



## Hospice National 3 Peaks Challenge Fitness, Training and Nutrition Tips

### Fitness

The National 3 Peaks Challenge is a considerable physical challenge – a good level of basic fitness is required and necessary in order to be able to take on the challenge without putting yourself at risk of injury.

Total distance of Challenge: 23 miles Total Ascent: 3,064 metres

### Training

To increase your fitness level and in preparation for the challenge, we recommend that you steadily build up to the following regular exercise regimes in your preferred disciplines:

Jogging: 30-40 minutes jogging 3 times a week

Swimming: 30 minutes swimming 2-3 times a week

Cycling: 30-60 minutes cycling 2-3 times a week

Walking: 60-90 minutes brisk walking during the week, and 3-5 hours at weekends

Try to practice your walking on a mountain terrain in the lead up to the event. The Black Mountains and Brecon Beacons provide an ideal platform to experience the environments that you will face during the challenge.

### **Nutrition** *(Keep the takeaways for the celebrating post challenge)*

During the week leading up to event, take in plenty of carbohydrates eg; Pasta, potatoes, cereals, rice, bread, fresh fruit. Also take on plenty of fluids (not alcohol!) little and often.

Energy snacks to take on mountains eg; Dried or fresh fruit (lightweight), energy bars, protein bars, flapjacks, chocolate, sweets, biscuits cake bars.

Drinks eg; Water, squash, still energy drink

Energy Supplements eg; Mountain Fuel gels and extreme energy drink, Fuel Protein Bars – Aldi's cheap and work, SIS isotonic gels and an odd caffeine, High 5 **\*Test before challenge as some gels can upset your stomach.** To take with a bottle of water alongside.

Tip! Make drinks easily accessible by using a hand-held, on belt bottle or plat y pus bag/bladder bag. Take on a little fluid often to avoid dehydration. Once you begin to feel thirsty, it is too late! Your body is already dehydrated.