

Get fit for the

KMF 3 Peaks TRAIL MAGAZINE

The Keswick Mountain Festival 3 Peaks Challenge is an 18-mile hike around the iconic fells of Cat Bells, Walla Crag and Latrigg. With a total ascent of over 1000m and a target time of 8 hours or under, it's a tough task that also involves a full lap of Derwent Water. If you're new to hillwalking and worried about your hill fitness, here are two training plans from Trail magazine to help you prepare for the big day.

The long-term plan (for newbie walkers)

3 MONTHS TO CHALLENGE

START WITH YOURSELF

The weight you carry up the mountains can have a considerable effect on your progress and your tiredness, so being mindful of the kilos on your back is important. But the biggest thing you'll be carrying up those mountains is yourself. If - like many of us - you happen to be carrying a little extra around the midriff, easing off on the calories and keeping trim in the months leading up to your challenge will keep you light on your feet and can make a big difference. Even a modest loss of 2kg equals two bags of sugar you'd otherwise be lugging up the equivalent of around 1,150 staircases.



2 MONTHS TO CHALLENGE

TAKE SMALL STEPS

The best training for walking is walking. Start simply by taking a wander at lunchtime, starting with **15 brisk minutes**, then extending to **30 minutes**, then **45 minutes**, then **30 minutes with a loaded rucksack**, then **45 minutes with a loaded rucksack**.

Walk fast enough that you're just out of breath, and keep extending the distance. Make sure you pick something that's achievable regularly - which is why a lunch hour (or a dog walk, or a commute) is a good idea. A few ways to ensure you're tucking in exercise whenever you can: always take the stairs, not the lift; try to up your normal walking pace so you're a little out of breath; keep track of your steps using an app or pedometer - you'll find the daily challenge of setting yourself a 'step target' strangely compulsive and highly beneficial.

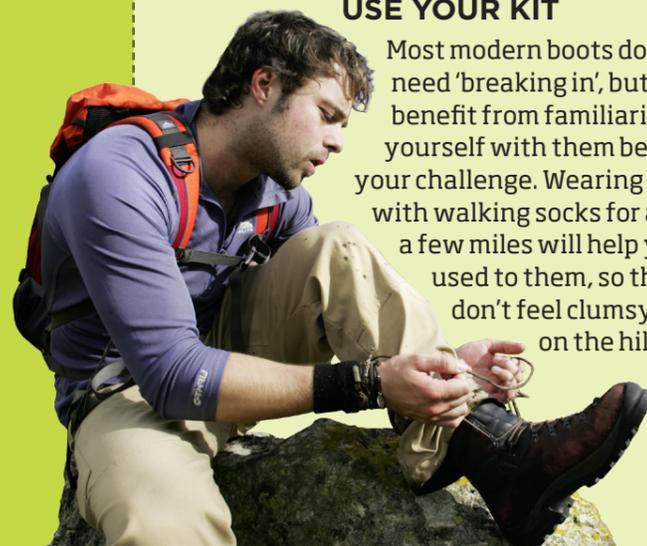
1 MONTH TO CHALLENGE

TAKE BIGGER STEPS

If the best training for walking is walking, the best training for hillwalking is... hillwalking. Try to get yourself outside and up at least one hill before you tackle your challenge - this will also help you familiarise your mind and body with the sort of terrain you're likely to be walking up on your challenge.

USE YOUR KIT

Most modern boots don't need 'breaking in', but you'll benefit from familiarising yourself with them before your challenge. Wearing them with walking socks for at least a few miles will help you get used to them, so they don't feel clumsy on the hill.



1 DAY TO CHALLENGE!

STAY HYDRATED

Pre-hydration is important, but don't go over the top. Aim to drink 2-3 litres of water the day before your challenge, and keep an eye on your wee - if you're going too often or it's very pale or clear, you're all topped up. Oh, and don't go mad in the pub night before - alcohol can have a ruinous effect on your system the day before a strenuous undertaking.

EAT CARB-RICH FOODS

Pasta, rice and other carbohydrates the night before your challenge will give you lots of slow-release reserves. Avoid too much salt and sugar, but don't be too quick to refuse a fry-up on the morning of your challenge - studies have shown that it contains just about the right balance of nutrition to get you up a steep slope quite effectively. If you're unconvinced by this, you can't go wrong with the slow-release goodness of porridge.



The quick fix (for fitness fanatics)

	WEEK 1	WEEK 2	WEEK 3	WEEK 4
MON	Rest	Rest	Rest	Rest
TUES	Run - 2 miles	Run - 3 miles	Run - 5 miles	Rest
WED	Rest	Rest	Rest	Rest
THURS	Run - 3 miles	Run - 4 miles	Run - 6 miles	Rest - load up on carbs, particularly wholemeal pasta
FRI	Rest	Rest	Rest	Rest
SAT	Training walk - 10 miles	Training walk - 18 miles, with a loaded rucksack	Simulated challenge event (such as the Yorkshire Three Peaks) - 25 miles	Rest - carb load
SUN	Warm-down run - 1 mile	Warm-down run - 2 miles	Warm-down run - 1 mile	Three Peaks Challenge!