

# Training tips for Walking the Wiltshire White Horses

For Christian Aid

27<sup>th</sup> – 30<sup>th</sup> April 2019.

This walk is for everyone and anyone that can walk unaided!  
Parts of it can be completed in small sections from 2 miles (St Andrews to Devizes White Horse) to sections of 6, 8, 9 or even 11 miles.  
For the really brave, it can be seen as a great challenge - to complete the full 61 miles over a period of four days.

If committing to walking a section(s), then it is assumed that you know your own capability but please be aware that some sections are steep. Some are VERY muddy, some are steep **and** very muddy(!). There are also many gruelling stiles on some sections.

These training tips are designed for those planning to walk multiple days, and again assume a fairly good level of fitness and with access to technical clothing, boots and rucksack. (see page on Gear & Equipment....*to follow*)

The terrain, as stated, is challenging. Not least because of the hills but also because of the mud, stiles and uneven surfaces. There are some road sections, but the majority is off road.

## TIPS:

- Start training now!
- Train on the type of terrain that you are likely to encounter on the event. (see above).
- Build up the length of walks gradually, with some shorter, faster walks in between the longer walks. For example, if planning two walks per week, make one long and steady and the other shorter but faster.
- Definitely include hill walking in your training and at varying speeds too.
- If you are not coming across stiles on your training walks, then improvise at home by doing step up/ step down exercises. Your legs will thank you for it during the event.

- Build up to consecutive days of walking. Look at the lengths of walk of the event and plan to do walks of at least two thirds those distances, back to back.
- Get to know when your body needs fuel and water and practise eating/drinking whilst walking. It is vital to stay nourished, and take on fuel before your body is struggling, so as not to suffer and slow whilst out in a remote place.
- Train with any new items of clothing – don't save them for the event. This means you will have found out if anything rubs or scratches!
- The walk does not have toilet facilities so practice this routine too!!!
- Practice carrying your rucksack containing all you may need and things you hopefully won't! Plan well. Think - first aid kit, phone, map, route (provided), GPS, emergency contact details, medication, food, drink, warm clothes to put on, space to store discarded clothing, waterproofs, sunscreen, hat, gloves, tissues, clean clothes and footwear if you are returning in someone else's car. Yes, a great deal to carry, so you need to practice with it all.
- Walk with a friend if possible. This will encourage you on days when the weather is not appealing but staying at home or in the café is! If you have committed to someone else, you are more likely to do it. Encourage each other when the terrain is challenging or the body is not happy!
- Have a strong mind. Endurance events are as much about the strength of the mind as the strength of the body.
- ENJOY!

If you have trained well, your mind and body will be strong. A well trained body will recover much more quickly than an under trained body. This will mean that you will be much fresher for the next day's walking.