	Essential	Although training for the event is absolutely crucial, more often than not it is a poor selection of footwear that will determine if you manage to finish the event
Hat	Essential	
Spare socks	Essential	Bring at least 2 extra pairs - you will welcome the change
Extra layers	Essential	e.g. Fleece jacket, thermal shirt. Weather conditions can change suddenly on the Peaks
Waterproofs	Essential	Light weight, breathable
Wicking base layer t-shirt	Essential	Cotton t-shirts can easily become soaked through rain or perspiration, a synthetic based top designed for active sports is ideal
Rucksack	Essential	Anything up to 30 litres - remember you'll have to carry whatever you bring. Use a liner to keep contents dry. TIP: Pack your rucksack so most often used items are near top for easy access
Energy snacks/food	Essential	Ideally enough to sustain you for up to 12 hours - see food and drink section for advice
Water/Hydrating drink	Essential	There is water at every checkpoint, but we recommend bringing extra drinks. Hydration is essential. Avoid carrying cans of drink as they are heavy and cannot be resealed
Money	Essential	To buy food and drink en route
Sturdy water bottle (s)	Optional	Avoid a large bottle; choose two smaller bottles to spread the weight if possible - but camelpack ideal
Compass	Optional	If you can navigate, use a compass as a welcome aid to the map
Sat map/navigation device	Optional	If you have a GPS navigational device and have downloaded the route then ensure you bring batteries for it and know how to use it
Torch	Optional	
Camera and batteries	Optional	Worth it to capture all those amazing memories
Spare footwear	Optional	
Sunglasses	Optional	
Antibacterial wipes	Optional	
Gloves	Optional	May be worth having if using walking poles and it can be cold at the top!
Plastic bags	Optional	Ideal for sitting on or taking your rubbish with you
Walking Poles	Optional	
Blister pads	Optional	