



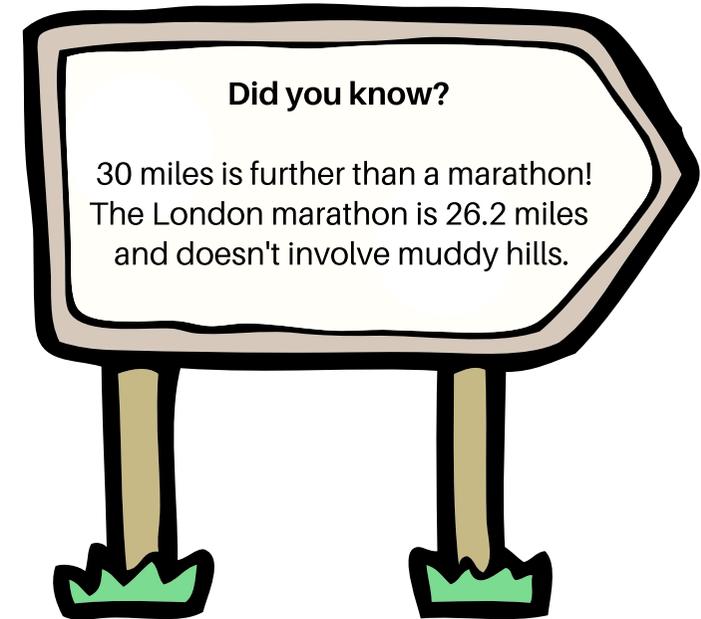
Training Guide

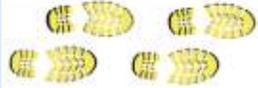
Thank you!

Thank you for signing up to Weston Hospicecare's Mendip Challenge. By entering the event and raising money you are enabling us to continue to provide free care to patients with life limiting illnesses and their families.

The Mendip Challenge is our longest running event, which follows the West Mendip Way through fields, over stiles and across hills. Whether you are taking on 10, 20 or 30 miles we hope this training guide will help to prepare you for the walk. We've put together training plans to make sure you are fully prepared. Each training plan helps you gradually increase your walking distance over 12 weeks.

A reasonably experienced walker will take a minimum of 6 hours' nonstop walking to complete the 20 mile route while the 30 mile route can take in excess of 9 hours. The longer walks in the training plan will give you an idea of your endurance level. Test it - do not guess it. Make sure you choose a distance that suits you; if you are not sure which distance to take on, then check out our difficulty chart to help make the decision.



	Difficulty Level	Description
 10 Miles		Moderate Demanding with hills generally on tracks, paths or fields. Can be completed with some walking experience.
 20 Miles		Strenuous Longer distances and more hills with rougher terrain. Training advised.
 30 Miles		Challenging Steeper hills over rough terrain. Training strongly advised for this distance. <small>Suggested minimum age: 14 years, with previous walking experience</small>

Clothing

Remember that you are potentially going to be walking for many hours and weather conditions can change (particularly on the hills) very quickly. Wearing layers of clothing that can gradually be removed or replaced as your body temperature changes will help. A good set up might be a T-shirt, sweatshirt, fleece, waterproof coat. Wearing longer trousers will reduce the potential spread of ticks.

Check the weather - a hat is an important part of your clothing as it will protect you from the sun in good weather and reduce the large amount of body heat which is lost in cold weather.

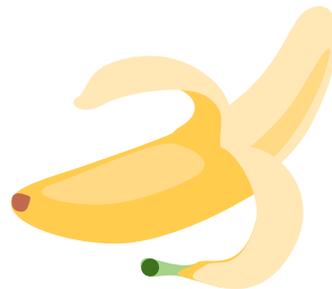


Nutrition

Have a good carbohydrate meal the night before (pasta, potatoes, rice) and eat a good breakfast on the day of the challenge (porridge, scrambled eggs on toast).

Carry plenty of lightweight food with you (it's better to have too much than too little) and a number of sweets or chocolate bars for those low points.

Eat the snacks a little at a time as you walk and this will help maintain your energy.



Walking boots

Make sure you have a decent fitting pair of well-worn walking boots. They mould to the shape of your feet and this helps prevent rubbing and blisters. Be sure to invest in a good pair of walking socks too!

Equipment

Keep your backpack lightweight! We recommend bringing the following items on the walk:



Water!



High-energy nibbles such as cereal bars, yoghurts, dried fruits and nuts



Sunscreen and lip balm



Basic first aid kit



Mendip Challenge route guide (provided on the day)



Fully-charged mobile phone



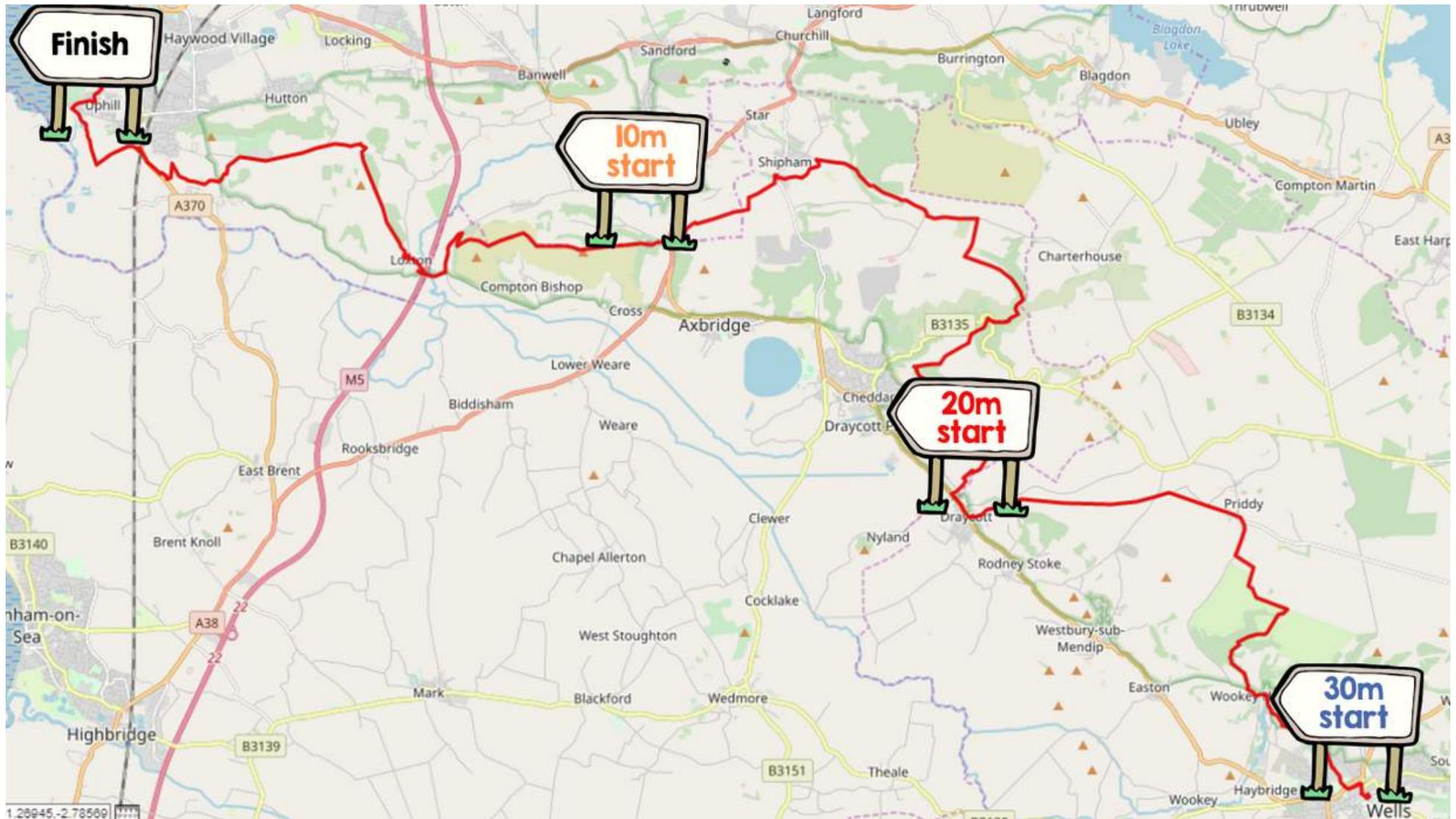
Camera (optional)

Terrain & Hill Walking

The route, which is well signposted, covers woodland, steep stony tracks (which at times can be very muddy), undulating countryside and variable farm land. Dogs must be kept on leads at all times in fields where animals are grazing and gates must be closed after use.

The hills of the West Mendip Way are very challenging. It is therefore paramount that hill walking is factored into training.

Suggested hill walks for training; Brean Down, Ebbor Gorge, Brent Knoll, Crook Peak, Monks Hill (footpath), Cheddar Gorge.



Alternative Training

Try to vary your training to keep you motivated and improve your general fitness. Alternative training could include swimming, cycling, aerobic classes, yoga or working out at the gym.

Warm up

Warm up your muscles by starting gently. Walk and gradually increase your pace. Remember, it isn't just your legs that will be working; your core and arms will get a good workout as well!

Ankle circles -- Stand on one foot and lift the other off the ground. Slowly flex that ankle through its full range of motion, making circles.

The Twist -- Stand with your feet shoulder width apart and your arms straight out, parallel to ground. Keep your lower body stationary while swinging your arms from side to side.

Arm Circles -- Hold your arms straight out to your side parallel to the ground. Make small circles going backward, gradually getting larger and larger.



Cool down/stretches



At the end, walk at a slower pace to cool down and take the time to stretch AFTER every workout. Hold each stretch for 30 to 40 seconds.

Calf stretch -- Take a big step forward with your left foot, keeping your right heel on the ground. Hold the position and repeat on the other side.

Quadriceps Stretch -- Standing up, bend your right knee, bringing your foot toward your buttocks. Keeping your left knee slightly bent, grasp your right ankle. Hold the position and repeat on the other side.

Hamstring and Lower Back -- Slowly bend forward from your hips with your knees slightly bent. Reach for the floor and hold.

Overhead Reach -- Stand with feet hip distance apart. Reach up with one arm and then reach over your head and to the opposite side. Keep your hips steady and your shoulders straight. Hold the position and repeat on the other side.

10 Mile Training Plan

This training plan is designed to build you up to walking 10 miles. You can change the days that you walk to suit your schedule, just make sure you're still walking the recommended number of times that week and are giving yourself enough rest time so your body can recover.

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Rest	1.5 mile walk	Rest	1.5 mile walk	Alternative training	Rest	2 mile walk
2	Rest	1.5 mile walk	Rest	1.5 mile walk	Alternative training	Rest	2 mile walk
3	Rest	2 mile walk	Rest	2 mile walk	Alternative training	Rest	3 mile walk
4	Rest	2 mile walk – focus on hills	Rest	3.5 mile walk	Alternative training	Rest	4.5 mile walk
5	Rest	2.5 mile walk	Rest/Alternative training	3.5 mile walk	Alternative training	Rest	5 mile walk
6	Rest	3 mile walk	Rest/Alternative training	4 mile walk	Alternative training	Rest	5 mile walk
7	Rest	3 mile walk	Rest/Alternative training	4 mile walk	Alternative training	Rest	6 mile walk
8	Rest	3 mile walk	Rest/Alternative training	4 mile walk	Alternative training	Rest	8 mile walk
9	Rest	2 mile walk	Rest/Alternative training	3 mile walk	Alternative training	Rest	9 mile walk
10	Rest	3 mile walk	Rest/Alternative training	4 mile walk	Alternative training	Rest	8 mile walk
11	Rest	2 mile walk – focus on hills	Rest/Alternative training	2 mile walk – focus on hills	Alternative training	Rest	4 mile walk
12	Rest	2 mile walk	Rest/Alternative training	2 mile walk	Alternative training	Rest	

20 Mile Training Plan

This training plan is designed to build you up to walking 20 miles. You can change the days that you walk to suit your schedule, just make sure you're still walking the recommended number of times that week and are giving yourself enough rest time so your body can recover.

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Rest	2 mile walk	Rest	2 mile walk	Alternative training	Rest	2 mile walk
2	Rest	2 mile walk	Rest	2 mile walk	Alternative training	Rest	3 mile walk
3	Rest	2 mile walk	Rest	3 mile walk	Alternative training	Rest	5 mile walk
4	Rest	3 mile walk	Rest/Alternative training	4 mile walk	Alternative training	Rest	8 mile walk
5	Rest	3 mile walk	Rest/Alternative training	4 mile walk	Alternative training	Rest	10 mile walk
6	Rest	4 mile walk	Rest/Alternative training	5 mile walk	Alternative training	Rest	12 mile walk
7	Rest	5 mile walk	Rest/Alternative training	6 mile walk	Alternative training	Rest	14 mile walk
8	Rest	5 mile walk	Rest/Alternative training	5 mile walk	Alternative training	Rest	16 mile walk
9	Rest	5 mile walk	Rest/Alternative training	5 mile walk	Alternative training	Rest	14 mile walk
10	Rest	4 mile walk	Rest/Alternative training	4 mile walk	Alternative training	Rest	12 mile walk
11	Rest	4 mile walk	Rest/Alternative training	4 mile walk	Alternative training	Rest	10 mile walk
12	Rest	3 mile walk – focus on hills	Rest/Alternative training	3 mile walk – focus on hills	3 mile walk – on flat ground	Rest	

30 Mile Training Plan

This training plan is designed to build you up to walking 30 miles. You can change the days that you walk to suit your schedule, just make sure you're still walking the recommended number of times that week and are giving yourself enough rest time so your body can recover.

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Rest	4 mile walk	Rest	4 mile walk	Alternative training	Rest	4 mile walk
2	Rest	4 mile walk	Rest	4 mile walk	Alternative training	Rest	6 mile walk
3	Rest	4 mile walk	Rest	6 mile walk	Alternative training	Rest	8 mile walk
4	Rest	6 mile walk	Rest/Alternative training	8 mile walk	Alternative training	Rest	10 mile walk
5	Rest	6 mile walk	Rest/Alternative training	8 mile walk	Alternative training	Rest	15 mile walk
6	Rest	6 mile walk	Rest/Alternative training	8 mile walk	Alternative training	Rest	18 mile walk
7	Rest	8 mile walk	Rest/Alternative training	10 mile walk	Alternative training	Rest	20 mile walk
8	Rest	8 mile walk	Rest/Alternative training	8 mile walk	Alternative training	Rest	23 mile walk
9	Rest	8 mile walk	Rest/Alternative training	8 mile walk	Alternative training	Rest	25 mile walk
10	Rest	6 mile walk	Rest/Alternative training	8 mile walk	Alternative training	Rest	20 mile walk
11	Rest	5 mile walk	Rest/Alternative training	6 mile walk	4 mile walk – on flat ground	Rest	15 mile walk
12	Rest	4 mile walk	Rest/Alternative training	4 mile walk	3 mile walk – on flat ground	Rest	

Top Tips to prepare you for the Mendip Challenge

Footwear

Get yourself some sturdy, waterproof walking boots. These will ensure your feet and ankles are supported on any terrain that you encounter. **Don't** wear them for the first time on event day!



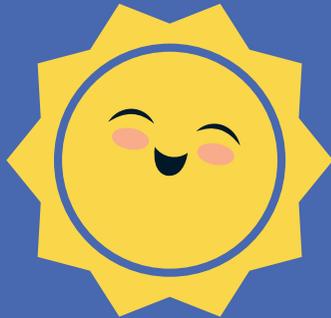
Eat Well

Ensure that you have sufficient food to keep you going. It can be a long day! Energy bars are good. Stay well hydrated. There is adequate water supply at each checkpoint.



Weather

The weather can change drastically over that mileage. Bitter wind and storm in Wells, blazing hot sunshine on Crook Peak - it has happened in the past. Be prepared - carry waterproofs and sun cream.



Take to the Hills

Ensure to include hills in your training to prepare you for the hills on the day. It is not the same as walking along Brean Down way!



Have Fun!

You are doing an amazing thing by taking on the Mendip Challenge to support Weston Hospicecare. Enjoy the walk and the stunning scenery along the West Mendip Way. Then join us for a pint to celebrate when you return!

**Good luck with your training and
we look forward to seeing you on Sunday 2nd June!**