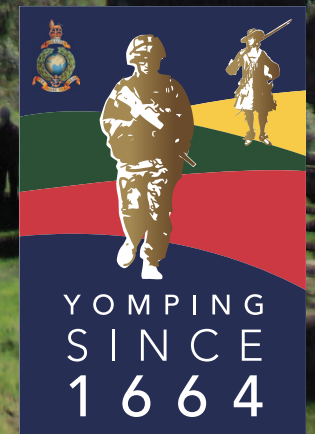
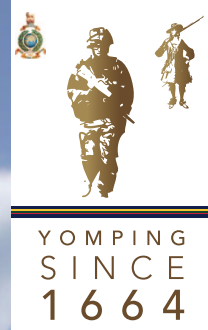


# YOMPING SINCE 1664

## SOUTH DOWNS WAY TRAINING PLAN

7-8<sup>th</sup> June 2014



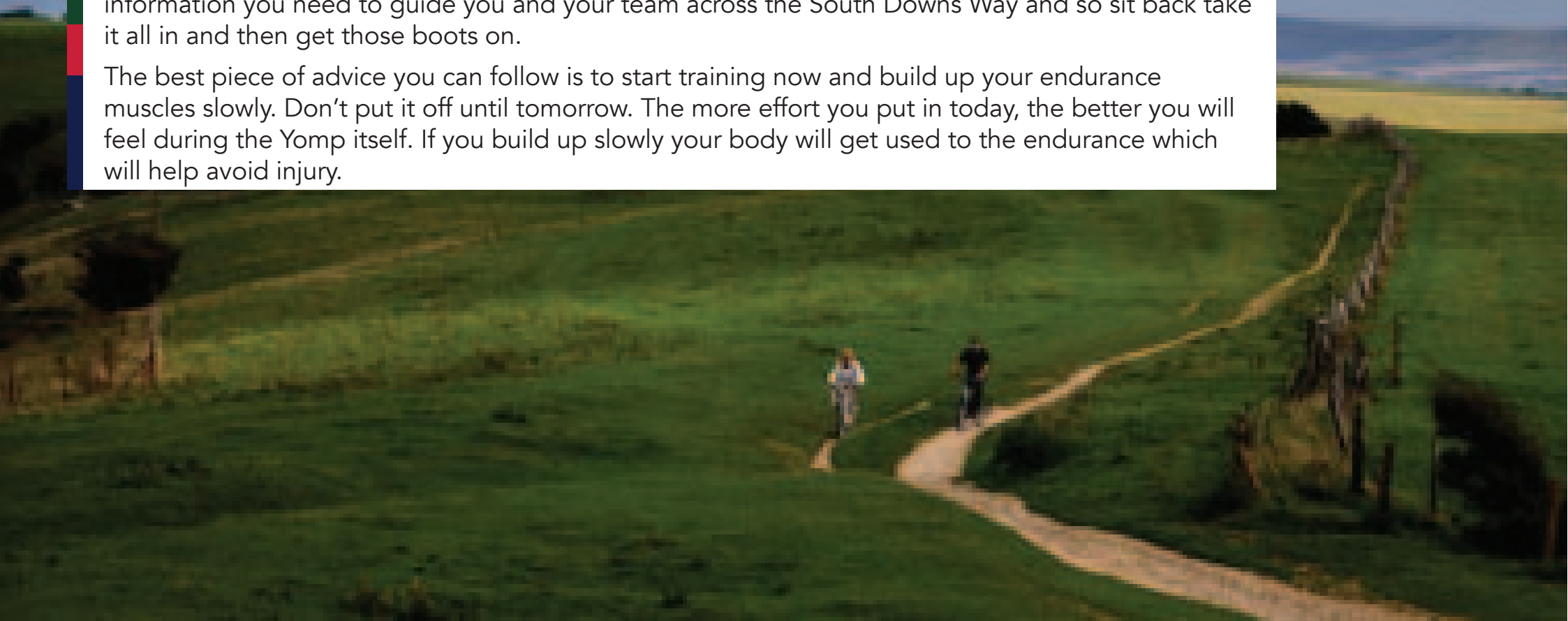
# INTRODUCTION



Welcome to the training guide for The Since 1664 Yomp. Whether you are a serving, former or first time Yomper it is essential for good preparation.

It will be tough, mentally as much as physically but with the correct training you should be able to complete the challenge and even enjoy yourself along the way. This pack contains all the information you need to guide you and your team across the South Downs Way and so sit back take it all in and then get those boots on.

The best piece of advice you can follow is to start training now and build up your endurance muscles slowly. Don't put it off until tomorrow. The more effort you put in today, the better you will feel during the Yomp itself. If you build up slowly your body will get used to the endurance which will help avoid injury.

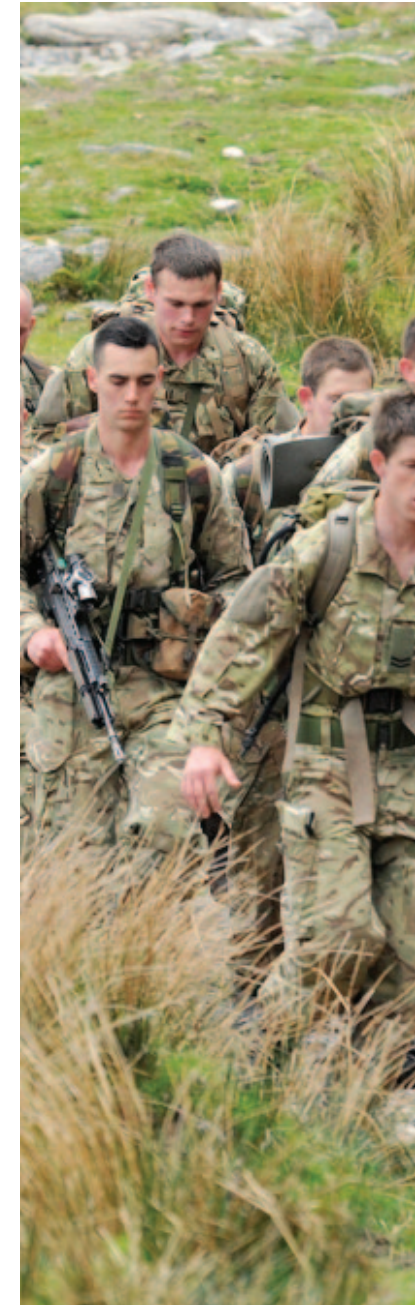


# USEFUL TIPS:



## 1664 Tips:

1	Choose your kit wisely for the event and get it now. Train with it whenever you can - you do not want to be wearing something for the first time on the Yomp.
2	Ensure you train on similar terrain as the actual Yomp terrain, i.e. some flat, some hilly.
3	Outdoor fitness and gym fitness are totally different so ensure you get outside to train as well as doing sessions in the gym.
4	If you can train as a team on the hill; get to know each other's strengths and weaknesses. Everyone has different paces so discuss your tactics to keep together as a team. You do not want to be doing this on the event.
5	Don't be afraid to use walking poles as they ease the pressure on your joints. (Ensure you train with them too, this builds up your arm muscles and helps push you on in the event).
6	Take only short breaks during training sessions, if you stop for a long time your muscles stiffen and it's hard to get started again. On the event, keep time at checkpoints to under 20 mins. Make use of the Sport Massage and Physio teams – your legs will feel the difference.
7	Stretching is a must to avoid injury. Never stretch cold muscles.
8	One thing is guaranteed – you will talk about your feet! We have added a whole section below on how to look after your feet. Remember to cut your toenails two nights before the event and train in shoes you will use on the day. Don't forget to prepare for Jock Rot/Nappy or Nipple Rash!
9	Try different exercises, such as swimming, yoga or pilates to increase your fitness level. It is healthier for the body to be doing different types of exercise and also makes training more fun! Remember that you are training for an endurance event and training should reflect long and slow rather than short and fast exercise sessions.
10	Always have a first aid kit with you, tell someone where you are training and what time to expect you back. Respect the environment, enjoy but don't disturb wildlife, carry litter and leave no trace.



# KIT LIST



This kit list has been put together in order to keep you and your team safe. While it may seem excessive it will all fit into a small Day Sack and could in extreme circumstances save your life.

We take your safety seriously.

**Never underestimate the weather.**

It is highly changeable and can be extreme even in the middle of summer.

**IF YOU DONT HAVE THE COMPULSORY KIT YOU WILL NOT BE ALLOWED TO CONTINUE.**

It is important that your kit is fit for purpose, comfortable and broken in. Wear/carry the same kit when out training so you are prepared for all weather types and so you get used to the weight of the bag.

## INDIVIDUAL KIT - COMPULSORY

Waterproof jacket (with hood)	
Waterproof trousers	
Hiking boots and socks	
Day rucksack (waterproof or lined with a plastic bag) Compass	
Mobile Phone (please remember reception may be patchy) Energy drinks	
Water bottle or platypus (we recommend a minimum of 1.5L) Thermal top or wicking base layer	
Fleece	
Warm hat & gloves	
Energy food (nuts, fruit, energy bars)	
Survival bag	
Sun hat	
Participant number (to be given out at registration) Whistle (for use in emergencies)	
Head torch (for overnight walking or for attracting attention in an emergency)	

## TEAM KIT - COMPULSORY

Sun cream	
Ordinance survey maps of the route - if you prefer 1: 25,000 maps then you need maps 43 & 53, if you prefer 1: 50,000 maps then we recommend you buy a map from OS Select (otherwise you will have to buy 4 individual maps)	
Official SINCE 1664 (SOUTH DOWNS WAY) route map	
First aid kit, including blister kit	
Notebook and pen (for use in emergencies)	

## EXTRA KIT – RECOMMENDED

Walking poles	
Spare shoes	
Camera	
Lip balm	
Sunglasses	
Antibacterial hand wash	
Spare clothes and socks	



# TRAINING PLAN



Aim to exercise three times a week and build up the distances as you go.

If you have any concerns please consult your doctor before proceeding with the training plan. When it comes to training, listen to your body and use common sense. If something hurts stop or slow down, don't push yourself as you could end up with an injury

As the event is in early June, we recommend you start training as early as possible. It is crucial to put the miles in, training in gyms may help your muscles but it is not enough to prepare your feet and endurance muscles to Yomp for so long. You need to get out there and walk on similar terrain to the event course including hills, flats and walking at night.

Due to previous training feedback on events, the table below concentrates purely on walking and does not combine with strength training in gyms. If this is something you wish to do to get a speedy time, seek advice from your gym instructor.

Nb. An average walking pace is three miles in one hour.

## EACH WEEK PROGRESS TO:

	Week 1	Week 2	Week 3	Week 4	Week 5
March	2 x 3 Mile Walks	5 Miles	8 Miles	12 Miles	N/A
April	16 Miles	20 Miles	10 Miles	27 Miles	N/A
May	12 Miles	35 Miles	6 Miles	12 Miles	27 Miles
June	18 Miles	Event	N/A	N/A	N/A



# TRAINING PLAN



## REMEMBER

Keep the training enjoyable! Explore different parts of the beautiful countryside, with the right kit, don't be put off by the weather (it makes for excellent training!) and combine it with other (smaller!) events.

## EXAMPLE OF A TRAINING WEEK:

### MONDAY

Rest Day if your long walk has been on the Sunday. If it was on the Saturday, you can go for a swim.

### TUESDAY

Challenging short walk. Push yourself so that your heart is beating faster than normal and you can feel your muscles working as you go uphill. Alternatively you can have a gym training session.

### WEDNESDAY

Walk at your normal walking pace from 1-3 hours.

### THURSDAY

Rest Day.

### FRIDAY

Rest if you are going for a long walk on the Saturday. If your long walk is on the Sunday then you can do a short walk of no more than four miles. Or if you have access to a yoga or Pilates class this would be an ideal day for it.

### SATURDAY OR SUNDAY

Go for a long walk as in the table above. Mimic the terrain of the Yomp. Train with your teammates where possible. If you have had a long walk on the Saturday, your Sunday should be a Rest Day, but don't forget to stretch.



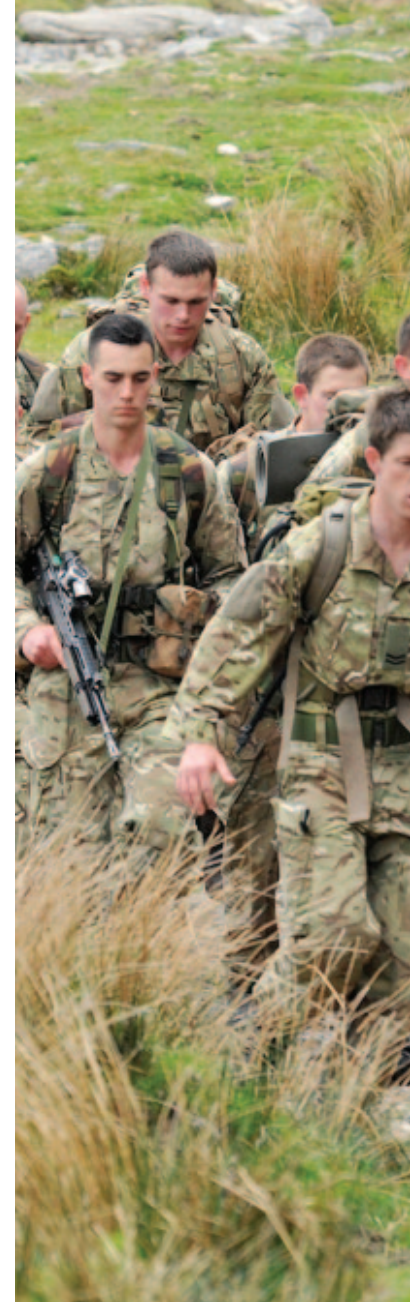
# NAVIGATION



While the South Downs Way is well signposted, there may be occasions when you need to navigate yourself (especially at night when you might miss the route markers). During training practice map reading and try to learn how to do the following:

## COMPASS TIPS:

1	Use a compass or GPS, which means being able to take a bearing and walk on it until you reach your destination.
2	Recognise features which are shown on a map out in the countryside (for example, the difference between footpaths and roads, contours, water features etc.)
3	Be able to estimate how far a certain distance will take you, taking into consideration uneven terrain and up/down hill sections (going up steep sections will take you longer)
4	Figure out what grid reference you are located at (this is usually a 6 figure number). This is useful in case you need to let somewhere know exactly where you are in an emergency.



# LOOKING AFTER YOURSELF



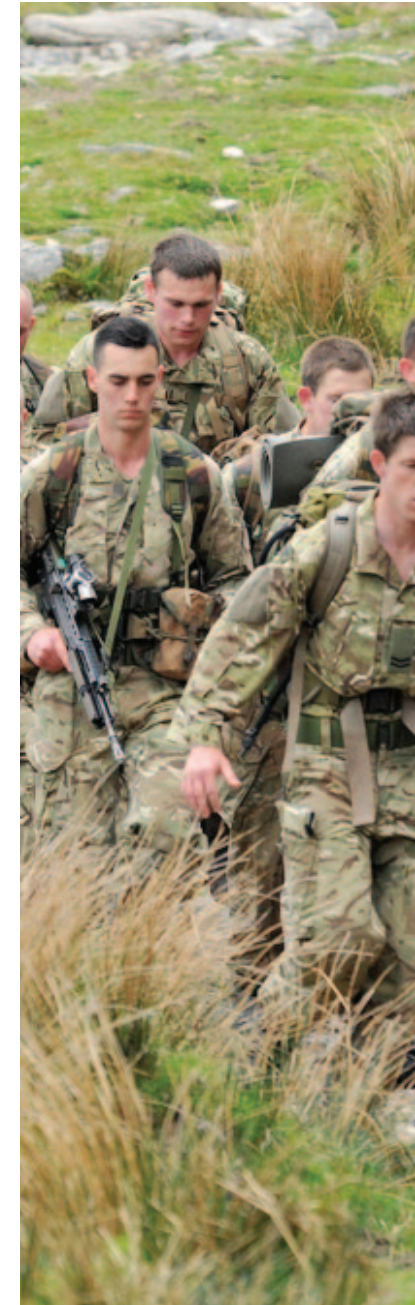
Taking part in the Since 1664 Yomp is a real challenge, both physically and mentally. Walking 166.4KM in 36 hours is going to be tough. Preparation will be key to you enjoying and completing your route comfortably. Remember to take care of yourself and your team mates during your training and the event to ensure that you cross that finish line with a huge smile on your face.

## YOUR BODY

Warm up gently and remember to prepare your body before you set off. Taking part in stretching can be beneficial however remember that stretching before warming up could lead to injuries and has no real benefit. A few stretches once you have warmed up, during and after the Yomp (and your training) will help to keep you supple and prevent stiffness. Particularly focus on the leg muscles including your calves, quads and groin, however don't neglect stretching out your neck, shoulders and back. Increased flexibility improves your physical efficiency and reduces your risk of injury.

## SLEEP

You may feel nervous or excited and have a poor night's sleep just before the event. If you do, don't worry. This won't have much impact on your energy levels so long as you have slept well in the days leading up to it. Remember this is a 36 hour event and so arriving well-rested will help you complete the event.





# LOOKING AFTER YOURSELF



## 1664 Tips: Your Feet

1	Ensure your footwear is broken in properly. Wear them to train in to break them in thoroughly.
2	Toughen your feet by walking as much as possible. Trim your toenails and walk about at home in bare feet as much as possible.
3	Keep your feet dry as blisters are often caused by damp feet. Change your socks regularly (we recommend at each checkpoint).
4	Have an alternative pair of shoes for the event. Wearing the same footwear for 36 hours is sure to put pressure on your feet, changing into a different pair of shoes can be a real relief.
5	Poor socks are just as likely to cause blisters as your boots. Socks made from natural material such as wool or Teko socks are recommended as they take the moisture away from your feet. You get what you pay for!
6	Some athletes recommend two pairs of socks so that any rubbing is between these rather than between your foot and the first sock.
7	Taping: The old idea of taping your whole foot is out of date as it prevents the vital small movements between your feet bones and reduces your ability to shock absorb. This in turn leads to poor biomechanics from your foot to your hip. However, if one small area of your foot always experiences rubbing, you can temporarily cover it with a blister plaster such as compeed before you start.
8	On the Yomp, if you feel a potential blister forming, stop and deal with it there and then. Puncture the blister with a pinprick, drain and apply compeed or similar dressing. During the event, there will be medical support to help with blisters at the checkpoints.
9	The trainers or boots debate...! You can go for either. Trainers are fine for the flatter ground and it is good to have lightweight GORE-TEX trainers such as Merrell. We do not recommend you only bring trainers, overnight boots offering ankle protection are pretty much essential - the trail is fairly stoney and ankles will turn! When buying foot wear, go to a good bootfitter who can recognise whether you have over pronated or high arched feet and accommodate the right shoe for this. If you have had previous injuries to your hip, knees or feet, we would recommend you see a podiatrist (expert on lower limb biomechanics).



# NUTRITION



## BEFORE

Your aim is to keep your energy consistent without fluctuation over the event. This is helped significantly by getting your nutrition and hydration correct.

Your body's store of energy (in the form of liver glycogen) will be low after a night's sleep. You will need to eat around 60 minutes before the event starts. A breakfast high in carbohydrates and protein will give you a good start to a consistent energy level. Note – we do not recommend having caffeine this early in the event, it will dehydrate you and upset your energy levels – only do this if it is an old habit and your body can't cope without it!

## DURING

Remember to keep your salt and mineral levels up throughout the event. Eat slow-release carbs at all the checkpoints (brown rice, brown bread, brown pasta) with protein (meat, fish, lentils, cheese) to slow down the surge of energy released by carbs. Do not overload your plate as this could make you feel heavy. At the latter checkpoints, you will want smaller, faster-release carbs (bananas, jelly babies or chocolate).

In endurance events, there is evidence to support the importance of fructose alongside glucose to give you 'mind energy'. Fructose can be found in fruits and honey.

Carry your favourite snacks with you for a 'pick me up' out on the course.

## HYDRATION

Using a camelback or platypus encourages you to drink without taking your rucksack off. You can start to hydrate the day before the event. Note that hydration must go hand in hand with nutrition to ensure you get salts during the event. The best guide is during your training, keep watch of your urine output colour. See the vital dehydration and hyponatremia paragraphs below. We recommend a combination of water with fructose, glucose and sodium.

## RECOVERY

Eat something as soon as you finish. A recovery drink and a light meal of protein and carbohydrates eaten within 20 minutes of stopping will greatly enhance your ability to recover and will reduce any feeling of tiredness and stiffness the next day.

## TOP TIP

Use the nutrition advice below for your training too. If you do not have adequate meals during training, your body will breakdown the muscle for energy - the very thing you are trying to build up! It also means you can trial and error what works for your own body make-up for the day. Correct nutrition and hydration help prevent stiffness and medical disasters – get it right.



# MEDICAL INFORMATION & HEALTH WARNINGS



Endurance events do strange things to our bodies. It is VITAL you can spot the symptoms of the following four potential health problems which could occur to you or a member of your team. Participants who have previously noticed and treated their team members have saved their life.

## THIS IS NOT AN EXAGGERATION.

### DEHYDRATION

Dehydration is the condition of having insufficient fluid in your body tissues. It is a serious risk in such a long and strenuous event and can lead to impaired performance, vomiting, and in very extreme cases, muscle failure potentially resulting in death.

Symptoms: tiredness; irritability; tight/heavy feeling muscles; headache; dry mouth and lips.

Note - Symptoms of dehydration are only apparent when you are already dehydrated. Symptoms are very similar to those of hyponatremia but treatment is the opposite.

#### Prevention:

- Drink isotonic drinks instead of, or in addition to, water. Participants should try isotonic drinks during training and ensure they can drink it comfortably.
- Monitor your urine and make sure you are urinating at regular intervals and that the urine is light yellow to clear. If you are not urinating or your urine is dark in colour, you may be dehydrated.
- If you experience symptoms of dehydration, immediately check with medical staff at the nearest checkpoint. DO NOT PROCEED and DO NOT simply continue drinking water.

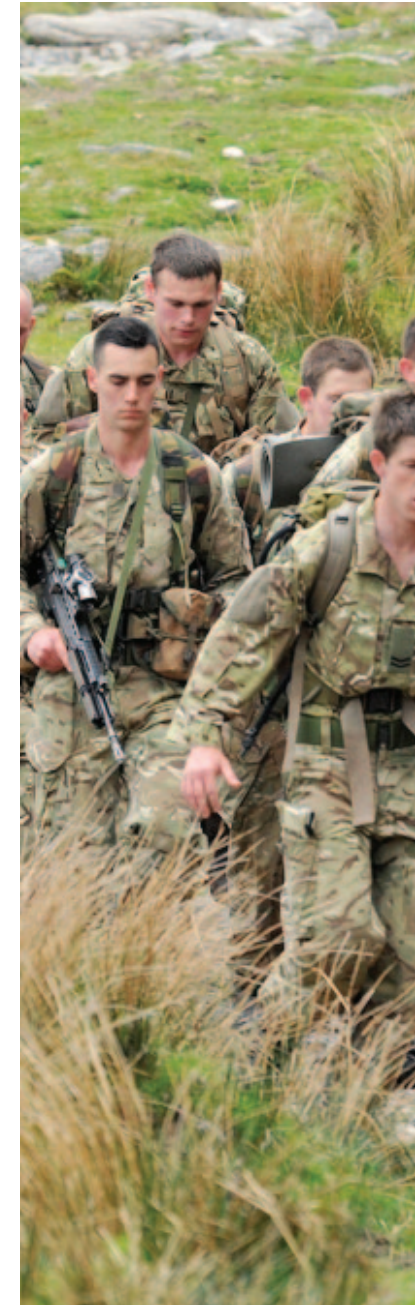
### HYPOTHERMIA

Hypothermia is a condition in which your core body temperature drops below 35 degrees Celsius. If left untreated, hypothermia ultimately can result in heart failure and death.

Symptoms: fatigue; shivering; muscle spasms; clammy skin; stammering; hallucinations.

#### Prevention:

- Have warm clothes ready and be prepared for dramatic temperature drops during the event.
- Have additional, or a change into warm dry clothes for cold night-time walking.
- Carry or have your support crew carry a change of clothes in the event you get wet.
- At checkpoints when you rest, either cover up or change out of damp, sweaty clothes to avoid catching a chill.
- If you become hypothermic, change out of wet clothes immediately; cover your head, face, neck and body with warm clothing; consume hot drinks and high-calorie food to maintain body temperature. Seek medical help at the nearest checkpoint.



# MEDICAL INFORMATION & HEALTH WARNINGS



## HEAT EXHAUSTION

During hot weather, the body's internal temperature can rise and result in heat exhaustion or heat stroke. In extreme conditions, heat stroke ultimately can lead to heart failure and death.

Symptoms: severe thirst; muscle weakness; nausea; fast, shallow breathing; irritability; headache to severe headache.

As the condition worsens: confusion; decreased responsiveness; little to no sweating and flushed hot dry skin.

Prevention:

- Maintain adequate fluid intake.
- Get out of the sun/heat.
- In exposed sections of the trail, wear sunblock and headwear.
- Cool with damp towels.
- If a member of your team shows symptoms of heat exhaustion, find a shady area, administer frequent sips of water and contact Event Control.

## HYPONATREMIA

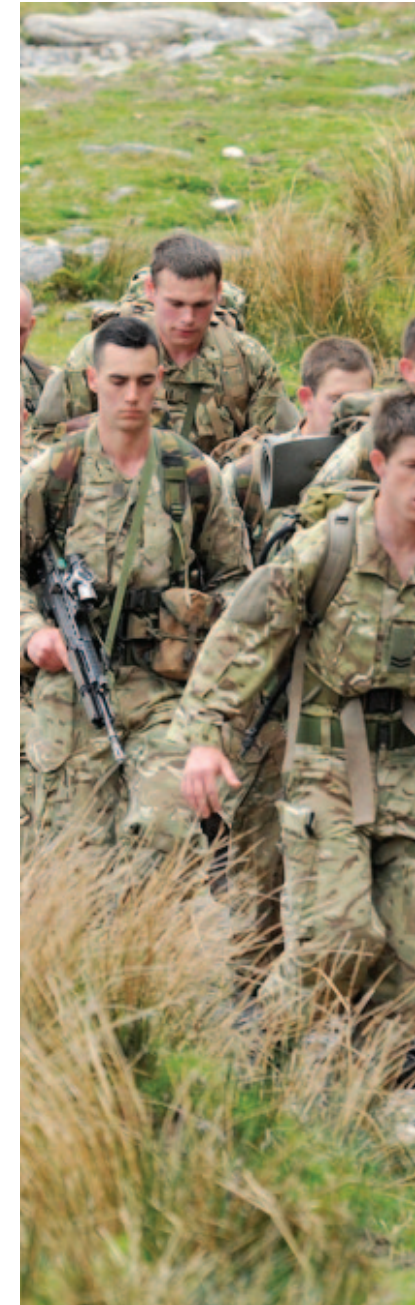
A potentially fatal condition, hyponatremia most often occurs in exercise lasting four hours or longer and results primarily from drinking too much fluid. It is made worse by not replacing sodium (salt) losses. Severe cases may involve seizures, increased intracranial pressure, fluid in the lungs, and respiratory arrest. To avoid sodium depletion, ensure foods contain sodium and check the back of sports drinks for sodium content.

Symptoms: frequent clear urination; headache; fatigue; nausea; lack of co-ordination.

(Note – these symptoms are very similar to those for dehydration)

Prevention:

- Monitoring your fluid intake. Drink enough fluid so that you do not feel thirsty and so that you are urinating at normal periods. If urination becomes frequent and clear-coloured, you may be drinking too much.
- Ensure your food content contains sodium.
- Drinking isotonic sports drinks instead of water. Isotonic drinks contain salts and thereby assist in maintaining the correct salt balance in your body. Participants should try isotonic drinks during training and ensure they can drink it comfortably.
- Use sports drinks at 50% concentration (in preference to water to pre-hydrate) in the two to three days before the event. Normal intake should be approximately 5ml / kg (i.e. 375ml if you weigh 75kg) five times per day for base hydration.
- If you experience any of the symptoms of hyponatremia, consult the medical staff at the nearest checkpoint. **DO NOT PROCEED** and **DO NOT** simply continue drinking water.



# MEDICAL INFORMATION & HEALTH WARNINGS



## Chafing

Chafing is another common problem for people undertaking long distance hikes. Chafing can occur anywhere but the most common areas are inner thighs, groin, nipples and armpits. It is caused by sweating and rubbing and if not taken seriously it can ruin your day! Prevention falls into three main categories:

Hydration (See above). Allows you to perspire freely so your sweat does not dry into salt crystals and enhance chafing.

Kit - wear a good quality base layer to wick the sweat away from your body and keep you dry. Make sure it is a snug fit. (baggy clothes can increase chafing). Also get a breathable rainproof jacket with a hood. Get used to your sticks in training to prevent blisters.

Using a lubricant e.g. Vaseline - apply to any chafing area to reduce friction and prevent rubbing.

## ITB

The iliotibial band is a thick tendon located on the lateral side of the thigh. It runs from the hip joint down to the knee joint. This is the endurance band of tissue which is most likely to be affected in endurance walks. If this gets too tight you will develop knee pain. As the ITB takes a long time (months) to stretch off properly, it is much better to keep it massaged and stretched during your training before you notice knee pain. You can do this easily by rolling a tennis ball between the floor and the outside of your thigh and also stretching it.

## INJURIES IN TRAINING

If you sustain an injury during training, even a niggle – get it looked at as soon as possible. A niggle is a very useful way to diagnose what you will injure further into your training or stop you on the day. Use the niggle as your key to completing the event. We have an event clinic with excellent professional physiotherapists who have also worked on the events.

If you sustain an injury during the Yomp see a physiotherapist or doctor at the nearest checkpoint. If you can't make it to the nearest checkpoint, call our Event Control for help. Full details and emergency contacts will be provided at the safety briefing on Friday night before the event.



# FIRST AID KIT




Always carry a first aid kit with you when training and ensure one member of your team carries one during the Yomp itself. Your first aid kit should contain the following at a minimum:

- Antiseptic wipes
- Rehydration salts sachets
- Blister kit - compeeds
- Zinc oxide tape
- Ibuprofen cream (or other anti-inflammatory)
- Scissors
- Plasters and other dressings
- Personal medication and spare supplies.



# TRAINING SUMMARY

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Start training early and build up slowly. Ensure you have rest days, eat properly while training and wear in/try out all equipment. Replicate the event terrain and profile of the event, i.e. training on hills and over a long distance. Do not rely on a gym to get you fit – you need to walk the distances to train the correct muscles and your feet. Get any injuries treated asap.

# THE BIG DAY

Congratulations on making it through the training process. It can be long, it can be tiring, but hopefully you and your team will have enjoyed yourself along the way and feel much more prepared for the Yomp. Remember that you are raising money for fantastic causes and your money will make a real difference in peoples' lives. If you have got this far you can certainly complete the route and we hope you have a fantastic time.

Good luck from us all...Happy Yomping

**PER MARE PER TERRAM**



**ROYAL MARINES  
CHARITABLE TRUST FUND**



Royal Marines 350  
1664 - 2014  
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