

## 3 Peaks

### **Suggested training programme for absolute beginners.**

Everybody training or walking must be responsible for their own health and safety.

The aim of the plan is to build up distance, speed and hill capability.

To be able to complete the walk very tired but with health intact will require a reasonable fitness. There is plenty of time for this to be achieved by the 25 June and to build up slowly. If starting from absolute zero, training should start around 8 February but it can be picked up at any stage.

Walkers should aim to have at least 3 days of walking a week (one session can be substituted for another form of exercise).

The programme builds up gradually, enabling walkers to attain a base level of fitness from which distance and hills can be added over time.

At its core the suggested weekly programme comprises:

- a long walk with hills, gradually building up to 20 miles;
- (once a base level of fitness is achieved) a weekly/ fortnightly climb of Buckden Pike, aiming to increase speed each time.
- Plus between one and three days a week walking about 4 miles to include a hill. The road triangle (Buckden, Cray and Hubberholme) would be ideal – a bit of a hill, all weather road and a chance to pick up speed.

Buckden Pike may take anything from just over an hour (for the fit) to two hours (for the less fit) to climb (going down may take the same). From 8 March it should be combed weekly or fortnightly

All the walks start from Buckden (but can be changed).

The same distance is noted on the chart for two weeks running. Walkers can either repeat the walk, do a different walk or do a different activity. They should aim to do at least 4 miles or half the distance noted here (which ever is longer) or the equivalent if doing another form of exercise.

### **Long walks –suggested distances and routes.**

W/ E	Long walk (dist)	Walk (route)
1 Feb		
8 Feb		Start 3 x a week walk 20mins (10 up hill toward Cray and 10 back)
15 Feb		Increase walk to 40 mins x 5 times a week.
22 Feb		Increase walk 60 mins X 5 times a week.
1 march	4 miles	Triangle (with 4 mile walks x 3 times a week from now on).
8 March	6 miles	Buckden, Buckden Pike return. (Weekly Buckden Pike climbs from now on).
15 March	6 miles	
22 March	8 miles	Buckden, Hubberholme, Yockenthwaite, Cray, Buckden
29 March	8 miles	
5 April	10 miles	Buckden, Buckden Pike, Starbotton, Buckden
12 April	10 miles	
19 April	12 miles	Buckden, Redmire, Firth Fell, Litton, Arncliffe, Starbotton, Buckden.
26 April	12 miles	
3 May	14 miles	Buckden, Buckden Pike, Park Rash, Great Whernside, Kettlewell, Buckden (Millennium Path)
10 May	14 miles	
17 May	16 miles	Buckden, Kettlewell (millennium path), Hawkswick, Litton, Buckden.
24 May	16 miles	
31 May	18 miles	To be arranged.
7 June	18 miles	"
14 June	20 miles	"
21 June	20 miles	"
28 June	3 Peaks 22 miles	"