

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 Fitness Yoga classes throughout the week. You can also find a variety of videos online such as Youtube to follow at home.

24 MILES

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Introduction	Walk 30mins	30mins Strength Training	REST	30mins Cardio Work (i.e Brisk walk/gym/swim/cycle/ class)	ACTIVE REST 1 Hour Flexibility (i.e Stretching/ Pilates / Yoga)	Walk 1 Hour	REST
2 Introduction	Walk 45mins	30mins Strength Training	REST	30mins Cardio Work	ACTIVE REST 1 Hour Flexibility	Walk 1.5 Hour	REST
3 Build up	Brisk Walk 50mins	30-45 mins Strength Training	REST	30mins Cardio Work	ACTIVE REST 1 Hour Flexibility	Walk 2 Hours	REST
4 Build up	Brisk Walk 1 Hour	30-45 mins Strength Training	REST	30mins Cardio Work	ACTIVE REST 1 Hour Flexibility	Walk 2 Hours	REST
5 Mid Way Intensity	Brisk Walk 1 Hour	45-60 mins Strength Training	REST	45mins Cardio Work	ACTIVE REST 1 Hour Flexibility	Walk 2.5 Hours	REST
6 Mid Way Intensity	Brisk Walk 1 Hour	45-60 mins Strength Training	REST	45mins Cardio Work	ACTIVE REST 1 Hour Flexibility	Walk 3 Hours	REST
7 Endurance	Brisk Walk 1 Hour	1 Hour Strength Training	REST	1 Hour Cardio Work	ACTIVE REST 1 Hour Flexibility	Walk 4 Hours	REST
8 Endurance	Brisk Walk 1 Hour	1 Hour Strength Training	REST	1 Hour Cardio Work	ACTIVE REST 1 Hour Flexibility	Walk 5 Hours	REST
9 Tapering	Brisk Walk 1 Hour	30-45 mins Strength Training	REST	30mins Cardio Work	ACTIVE REST 1 Hour Flexibility	Walk 2 Hours	REST
10 Event week	Walk 30mins	REST	1 Hour Flexibility	Gentle Walk 30mins	REST	EVENT	RECOVERY

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1 Introduction	Walk 30mins	30mins Strength Training	REST	30mins Cardio Work (i.e Brisk walk/gym/swim/cycle/ class)	ACTIVE REST 1 Hour Flexibility (i.e Stretching/ Pilates / Yoga)	Walk 30mins	REST
2 Introduction	Walk 45mins	30mins Strength Training	REST	30mins Cardio Work	ACTIVE REST 1 Hour Flexibility	Walk 45mins	REST
3 Build up	Brisk Walk 50mins	30-45 mins Strength Training	REST	30mins Cardio Work	ACTIVE REST 1 Hour Flexibility	Walk 1 Hour	REST
4 Build up	Brisk Walk 50mins	30-45 mins Strength Training	REST	30mins Cardio Work	ACTIVE REST 1 Hour Flexibility	Walk 1.5 Hours	REST
5 Mid Way Intensity	Brisk Walk 1 Hour	45-60 mins Strength Training	REST	45mins Cardio Work	ACTIVE REST 1 Hour Flexibility	Walk 2 Hours	REST
6 Mid Way Intensity	Brisk Walk 1 Hour	45-60 mins Strength Training	REST	45mins Cardio Work	ACTIVE REST 1 Hour Flexibility	Walk 2.5 - 3 Hours	REST
7 Endurance	Brisk Walk 1 Hour	1 Hour Strength Training	REST	1 Hour Cardio Work	ACTIVE REST 1 Hour Flexibility	Walk 3.5 - 4 Hours	REST
8 Endurance	Brisk Walk 1 Hour	1 Hour Strength Training	REST	1 Hour Cardio Work	ACTIVE REST 1 Hour Flexibility	Walk 4 Hours	REST
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