



Yorkshire 3 Peaks

Kit List, Itinerary and Training Plan

Welcome to the You Okay Doc Yorkshire 3 Peaks Hike!!

We're so glad you've chosen to join us and raise money for a noble cause. We've planned a beautiful and exciting weekend, however it will be no walk in the park! Be advised this route has been described as "brutal" by our leaders. So we recommend lacing up your boots, putting on the exact clothing / bag you intend to walk with on the day and heading out on some training walks. We suggest working up to at least 10 miles on hills, or 20 miles on the flat to get your legs ready for the challenge.

The route is 24-miles (38.6km) round trip route, includes 1585m (5200ft) of ascent (and descent) and takes on the peaks of Pen-y-Ghent (694 metres), Wharfedale (736 metres) and Ingleborough (723 metres)... and we aim to do it in under 12 hours! These hills form part of the Pennine range, and encircle the head of the valley of the River Ribblesdale, in the stunning Yorkshire Dales National Park. Rain or shine it's set to be an incredible experience.

Fundraising:

Once registered for the Yorkshire 3 Peaks please sign up to our justgiving page which can be found below. Follow the instructions in the link and your fundraising page will be added to the You Okay, Doc? Hike In July fundraising page.

<http://www.justgiving.com/fundraising-page/creation/?cid=2954198&eid=8865722>

As part of Option A or C we expect 70% of donations to be collected prior to the Hike In July Event.

Kit list:

The Challenge starts early in the morning, so we need you to be prepared for everything the night before. The Yorkshire Dales can throw all kinds of weather at the unsuspecting walker. So please take a look at the list below and we'll get you prepared.

Please make sure that this is all "broken in", that means it has been previously worn, so you are not trying out a new pair of boots for the first time on this challenge!!! Your comfort is important, you'll have enough on your mind without having to fiddle about with a new rucksack or boots.



Essentials:-

Bedding – this is not included so please remember to bring a fitted sheet, pillow and duvet or sleeping bag

Wash kit – including shower gel and towel

First aid kit– please bring your own personal items such as plasters, blister pads, tape, paracetamol and supplies of your usual medication if you have any (enough for the full duration)

Food - including packed lunch for the day of the hike, electrolyte tablets and plenty of snacks

Water bottles or bladder (at least 2 litres)

Day backpack – 20 litres is enough. Something comfortable you are used to walking with. Waist strap recommended.

Whistle – everyone needs to have one on the hills

Walking boots or shoes – well worn in and with a good grippy sole

Thick socks - and maybe try out a thin base layer sock under your normal walking socks)

Waterproof top and bottom

Comfortable walking trousers (no Jeans please. You will not be joining us if you turn up in Jeans)

A wicking t-shirt (not cotton) – baggy long sleeves preferable to avoid sunburn

Warm layers – just in case we get caught out

Head torch and battery pack to charge

Sun tan lotion – apply and reapply

Hat

Sun glasses

Toilet roll or tissues

Alcohol gel

Optional:-

A sit-mat or lightweight camping chair (it can get damp)

Walking poles if you're used to using them

Thermos flask or similar for hot drinks



Map and compass

Midge repellent

Itinerary:

*** Provisional and may be adapted based on the needs of the group**

Day 1: Friday 2nd August – “Meet the Team”

17:00 – Please arrive at the accommodation **The 3 Peaks Bunkhouse, Settle, BD24 0HB** by **6pm**. Please ensure you have everything from the kit list above especially bedding and packed lunch.

18:30 – Team dinner (all veggie) will be served out and we have a chance to meet our team mates

19:00 – Team briefing and kit check

20:00 – Socialising and reserved revelry. Tomorrow will be a big day.

Day 2: Saturday 3rd August – “The Pain”

05:30 – You’ll get the morning “Wake Up” call. Just enough time for a hearty breakfast. We’ll be out around 12 hours so bring packed lunch, water and snacks.

07:00 – We will be leaving 07:00 sharp to start the first ascent. Apply plenty of suncream and fill up your water bottles. Ensure you’ve packed your lunches too. There will be opportunity for water refills along the route.

11:00 - Start the second ascent

15:00 - Start the third ascent.



19:00 - Challenge completed.

20:00 – We have booked enough tables at the local pub for some well-earned grub and a celebration drink or two at a local establishment (not included in price).

Day 3: Sunday 4th August – “Goodbye”

09:00 – With sore legs and a full heart we pack up and trave home.

Training plan

Congratulations on understanding the need to train for this and not thinking you can “just do it.” Although walking is something that most people do at least a little every day, walking for 10+ hours of ascent/descent on a Mountain is not something most people do! Ideally you should start training several months before you plan to do your event and this Three Peak Training Guide is here to help you to do just that.

The ideas in this helpful document are designed for people who do a little walking and would say they were of 'average' fitness. If you walk regularly, already have a good level of fitness, you will still need to train. Though you may find that it will not take you as long to reach the stages below that you need for this challenge. On the other hand if you don't walk often and have only a very basic level of fitness then you should allow more than the 16 weeks we have planned out below.

Following this plan is no guarantee of succeeding on your challenge, however, given your determination, motivation and will power, you will have a much better chance of success if you look at this plan, be honest with yourself and encourage each other to do more.

Start here!

Do Practice walks – These are a great way to train although it is best if the practice walks closely resemble the actual walking you are going to be doing but in smaller distances, but this is not always possible!



Remember that the best way to avoid injury and discomfort when walking is to following these basic rules:

- Touch the ground heel first, roll forward through the arch, over the ball of your foot to your toes, which push off to start another step. Ensuring you walk in this way will reduce the risk of shin splints and tendon pulls.
 - Walk with your head up and eyes focused ahead.
 - Keep your shoulders level, pulled back and down, lift your chest.
 - Engage your abdominal muscles, pressing them towards your spine. Try to keep an even stride and maintain a steady pace.
 - To prevent lower back pain avoid leaning forward and arching your back
 - Try to avoid walking on pavements, they are not representative of hillwalking and are very harsh on your joints and limbs. Where possible, walk on grass, gravel, non-tarmac surfaces if you can, maybe in a local park or a country park.
 - Most importantly, be bothered.
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- Be bothered to drink, be bothered to tie your laces up properly, be bothered to address blisters.

Now to the plan....

This plan is a rough training guide. If you can follow it religiously then wonderful but with work, family and fundraising commitments you may not always be able to do what you wish or set out to do.

However in order to get close to achieving the training you need it is very important to organise your time properly. There are plenty of ways to make sure that you maximise your training effort, even if you feel you have no time outside work. Only the important or urgent things in life get done so you must organise your week to make time to get out to do some training, because it is important!

Get up an hour earlier and go for a quick walk with some stretching in the morning before work. If you can walk to work, great do that for some of your training. If you go to work by public transport then get off a stop or two earlier than usual and walk the rest of the way. That way you walk some distance each day. If you drive, park further away than you usually do so again you can walk a longer route to work.

Use your lunchtimes to take regular brisk walks around your work area, not just a stroll around the shops, make sure you get your heart rate up. Find a steep set of stairs i.e. five floors of a department store/office block and climb them five times, at least three times per week. Swimming, cycling and any other sports will also help get you prepared.

If you are a member of a gym then your fitness instructors may well be able to design a programme specifically for you. Although most good gyms have walking machines or a stair climber, remember you need to walk as much as possible in 'real' conditions and wearing your rucksack and boots, as the three peaks are not in a gym. It would be great if you can get into some hilly areas to experience walking on different surfaces, get used to the hills and of course the weather, but this isn't always possible. You should wear the boots and rucksack you will take on the day whenever you can though. You should make the time to walk some consecutive long days: an isolated Sunday walk does not have the same effect as two consecutive days. Nothing will prepare you for the day better



than actually walking. Even if you're only doing an hour around the park or streets put your rucksack and boots on, you may look silly but it's worth it.

It is not vital that you stick to the training guide exactly but you do need to keep it in mind and to do regular exercise every week according to the guide. You will enjoy this challenge far more if you are physically fit.

Did I mention, you need to hydrate, be bothered to drink liquids, not too much caffeine, water, isotonics, electrolyte drinks.

Week 1	Week 2	Week 3	Week 4
Mon	30mins walk, stretch	30mins walk, stretch	30mins walk, stretch
Tues	Rest day	Rest day	Rest day
Wed	30mins walk, stretch	30mins walk, stretch	30mins walk, stretch
Thurs	Rest day	Rest day	Rest day
Fri	Rest day	Rest day	Rest day
Sat	2 hour walk, stretch	2 hour walk, stretch	2 hour walk, stretch
Sun	Rest day	Rest day	Rest day
Week 5	Week 6	Week 7	Week 8
Mon	30mins walk, stretch	30mins walk, stretch	Rest day
Tues	Rest day	Rest day	1 hour walk, stretch
Wed	30mins walk, stretch	30mins walk, stretch	Rest day
Thurs	Rest day	Rest day	1 hour walk, stretch
Fri	Rest day	Rest day	Rest day
Sat	2 hour walk, stretch	3 hour walk, stretch	4 hour walk, stretch
Sun	2 hour walk, stretch	Rest day	Rest day
Week 9	Week 10	Week 11	Week 12
Mon	Rest Day	Rest Day	Rest Day
Tues	1 hour walk, stretch	1 hour walk, stretch	1 hour walk, stretch
Wed	Rest Day	Rest Day	Rest Day
Thurs	1 hour walk, stretch	1 hour walk, stretch	1 hour walk, stretch
Fri	Rest Day	Rest Day	Rest Day



Sat	4 hour walk, stretch	6 hour walk, stretch	6 hour walk, stretch	6 hour walk, stretch
Sun	4 hour walk, stretch	Rest Day	Rest Day	6 hour walk, stretch

Week 13	Week 14	Week 15	Week 16
Mon	Rest Day	Rest Day	Rest Day
Tues	1 hour walk, stretch	1 hour walk, stretch	1 hour walk, stretch
Wed	Rest Day	Rest Day	Rest Day
Thurs	1 hour walk, stretch	1 hour walk, stretch	1 hour walk, stretch
Fri	Rest Day	Rest Day	Rest Day
Sat	8 hour walk, stretch	8 hour walk, stretch	8 hour walk, stretch
Sun	Rest Day	Rest Day	8 hour walk, stretch

TIPS:

After the first six weeks you need to gain endurance by walking long slow distances. Pick one day per week as your long walk to gain endurance. Choose two evenings or mornings as your shorter walks and ensure you do some basic strength exercises on at least two of your rest days. Though you must remember to stretch after every walk, it is essential to stretch after about ten minutes of walking once you've warmed up a bit. The rest/recovery days in the plan are just as important as the actual training.

Although nothing is better than walking as training for a long walk. If you play a sport or go to the gym, cycle or swim for an hour or two, then this will also help with your general fitness and adding this to your programme instead of one of the short walk days is fine.

Rest Days

On rest days try to do other forms of exercise like swimming, cycling or basic strengthening exercises that target specific muscle groups. Basic strengthening exercises use just your own body weight, although if this is becoming too easy as the weeks progress, you can add small weights or put on your fully packed rucksack to help build strength.

It is a good idea to do these exercises in sequence but each week start the sequence on the next exercise along. It is essential you stretch before and after these strengthening sessions to keep the muscle loose and long and not tight and short.

These basic strength exercises include:

1 – Calf Raises: Stand with feet together, arm length away from wall. Have fingers just touching wall for balance. Raise yourself slowly onto tip toes and then slowly lower. Repeat 20 times.



2 – Squats: Stand with feet shoulder width apart. Hands on hips. Keep back straight and head up whilst you slowly lower yourself so knees are bent 90 degrees. Then stand up so knees are locked straight. Repeat 20 times.

3 – Step ups: Using bottom step of staircase or low bench, start with left foot on step and right foot on floor. Stand up straight on left leg bringing right foot up to next step above and then lower back down to floor. Repeat 20 times. Change leg and repeat.

4 – Leg extensions: Sit on high sofa/bed/bench with backs of knees just on the edge and feet hanging down. Lean back with your hands behind you for support. Keeping back of knee on seat, slowly lift left foot up so leg becomes straight and lower down again. Repeat 20 times. Change leg and repeat.

5 – Leg Raises: Lie front down on mat or soft floor with hands under chin. Keeping left leg straight slowly raise six inches off the floor and then slowly lower. Repeat 20 times. Change leg and repeat.

6 – Toe Tip Raises: Stand with feet together and raise your toes slowly so you are standing on your heels and then slowly lower. Repeat 20 times.

Basic Stretches

1 – Calves: Stand approximately 1 metre away from wall with legs straight and heels on floor. Step and lean forward and slowly push hips towards wall. You should feel a slow pull in the calf muscle behind. Hold for 10 secs, swap legs, repeat 3 times. You should feel a pull but no pain.

2 – Hamstrings: Stand with feet 1 metre apart. With legs straight and hands behind back slowly bend forward at the hips keeping back straight and head up. You should feel a slow pull in muscles at the back of legs. Hold for 10 secs, stand up and lean slightly backwards, repeat 3 times. You should feel pull but no pain.

3 – Quads: Standing with feet together, bring left foot up and put left hand on lower shin by ankle and pull behind bottom. Keep back straight and head up. You may need to balance with right hand on wall. You should feel slow pull down front of leg. Hold for 10 secs, swap legs, repeat 3 times. You should feel pull but no pain.

4 – Groin: Stand with feet 1 metre apart and both feet pointing forward. Keeping back straight and head up slowly lunge down to right side feeling pull on inside of left leg. Hold for 10 secs, swap legs, repeat 3 times. You should feel pull but no pain.

5 – Hips: Stand with feet shoulder width apart and hands on hips. Keeping head still rotate hips round clockwise 10 times and anti clockwise 10 times. Repeat three times.

6 – Torso: Stand with feet shoulder width apart and hands on head. Keep feet pointing forward but twist body as far as is comfortable, hold for 1 second, face forward, twist body in other direction, hold for 1 second, face forward. Repeat 10 times.

7 – Shoulder: Stand with feet shoulder width apart. Start with hands by hips and keeping arms straight slowly swing arms round backwards 10 times, change direction swinging arms forwards 10 times. Repeat 3 times.

8 – Standing stretch: Stand with feet together. Place hands together and reach as high as you can, hold for 10 secs, relax. Repeat 3 times.

N.B.

You should only stretch warmed up muscles.

Don't stretch too far, all you should feel is a slow pull, never any pain.

Never bounce, always stretch slowly.

If you have an old injury or bad back be especially careful whilst exercising and stretching.



Drink.

Think we've mentioned that enough, but just one more time.

Be Bothered!

Well done for getting to the bottom of this document, have a well earned cuppa tea.

We look forward to seeing you soon.