

**YOUR
HIKING**

**WE ARE
MACMILLAN.
CANCER SUPPORT**

**TRAINING
GUIDE**

Everything you need to know to feel prepared for your big challenge

THANKS SO MUCH

Thank you for joining Team Macmillan. We think you're amazing for having the dedication and commitment to take part in this event.

At the finish, the sense of achievement will be huge, knowing that you've not only completed your challenge but you've helped people affected by cancer too. Completing a trek is no mean feat, so you'll need to put in some serious training. But don't worry – we're here to guide you in the right direction.

Getting started

Although walking is something most people do every day, few of us spend many hours walking on rough, undulating terrain for days in succession. So it's important that you train for this challenge – the better prepared you are the more you'll enjoy the experience.

Look after your feet

We'd strongly recommend buying a pair of good-quality, fully waterproof leather or fabric walking boots. These should have a reasonably high ankle support and a stiff heel counter to give lateral support. There are lots of specialist stores out there where the staff will measure your feet correctly and recommend the right socks for your trek.

Slow and steady wins the training race

The length and duration of your first walk depends on how fit you are. The best approach is to start slowly and build up over time. Your muscles and joints will take a while to adjust to being on your feet for many hours. So, avoid overdoing it on your first few training walks to reduce the risk of injury.


Whatever your reason for taking part in your challenge event, it's important to set yourself goals. This will give you something to aim for, which will keep you motivated. And don't forget that every step you take will help us help someone affected by cancer.

Eat well

Diet will be important during training, so it's worth identifying your nutritional goals and coming up with a healthy eating plan. This will improve your general health and ensure your body has enough energy to keep up the extra exercise.

Make sure you're eating a good mix of carbohydrates and stay well hydrated. You may also find eating a carbohydrate snack two to three hours before you train will help keep your energy levels topped up.





'This is your chance to learn about who you are, what you can achieve and how far you can push yourself'

Phil Minns, Peru Challenge

Team Macmillan training schedules

When training for a walking event, getting used to being on your feet for hours at a time is key. We'd also advise getting into some hilly countryside at the weekends to get yourself used to walking on a variety of terrains. You should also try walking on consecutive days so that your feet become accustomed to going back into your boots.

We've designed the following 16-week training

programme for those taking part in their first hiking challenge who may not have done much structured training before. The programme focuses on spending time walking in the outdoors on a variety of terrain. You can also build up stamina by going to the gym, swimming or playing sports. But these are no replacements for the real thing, which is hiking in the hills with your rucksack and boots on.

Week 1

2 x 30 minute walks,
1 x 1 hour walk, full
stretch after each walk

Week 2

2 x 30 minute walks,
1 x 1 hour walk, full
stretch after each walk

Week 3

2 x 30 minute walks,
1 x 1 hour walk, full
stretch after each walk

Week 4

2 x 30 minute walks,
1 x 1 hour walk, full
stretch after each walk

Week 5

2 x 30 minute walks,
1 x 1.5 hour walk, full
stretch after each walk

Week 6

2 x 30 minute walks,
1 x 1.5 hour walk, full
stretch after each walk

Week 7

Saturday 3 hour walk

Sunday Rest

Monday Rest

Tuesday 1 hour walk,
exercise circuit x 3

Wednesday Rest

Thursday 1 hour walk,
exercise circuit x 3

Friday Rest

Week 8

Saturday 3 hour walk

Sunday Rest

Monday Rest

Tuesday 1 hour walk,
exercise circuit x 3

Wednesday Rest

Thursday 1 hour walk,
exercise circuit x 3

Friday Rest

Week 9

Saturday 1 hour walk

Sunday 3 hour walk

Monday Rest

Tuesday 1 hour walk,
exercise circuit x 3

Wednesday Rest

Thursday 1 hour walk

Friday Rest

Week 10

Saturday 5–6 hour walk

Sunday Rest

Monday Rest

Tuesday 1 hour walk,
exercise circuit x 4

Wednesday Rest

Thursday 1 hour walk,
exercise circuit x 4

Friday Rest

Week 11

Saturday 5–6 hour walk

Sunday Rest

Monday Rest

Tuesday 1 hour walk,
exercise circuit x 4

Wednesday Rest

Thursday 1 hour walk,
exercise circuit x 4

Friday Rest

Week 12

Saturday 2 hour walk

Sunday 5 hour walk

Monday Rest

Tuesday 2 hour walk,
exercise circuit x 4

Wednesday Rest

Thursday 2 hour walk,
exercise circuit x 4

Friday Rest

Week 13

Saturday 8 hour walk

Sunday 2 hour walk

Monday Rest

Tuesday 2 hour walk,
exercise circuit x 5

Wednesday Rest

Thursday 2 hour walk,
exercise circuit x 4

Friday Rest

Week 14

Saturday 8 hour walk

Sunday 3 hour walk

Monday Rest

Tuesday 2 hour walk,
exercise circuit x 5

Wednesday Rest

Thursday 2 hour walk,
exercise circuit x 5

Friday Rest

Week 15

Saturday 8 hour walk

Sunday 4 hour walk

Monday Rest

Tuesday 2 hour walk,
exercise circuit x 5

Wednesday Rest

Thursday 2 hour walk,
exercise circuit x 5

Friday Rest

Week 16

Saturday 4 hour walk

Sunday 2 hour walk

Monday Rest

Tuesday 1 hour walk,
exercise circuit x 2

Wednesday Rest

Thursday 1 hour walk,
exercise circuit x 2

Friday Rest



FITTING TRAINING INTO A BUSY LIFE

You may not always be able to fit in everything we've suggested in the training schedule. But if you make a few changes to your lifestyle, you may well find some extra training time. For example, you could:

- get up an hour earlier and go out for a quick walk before work
- walk to or from work – even if it's only once or twice a week
- get off a stop or two earlier on the bus, underground, tram or train
- park further away than usual and walk part of the route to work
- take the stairs rather than the lift.

Training tips

We've put together some handy training tips which will hold you in good stead for the work ahead.

The long and short of it

After the first six weeks, build up your endurance by walking long, slow distances. Pick one day a week for your long walk, two evenings or mornings for your shorter ones and do circuit exercises to help build specific muscle groups. Wear your rucksack on the long walk so you get used to it.

Mix it up

To keep training interesting, vary the route you walk and invite friends to join you. Vary the types of surfaces and terrain you walk on too. The terrain varies along the route on most trips, with rocky bits, stones, tree roots, sandy bits, and steep ascents and descents.

Stretch yourself

Remember to stretch after every walk. You should also stretch once you've warmed up a bit ie. after about 10 minutes walking.

Have a good rest

Rest is as important as training. It's vital that you allow your body adequate time to recover, so make sure you have enough recovery days.

Keep fit and strong

There's no substitute for walking. However, cycling, swimming, playing squash, tennis or badminton, or working out at the gym for an hour or two will help with your general fitness. It's fine to add this to your programme instead of one of the short walks. Make sure you stretch properly after each session.

Blitz blisters

Blisters happen when something rubs against the skin and causes fluid to form beneath it. The longer the friction goes on the more fluid forms, creating pressure and pain. Eventually the blister may burst, exposing raw skin and more pain. New trekkers usually get blisters because their feet are not toughened or they haven't broken in new boots. Avoid them by:

- buying boots early and wearing them in – the more you wear them the more comfortable they will become.
- making sure your feet are dry so they don't move around in your boots.
- wearing socks with fibres which draw moisture away from the skin – acrylic or polyester rather than pure cotton.
- lacing your boots correctly rather than too tightly or loosely – the irritation from pinching and rubbing will cause blisters.

I'm doing things I would never have dreamed of before. It's given me such a boost in confidence'

Louise Clarke, Nepal Challenge

Exercise circuit

These exercises are designed to strengthen specific muscle groups. It's important to use just your own body weight in the early weeks. But in the latter weeks, you can add small weights to your ankles or put on your rucksack to help build strength.

The idea of the circuit is to complete each exercise then move on to the next. Once you've finished all the exercises (ie one circuit), you then go round the circuit three to five times, as shown in the programme. You can also increase the number of repetitions for each exercise from 20, 30, 40 or 50, depending on how strong you're feeling. Don't forget to stretch before and after the session to keep the muscles loose and long, rather than tight and short.

'The Challenge was simply mind blowing. Every corner you turn brings another stunning view to rival the previous'

Paul Matthews, Jordan Challenge

Calf raises

Stand with your feet together, at arm's length away from the wall. Have your fingers just touching the wall for balance. Raise yourself slowly on to the tips of your toes and slowly lower. Repeat 20 times.

Squats

Stand with your feet shoulder width apart, hands on hips. Keep your back straight and head up while you slowly lower yourself so that your knees are bent 90 degrees. Then stand up so that your knees are locked straight. Repeat 20 times.

Step ups

Using the bottom step of a staircase or a low bench, start with your left foot on the step and your right foot on the floor. Stand up straight on your left leg, bringing your right foot up to the step above and then lower back down to the floor. Repeat 20 times. Change leg and repeat.

Leg extensions

Sit on a high sofa, bed or bench with the backs of your knees just on the edge and your feet hanging down. Lean back, with your hands behind you for support. Keeping the back of your knee on the seat, slowly lift your left foot up so that your leg becomes straight, and lower again. Repeat 20 times. Change leg and repeat.

Leg raises

Lie on your stomach on a mat or soft floor with your hands under your chin. Keeping your left leg straight, slowly raise it six inches off the floor and then slowly lower. Repeat 20 times. Change leg and repeat.



SCRIBBLES

SCRIBBLES

Enjoy yourself

You've signed up to take part in an incredible event so make the most of the experience. Enjoy getting out in the great outdoors, and know that you're helping to change lives as you do it. And, if you start losing motivation or finding training tough, just take a deep breath and remember this: we couldn't do what we do without you.

More support?

If you have any more questions about training for your trek, stroll over to macmillan.org.uk/hiking or email us at hiking@macmillan.org.uk

If you'd like to know more about cancer or you'd like to speak to someone about your own experience, get in touch. We're here for you every step of the way. Just call the Macmillan Support Line free on **0808 808 00 00** (Monday–Friday, 9am–5pm). Or visit us at macmillan.org.uk