



## **Ben Nevis Training Plan**

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## **Tips for Training**

### **Your health and well being**

Please check with your doctor before embarking on any training plan. Your health and well being are important!

### **Make sure you listen to your body**

If you feel unwell or exhausted, it's not only pointless pushing on with your training but it can actually be detrimental to your health. It is better to take time off and fully recover (from training in sickness) than it is to persevere.

### **Rest = improvement**

Your body will adapt to training but only if you rest and recover. Eating well will help significantly. Without rest, your body can not recover and adapt. It's the adaptation process that builds improvement.

### **Choosing your terrain**

The more you can match training terrain to the mountains the better so doing as much of your training off road as possible.

### **Look after your feet!**

The more you invest into your footwear (trying out lots of different brands and models, buying the best you can afford, looking after them by cleaning them), the more they will look after your feet!

### **Keeping it fun**

There will be days when you don't feel like training but the more you train, the fitter you will get and the easier you will find the expedition but it's important to remember why you are doing the expedition, for fun! And it's for that reason that you need to keep your training fun too! Take your music, take some treats, take whatever you need to make your training as fun as possible.

### **Safety first!**

Make sure you carry a suitable first aid kit, make sure you know where you are going and how to get back, make sure someone responsible knows your plan (where you are going and when you'll be back) and that they know what to do if you don't, make sure you take a fully charged mobile phone so if the worst happens, you can call for help (remember that everywhere has reception though so plan accordingly).

### **Testing your kit**

By using your expedition kit during your training, you'll be able to work out which bits of kit work and which bits of kit need changing. It's predominantly about personal choice. The more comfortable you can be, the more you will enjoy it.

### **Your feet are going to swell!**

Your feet will swell up to around half a size bigger as the day draws on so make sure you factor this in when buying footwear.

### **Train with your rucksack**

As with kit, make sure you test out your rucksack when training. This will help you refine all the adjustable elements of the bag plus also help your body adapt to carrying loads.

### **Test out your food and drink**

You'll be burning a lot of calories on the walk so having food and drinks that you enjoy are key. Test all these out during your training. If you don't like them when you are training, you aren't going to like them on Ben Nevis!

### **Get a training partner**

Having a training partner can make training sessions fly by but it can also help with motivation. We all have days when we don't fancy training but the chances are that if you don't fancy it, they will and they will talk you into it and vice versa.

## **RPE (rate of perceived exertion)**

To help you get a feel for work rates within each training session, we've adopted the CR10 scale invented by Dr. Gunnar Borg's, a Swedish psychologist. Although highly subjective, the CR10 scale is a reasonable indicator of work rate. Please note that this should only be used as an indicator as everyone's perception of effort will differ. The RPE scale is widely used in both sports and medical environments.

<b>10</b>	<b>Maximum effort activity</b>
	Only able to maintain for very short period of time. Completely out of breath and unable to speak. Feels almost impossible to keep going.
<b>9</b>	<b>Very hard activity</b>
	Can barely breathe and only able to say a few words. Very difficult to maintain intensity.
<b>7-8</b>	<b>Vigorous activity</b>
	Short of breath and can speak up to a sentence. Borderline uncomfortable.
<b>4-6</b>	<b>Moderate activity</b>
	Still somewhat comfortable but becoming noticeably more challenging.
<b>2-3</b>	<b>Light activity</b>
	Easy to breathe and maintain conversation. Feels like you can maintain for hours.
<b>1</b>	<b>Very light activity</b>
	Feels more than resting but hardly noticeable.

## Before and after training sessions

### Warming up\*

You should always warm up before each training session for at least 10 minutes. A good warm-up will prepare your body for the training, enhance your performance and help reduce the chances of injury. Light running or cycling are ideal to get the heart rate up followed by a sequence of light limbering (getting each of your limbs and joints mobile through gentle rotations).

### Cooling down\*

It's key that you cool down after training and for at least 10 minutes as per your warm up. A good cool down will help aid recovery and help reduce post-session muscle soreness.

### Stretching\*

Being flexible is important so spend time after you cool down stretching the main muscle groups that you have use. Stretching can help reduce the risk of injury.

*\*If you are unsure about any of these elements, go and see a qualified fitness professional.*

<b>Week 1</b>		
<b>Day</b>	<b>Training</b>	<b>RPE</b>
Monday	30 minutes easy walking	2
Tuesday	Rest	
Wednesday	60 minutes working out the major muscle groups (legs, back, shoulders, abs and arms). Make sure you use weights that you can safely handle. Please get advice from a qualified fitness professional.	3
Thursday	Rest	
Friday	45 minutes easy walking	2
Saturday	Rest	
Sunday	60 minutes easy walking	2

<b>Week 2</b>		
<b>Day</b>	<b>Training</b>	<b>RPE</b>
Monday	Rest	
Tuesday	45 minutes steady walking	3
Wednesday	Rest	
Thursday	45 minutes steady walking	3
Friday	Rest	
Saturday	Rest	
Sunday	1 ½ hours easy walking	2

<b>Week 3</b>		
<b>Day</b>	<b>Training</b>	<b>RPE</b>
Monday	Rest	
Tuesday	60 minutes steady walking	3
Wednesday	60 minutes working out the major muscle groups (legs, back, shoulders, abs and arms). Make sure you use weights that you can safely handle. Please get advice from a qualified fitness professional.	3
Thursday	Rest	
Friday	60 minutes steady walking	3
Saturday	Rest	
Sunday	2 hours easy walking, stopping to rest as required	2

<b>Week 4</b>		
<b>Day</b>	<b>Training</b>	<b>RPE</b>
Monday	30 minutes easy walking	2
Tuesday	Rest	
Wednesday	60 minutes working out the major muscle groups (legs, back, shoulders, abs and arms). Make sure you use weights that you can safely handle. Please get advice from a qualified fitness professional.	3
Thursday	Rest	
Friday	20-30 minutes steady walking	3
Saturday	Rest	
Sunday	2 ½ hours steady walking	3

<b>Week 5</b>		
<b>Day</b>	<b>Training</b>	<b>RPE</b>
Monday	Rest	
Tuesday	Rest	
Wednesday	30 minutes easy walking	2
Thursday	Rest	
Friday	60 minutes steady walking	3
Saturday	Rest	
Sunday	2 ½ hours steady walking	3

<b>Week 6</b>		
<b>Day</b>	<b>Training</b>	<b>RPE</b>
Monday	Rest	
Tuesday	30 minutes steady walking	3
Wednesday	60 minutes working out the major muscle groups (legs, back, shoulders, abs and arms). Make sure you use weights that you can safely handle. Please get advice from a qualified fitness professional.	3
Thursday	Rest	
Friday	1 – 1 ½ hours steady walking	3
Saturday	Rest	
Sunday	3 ½ hours easy walking, stopping to rest as required	2

<b>Week 7</b>		
<b>Day</b>	<b>Training</b>	<b>RPE</b>
Monday	Rest	
Tuesday	40 minutes easy walking	2
Wednesday	60 minutes working out the major muscle groups (legs, back, shoulders, abs and arms). Make sure you use weights that you can safely handle. Please get advice from a qualified fitness professional.	3
Thursday	Rest	
Friday	1 ¼ – 1 ½ hours steady walking	3
Saturday	Rest	
Sunday	4 ½ hours easy walking	2

<b>Week 8</b>		
<b>Day</b>	<b>Training</b>	<b>RPE</b>
Monday	Rest	
Tuesday	45 minutes easy walking	2
Wednesday	60 minutes working out the major muscle groups (legs, back, shoulders, abs and arms). Make sure you use weights that you can safely handle. Please get advice from a qualified fitness professional.	3
Thursday	60 minutes steady walking	3
Friday	Rest	
Saturday	4 hours easy walking	2
Sunday	3 hours easy walking	2

<b>Week 9</b>		
<b>Day</b>	<b>Training</b>	<b>RPE</b>
Monday	Rest	
Tuesday	Rest	
Wednesday	45 minutes easy walking	2
Thursday	Rest	
Friday	60 minutes steady walking	3
Saturday	Rest	
Sunday	4 ½ hours easy walking	3

<b>Week 10</b>		
<b>Day</b>	<b>Training</b>	<b>RPE</b>
Monday	Rest	
Tuesday	1 ½ hours easy walking	2
Wednesday	60 minutes working out the major muscle groups (legs, back, shoulders, abs and arms). Make sure you use weights that you can safely handle. Please get advice from a qualified fitness professional.	3
Thursday	Rest	
Friday	Rest	
Saturday	6 hours easy walking, stopping to rest as required	3
Sunday	4 hours easy walking, stopping to rest as required	3

<b>Week 11</b>		
<b>Day</b>	<b>Training</b>	<b>RPE</b>
Monday	Rest	
Tuesday	Rest	
Wednesday	30-40 minutes easy walking	2
Thursday	60 minutes working out the major muscle groups (legs, back, shoulders, abs and arms). Make sure you use weights that you can safely handle. Please get advice from a qualified fitness professional.	3
Friday	60 minutes steady walking	3
Saturday	Rest	
Sunday	4-5 hours easy walking, stopping to rest as required	3

<b>Week 12</b>		
<b>Day</b>	<b>Training</b>	<b>RPE</b>
Monday	Rest	
Tuesday	30 minutes easy walking	2
Wednesday	Rest	
Thursday	60 minutes easy walking	2
Friday	Rest	

**You have completed the Ben Nevis training plan, now you are ready for your walk!**