

Challenge Training's

Everyone reading this will be embarking on challenges that vary enormously in length and difficulty, just as their levels of fitness will be very different. Beneficial to everyone about to undertake training for a physical endurance challenge are the principles of training. No matter what you aim to achieve, you should prepare as well as your time and resources allow. This involves getting the maximum benefits from each training session, each week and each month, as well as protecting your health.

1. Plan and Monitor

- Set short-term and long-term goals that correspond to the level of physical conditioning that you want to reach.
- Make a training schedule that suits you, your aims and your commitments.
- Monitor your progress regularly, including how you felt after each session.

2. Be Regular

- Put together a realistic training schedule that will allow you to build your fitness and strength gradually and consistently, and stick to it.
- Avoid crash training at all costs, as you will risk your health and most likely diminish your performance.

3. Warm Up and Warm Down

- At the beginning of every session, spend 5-10 minutes doing light exercise and then stretch thoroughly.
- Warming down is equally vital as it increases the blood flow to muscles which helps flush out the by-products of exercise, such as lactic acid.

4. Be Specific

- Your fitness and strength training should reflect your challenge – this is called specificity
- The closer you get to the event, the more this should be true.

5. Value Quality over Quantity

- The right type of training, for the right length of time and at the right intensity is far better than huge distances, heavy weights or long sessions.

Ten Commandments

6. Adapt Gradually and Sensibly

- Your body improves its physical capacity as a result of measured “overloading” i.e. when it is put under greater stress than it is used to.
- BUT increase your training workloads slowly and deliberately by no more than 10% a week.

7. Rest, Recover, Drink and Eat

- If you progress as a result of overloading then this progression takes place during the rest period. No rest and recovery = no progress.
- Include ‘active recovery’ sessions the day after hard training.
- Make your diet a priority and drink lots of fluids.
- Aim for 8 hours sleep, but more importantly maintain a regular sleep pattern.

8. Listen to Your Body

- If you are exhausted or in pain then your body is telling you to stop and rest.
- Make sure that it is your body and not your mind!

9. Work on Your Technique

- Endless training in the wrong way will slow your progress and cause injury.
- Get expert advice on your technique, even if you have been running, cycling or swimming for years.

10. Enjoy It!

- The training process should be something that you enjoy. There will be many moments of forcing yourself to train, but make sure that it does not become a total chore so do as much as you can to make it more fun: listen to music, find a training partner or group, buy a heart rate monitor and graph your progress, give your self treats and reward yourself

