



Fitness

The Hospice 5 Peaks Challenge is a considerable physical test. A good level of basic fitness is essential to complete it safely and reduce the risk of injury.





-  Total Distance: 33 miles
-  Total Ascent: 5,150 metres


A strong foundation of fitness will help you enjoy the challenge while protecting your body.

Training

To prepare for the Hospice 5 Peaks Challenge, gradually build up your activity levels across different disciplines. A balanced training routine will improve endurance, strength, and recovery.

Suggested Weekly Training Plan



-  Jogging: 30–40 minutes, 3 times per week
-  Swimming: 30 minutes, 2–3 times per week
-  Cycling: 30–60 minutes, 2–3 times per week
-  Walking: 60–90 minutes brisk walking on weekdays + 3–5 hours at weekends

 *Tip: Practice walking on mountain terrain before the event. The Black Mountains and Brecon Beacons provide the perfect training ground to experience similar conditions to the challenge.*







Nutrition


Good nutrition is key to energy, endurance, and recovery.

Before the Challenge (week leading up):

-  Focus on carbohydrates: pasta, potatoes, cereals, rice, bread, fresh fruit
-  Stay hydrated: drink plenty of fluids (avoid alcohol) – sip little and often

During the Challenge (fuel on the mountains):

-  Energy snacks: dried fruit, fresh fruit (lightweight), energy bars, protein bars, flapjacks, chocolate, sweets, biscuit/cake bars
-  Drinks: water, squash, still energy drinks
-  Energy supplements (test in training first):
 -  Mountain Fuel gels & energy drink
 -  Fuel Protein Bars (affordable options at Aldi)
 -  SIS isotonic gels (with the occasional caffeine boost)

-  High5 gels & supplements

⚠️ Always take energy gels with water, as some can upset the stomach if not tested beforehand.

Hydration Tip:

💧 Keep fluids accessible with a handheld bottle, belt bottle, or hydration bladder pack. Sip regularly—if you feel thirsty, you're already dehydrated.

Post-Challenge

Save the takeaways and celebratory treats for after the event—you'll have earned them! 🍔 🍕 🍷