



Hospice Big Hike Challenge Fitness, Training and Nutrition Tips

Fitness

The route is designed to be challenging but achievable providing you train in advance – 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: **13** miles

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

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 hike 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.