# Top 10 tips for training:

1. **Routine is your friend**. Try and build the training into your routine. We have deliberately avoided too many sessions in a week but try to commit to these sessions where possible.
2. **Consistency**. Improvement happens when we do the activity repeatedly, but not in a stop/start fashion. Decide how much time is manageable for you on a weekly basis and stick to it.
3. **Rest and relax**. Allow yourself time to recover and let your muscles rebuild. Now is a great time to incorporate some swimming, yoga or Pilates into your training.
4. **Find a friend**. Especially as the training sessions get longer it helps to share the experience with a friend or family member.
5. **Get outdoors**. Train on similar terrain to that which you will be covering. Try out undulating terrain, different types of surface and conditions (e.g. road, track or path).
6. **Comfort is key**. Get used to blisters, chafing, aches and strains. Work out what you need to wear to reduce the likelihood of them occurring and what to take with you to treat them. Blister plasters are your friend, keep some in your backpack.
7. **It’s all in the mind**. Be aware of the sessions that made you stronger. When you went out and walked when you didn’t want to, when you carried on and did another 2 miles even though you had blisters. The day you finished your 6 miles in the driving rain. All of these scenarios make you mentally more able to deal with them next time they arise.
8. **Get kitted out**. Don’t let the wrong kit be the reason you don’t complete this challenge. Work out what you need (we will provide you with a kit list) and make sure you are prepared for any weather.
9. **Talking of weather**. We recommend training in all weather – you cannot guarantee fair weather on the day, so don’t train only when the weather is good! There’s no such thing as bad weather, only the wrong clothing.
10. **Enjoy it.** If you’ve trained well, the hard work has already been done.

Enjoy the experience on the day!

# Training guidance:

* The training plan is divided into 2 week sections, increasing intensity gently through the sessions and tapering towards the final week.
* Please ensure that before starting the training plan below, you are medically fit to do so – consulting your GP before commencing any kind of training is very much recommended and if you have any medical issues that may be affected by the training then it is imperative.
* Try and incorporate “Hill Sessions” i.e. a continuous period of activity up and down hills of varying lengths.
* The times set are a minimum.
* Group exercise classes are a great way to improve your fitness levels and help you stay motivated. Rossi’s offer a variety of workouts ranging from high intensity cardio classes such as Body Combat, Body Attack, Aquafit and Spinning to strength and conditioning training with Body Pump, Legs Bums & Tums, and Step & Sculpt. Strength training can also be undertaken in the gym using fixed resistance machines or free weights or if you don’t have access to a gym/equipment bodyweight exercises can be performed at home such as squats, or lunges.
* The Cardio sessions on a Thursday give you an opportunity to vary what you are doing to ensure your training does not become boring or tedious. Swimming is a great exercise to improve your aerobic fitness but alleviate pressure on the joint, the resistance of the water will also give you something of a strength workout.
* Strong core muscles are important for most physical activities. If you have weak core muscles, this can lead to more fatigue, less endurance and injuries. Weak core muscles can also leave you susceptible to poor posture, lower back pain and muscle injuries. Think about incorporating core exercises such as glute bridges, planks, ab crunches and back extensions into your work out. Both Yoga and Pilates promote strong core activation and good posture.
* Stretching is a key element of any training programme and must not be overlooked. It keeps the muscles flexible, strong, and healthy, and we need that flexibility to maintain a range of motion in the joints. Without it, the muscles shorten and become tight. Injured muscles may not be strong enough to support the joints, which can lead to joint injury. Rossi’s offer many Fitness Pilates and Fittness Yoga classes throughout the week. You can also find a variety of videos online such as Youtube to follow at home.

24 MILES

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| **Week** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
| **1****Introduction** | Walk30mins | 30mins Strength Training  | REST | 30mins Cardio Work (i.e Brisk walk/gym/swim/cycle/ class) | ACTIVE REST1 Hour Flexibility (i.e Stretching/Pilates / Yoga) | Walk1 Hour | REST |
| **2****Introduction** | Walk45mins | 30mins Strength Training | REST | 30mins Cardio Work | ACTIVE REST 1 HourFlexibility  | Walk1.5 Hour | REST |
| **3****Build up** | Brisk Walk50mins | 30-45 mins Strength Training | REST | 30minsCardio Work | ACTIVE REST1 HourFlexibility  | Walk2 Hours | REST |
| **4****Build up** | Brisk Walk1 Hour | 30-45 mins Strength Training | REST | 30minsCardio Work | ACTIVE REST1 HourFlexibility  | Walk2 Hours | REST |
| **5****Mid Way Intensity** | Brisk Walk1 Hour | 45-60 mins Strength Training | REST | 45minsCardio Work | ACTIVE REST1 HourFlexibility  | Walk2.5 Hours | REST |
| **6****Mid Way Intensity** | Brisk Walk1 Hour | 45-60 mins Strength Training | REST | 45minsCardio Work | ACTIVE REST1 HourFlexibility  | Walk3 Hours | REST |
| **7****Endurance** | Brisk Walk1 Hour | 1 Hour Strength Training | REST | 1 HourCardio Work | ACTIVE REST1 HourFlexibility  | Walk4 Hours | REST |
| **8****Endurance** | Brisk Walk1 Hour | 1 Hour Strength Training | REST | 1 HourCardio Work | ACTIVE REST1 HourFlexibility  | Walk5 Hours | REST |
| **9** **Tapering** | Brisk Walk1 Hour | 30-45 mins Strength Training | REST | 30minsCardio Work | ACTIVE REST1 HourFlexibility  | Walk2 Hours | REST |
| **10****Event week** | Walk30mins | REST | 1 HourFlexibility  | Gentle Walk 30mins | REST | EVENT | RECOVERY |

24 KM

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| **4****Build up** | Brisk Walk50mins | 30-45 mins Strength Training | REST | 30minsCardio Work | ACTIVE REST1 HourFlexibility  | Walk1.5 Hours | REST |
| **5****Mid Way Intensity** | Brisk Walk1 Hour | 45-60 mins Strength Training | REST | 45minsCardio Work | ACTIVE REST1 HourFlexibility  | Walk2 Hours | REST |
| **6****Mid Way Intensity** | Brisk Walk1 Hour | 45-60 mins Strength Training | REST | 45minsCardio Work | ACTIVE REST1 HourFlexibility  | Walk2.5 - 3 Hours | REST |
| **7****Endurance** | Brisk Walk1 Hour | 1 Hour Strength Training | REST | 1 HourCardio Work | ACTIVE REST1 HourFlexibility  | Walk3.5 - 4 Hours | REST |
| **8****Endurance** | Brisk Walk1 Hour | 1 Hour Strength Training | REST | 1 HourCardio Work | ACTIVE REST1 HourFlexibility  | Walk4 Hours | REST |
| **9** **Tapering** | Brisk Walk1 Hour | 30-45 mins Strength Training | REST | 30minsCardio Work | ACTIVE REST1 HourFlexibility  | Walk2 Hours | REST |
| **10****Event week** | Walk30mins | REST | 1 HourFlexibility  | Gentle Walk 30mins | REST | EVENT | RECOVERY |