

TRAINING PROGRAMME

1 DEFINE YOUR EVENT GOAL IN POSITIVE TERMS.

Write it down. Stick it somewhere visible.

2 MAKE A PLAN TOWARDS REACHING YOUR EVENT GOAL.

It should be realistic, progressive, flexible, recordable. Share it.

3 STICK TO YOUR PLAN.

If you can't stick to you plan, review your Event Goal, make a new plan, and stick to that.



ABBI NAYLOR
HEAD OF EXPEDITIONS

Abbi is a highly trained, multi-qualified and experienced Expedition Leader with more than 10 years of exploring under her belt. There is literally no adventure pursuit that Abbi not only does not do, but does not excel in. Her cool, calm demeanour allows her to take our teams into some of the most adventurous, off-grid and incredible destinations on Earth. If you've signed up to a journey that tips the mercury below zero she's guaranteed to be standing right there next to you, but she is equally at home in jungle, desert and mountains. Abbi is an International Mountain Leader, Mountain Bike Guide, Bushcraft Instructor, Sea kayak Leader, sailor, skydiver. The list goes on, you get the point!

EXAMPLE PANAMA TRAINING PLAN

Hills sprints
Hill walks/hikes (crucial)

Run up as fast as you can, recover on your way down. Repeat several times
If you live among hills, then do most of your miles over these hills to get the most from your training. Hiking hills with your pack loaded with your jungle kit is the best possible training.

If you don't have hills around then here are some alternative solutions:

- Become best friends with a Stairmaster, climb those stairs!
- Increase the incline on a treadmill, run/march
- Cross-trainer - great for getting used to using poles (highly recommended)
- Load-bearing Core strength & stability - ie planks, Russian twists, kettlebell swings, lunges
- Your jungle pack will be heavy, core and leg strength training will be very important

And of course, miles, lots and lots of miles...

Mix your miles between shorter faster runs and long slow runs/walks/hikes

- Poles

Get jungle tough

Strength conditioning

B2B

LSR

EASY

STEADY

HARD

VERY HARD

MHR
- Walking poles are strongly recommended for the jungle stage.

Building balanced overall body strength will help avoid injury

Lunges, box step-ups, kettlebell swings, core exercises

Back to back days

Long slow run (easy-steady)

Conversational pace without losing breath (all-day-long pace)

Comfortable manageable pace 60-70%MHR

Race pace 70-80% MHR

Interval/Tempo fast sections 80-90% MHR

Max heart rate

HIKING/RUNNING					SUPPLEMENTAL TRAINING
WK	TOTAL	FREQUENCY	PRIMARY FOCUS		
1	10-15 MILES	3 RUN/HIKES	3x easy run (comfortable enough to hold a conversation)		1x core & cross-training, strength & stability
2	10-15 MILES				
3	10-15 MILES	3 RUN/HIKES	2x steady run, 1x hill walk		1x core & cross-training, strength & stability
4	10-15 MILES				
5	15-20 MILES	4 RUN/HIKES	2x steady run, 1x hill sprints, 1x tempos		2 x core & cross-training, strength & stability
6	15-20 MILES				
7	20-25 MILES	4 RUN/HIKES	2x steady run, 1x hilly hike (2-4kg pack) Recovery week - reduce miles, slow down (no pack)		2 x core & cross-training, strength & stability
8	15-20 MILES				
9	20-25 MILES	5 RUN/HIKES	1x steady run, 1x hill sprints, 1x intervals, 2x B2B LSR		2 x core & cross-training, strength & stability
10	20-25 MILES				
11	25-35 MILES	5 RUN/HIKES	1x steady run, 1x hills, 1x intervals, 2x B2B hilly hike (5-7kg)		2 x core & cross-training, strength & stability
12	25-35 MILES				
13	30-40 MILES	5 RUN/HIKES	1x steady, 1x hills, 1x intervals, 2x B2B LSR & hike (7-9kg pack)		2 x core & cross-training, strength & stability
14	30-40 MILES				
15	20-30 MILES	4 RUN/HIKES	Recovery week - reduce miles, slow down (no pack) 1x steady, 1x hill sprints, 2x B2B LSR (no pack)		1x core & cross-training, strength & stability
16	40-50 MILES				
17	40-50 MILES	4 RUN/HIKES	1x steady, 1x hill sprints, 2x B2B LSR (no pack)		2 x core & cross-training, strength & stability
18	60-70 MILES	5 RUN/HIKES	1x steady, 1x hill sprints, 1x tempos, 2x B2B LSR		
19	60-70 MILES	5 RUN/HIKES	1x steady, 1x hill sprints, 1x tempos, 2x B2B LSR 1x steady, 1x hill sprints, 1x intervals, 2x B2B hilly hike (10-12kg)		3 x core & cross-training, strength & stability
20	70-80 MILES				
21	30-40 MILES	5 RUN/HIKES	1x steady, 1x hill sprints, 1x tempos, 2x B2B LSR		2 x core & cross-training, strength & stability
22	30-40 MILES				
23	30-40 MILES	5 RUN/HIKES	1x steady, 1x hill sprints, 1x tempos, 2x B2B LSR		1/2 x core & cross-training, strength & stability
24	30-40 MILES	4 RUN/HIKES	Taper week - reduce miles & pace, pack, re-pack, repeat.		
EVENT	126 MILES!	9 DAYS	Run, hike, gaze in awe at the jungle mountains around you		