

**Youth
Adventure
Trust**



Inspiring
young lives



HIKE TRAINING GUIDE

Welcome to #TEAMYAT

Give yourself a pat on the back for deciding to take on a hiking challenge. Though difficult, they are very often the most rewarding of challenges, with stunning scenery and lively camaraderie along the way.

You're sure to have a huge sense of achievement, knowing that not only have you accomplished something big, you're also inspiring vulnerable young lives in the process!

For further information visit www.youthadventuretrust.org.uk

THANK YOU!

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Registered Charity No. 1019493.

Registered Company No. 2777296. Registered in England.

Registered Office: Youth Adventure Trust, Windmill Hill Business Park, Whitehill Way, Swindon, SN5 6QR

Preparation is Key

So - you're signed up and have walking boots at the ready? Fantastic! Now it's time to get training! Not only is your challenge physically demanding, a hike can often be a mental battle too so we really can't recommend enough that you make a training plan and stick to it. Your faith in the training you've done will spur you on when it comes to challenge day.



Training

We've produced a sample training plan and a handy training planner template for you so you can prepare, keep track of your planned sessions and chart your progress. You'll need to include stamina and strength work as well as stretches for flexibility.



"Train! It's never just a walk!
Don't assume you can do it without training..."
Jake Greenwood (Challenge Participant 2019)



Hike vs Gym

The best advice we can give you is to spend time on your feet, preferably outdoors, getting out there and getting used to what the challenge has in store for you.

Keep your gym routine going for cross-training and strength work.



Your Feet

When it comes to hiking, your feet can either make it hell or heaven! Get yourself a pair of good quality, fully waterproof leather or fabric walking boots and make sure you break them in before the challenge. Choose boots with a reasonably high ankle support. Don't wear brand new boots for the event itself - you'll regret it.

Deal with any blisters quickly during training - Compeed is great for covering them up and helping them to heal.

Nutrition

Avoid processed, sugary & saturated/trans fatty foods when training and in the immediate run-up to the event. When hiking, don't wait until you are hungry before eating - you need to keep topped up with energy. Find foods that are easy to eat and easy to carry (think of weight!). Avoid big meals on the hike and ensure you drink frequently to replace lost fluids; water and isotonic drinks to replace minerals and salts.

Give it a Rest

When training, rest is really important, although can be difficult to do, especially if your training is going really well! You need to allow your body time to recover so make sure you add rest days to your training plan.



"Take friends & family along with you for support & encouragement"
Shaun Watts (Challenge Participant 2019)



Further Advice

We're with you every step of the way so if you need further advice or guidance, please contact us. Within the YAT team there is a wealth of experience in hiking & adventures outdoors. We'll be glad to help make your hiking experience memorable for all the right reasons!



Email fundraising@youthadventuretrust.org.uk
for further advice & guidance &
share your training adventures with us at:
#TeamYAT





SAMPLE TRAINING PLAN



Monday:
Tuesday:
Wednesday:
Thursday:
Friday:
Saturday:
Sunday:

Week 1
Rest
30 Min Walk
Rest
30 Min Walk
Cross Training
Rest
1 Hour Walk

Week 2
Rest
30 Min Walk
Rest
30 Min Walk
Cross Training
Rest
2 Hour Walk

Week 3
Rest
30 Min Walk
Rest
30 Min Walk
Cross Training
1 Hour Walk
3 Hour Walk

Monday:
Tuesday:
Wednesday:
Thursday:
Friday:
Saturday:
Sunday:

Week 4
Rest
30 Min Walk
Rest
30 Min Walk
Cross Training
1 Hour Walk
4 Hour Walk

Week 5
Rest
30 Min Walk
Rest
30 Min Walk
Cross Training
Rest
5 Hour Walk

Week 6
Rest
30 Min Walk
Rest
30 Min Walk
Cross Training
1 Hour Walk
6 Hour Walk



Monday:
Tuesday:
Wednesday:
Thursday:
Friday:
Saturday:
Sunday:

Week 7
Rest
30 Min Walk
Rest
1 Hour Walk
Cross Training
2 Hour Walk
7 Hour Walk

Week 8
Rest
1 Hour Walk
Rest
1 Hour Walk
Cross Training
8 Hour Walk
Rest

Week 9
Rest
1 Hour Walk
Rest
1 Hour Walk
Cross Training
2 Hour Walk
8 Hour Walk



Monday:
Tuesday:
Wednesday:
Thursday:
Friday:
Saturday:
Sunday:

Week 10
Rest
1 Hour Walk
Rest
1 Hour Walk
Rest
3 Hour Walk
8 Hour Walk

Week 11
Rest
1 Hour Walk
Rest
1 Hour Walk
Cross Training
Rest
4 Hour Walk

Week 12
Rest
1 Hour Walk
Rest
30 Min Walk
Rest
3 Hour Walk
Rest





WEEKLY TRAINING PLANNER

Need a trifle more motivation? Stick this up on your wall!

WEEK BEGINNING (DATE):

Fill in the dates.

Make a note of each warm up, warm down & exercise periods. Include comments on how you felt or what worked well for you! Remember to have rest days too!

MONDAY

WARM UP:

MAIN EXERCISE:

WARM DOWN:

COMMENTS:

TUESDAY

WARM UP:

MAIN EXERCISE:

WARM DOWN:

COMMENTS:

WEDNESDAY

WARM UP:

MAIN EXERCISE:

WARM DOWN:

COMMENTS:

THURSDAY

WARM UP:

MAIN EXERCISE:

WARM DOWN:

COMMENTS:

FRIDAY

WARM UP:

MAIN EXERCISE:

WARM DOWN:

COMMENTS:

SATURDAY

WARM UP:

MAIN EXERCISE:

WARM DOWN:

COMMENTS:

SUNDAY

WARM UP:

MAIN EXERCISE:

WARM DOWN:

COMMENTS: