

Training for Ben Nevis

As the UK's highest Mountain, it would be foolish to and possibly dangerous to expect your body to suddenly climb 4,406 ft when it is used to just moving from the kitchen to the couch. To make the challenge easier for you and your legs, it is advisable to put in some preparation beforehand to get your body prepared for what is to come.

There is no climbing or scrambling involved. The event is physically demanding, however, and involves approximately 8 hours of walking over uneven terrain. The maximum gradient is approximately 1:5.

Introduction

This programme is designed for those who have never trained or are out of practice, although it may also provide some assistance and ideas to those who are already training or active.

The qualities you will require to help you to the top are determination, commitment and a reasonable level of physical fitness. You can also help yourself by eating the correct foods both whilst in training and on the day of the climb.

Below is a suggested training plan, it is by no means the best or only way to train, more a way for you to get ideas of how to prepare yourself for the challenge ahead. Feel free to use all or just parts of it and add in any activities that you already do or other things that interest you. For example, If you like swimming, cycling or any other types of activity then doing these will improve your level of fitness and will ultimately make you fitter for the climb.

Week 1

This training plan assumes you are doing little or no regular exercise. Those of you who are currently exercising regularly may want to increase the time or distance of each activity or incorporate bits of the schedule into your current activity. Remember, don't rush into your training, starting steadily is important as this will enable you to build up to the level of fitness you need for the day of the climb and will help you avoid injury.

The best thing to do in your first week is to try and fit in exercise around your current daily routine, for example:

- ⌚ Get off the bus or tube one stop early and walk the rest of the way.
- ⌚ Walk to work (if it is within walking distance)
- ⌚ Use stairs not lifts
- ⌚ Go for a walk at lunchtime
- ⌚ Walk anywhere within 1 mile instead of driving, i.e. to the shops or to see friends

These are all things you can do throughout your training and will certainly make a difference to your fitness levels by the time of the climb.

Once you have got into this routine you can now start to introduce a more structured plan. This is just an example of a training plan that will get you fit enough to tackle Ben Nevis. Feel free to introduce your own elements or swap some of the walking for other activities like swimming, cycling or going to the gym.

Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Weekly mileage
Week One	Rest or walk 20 mins	1.5 mile walk	Rest or walk 20 mins	1.5 mile walk	Rest	1.5 mile run	30-60 min walk
Week Two	Rest or walk 20 mins	2 mile run	Rest or walk 20 mins	2 mile walk	Rest	2 mile walk	35-60 min walk
Week Three	Rest or walk 20 mins	2 mile walk	Rest or walk 20 mins	1.5 mile walk	Rest	2 mile walk	40-60 min walk
Week Four	Rest or walk 20 mins	2.5 mile walk	Rest or walk 20 mins	2 mile walk	Rest	2.5 mile walk	60 min walk
Week Five	Rest or walk 20 mins	2.5 mile walk	Rest or walk 20 mins	2 mile walk	Rest	2.5 mile walk	75 min walk
Week Six	Rest or walk 20 mins	3 mile walk	Rest or walk 20 mins	2 mile walk	Rest	3 mile walk	2 Hour walk
Week Seven	Rest or walk 20 mins	3 mile walk	Rest or walk 20 mins	2 mile walk	Rest	Rest	Ben Nevis Challenge