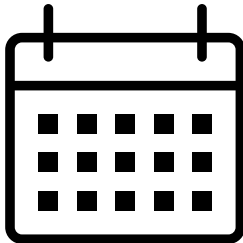


# 6 Top Training Tips

## Top Tip 1

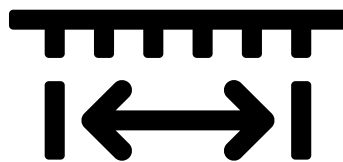
### Start With A Strong Base



Begin your training at least 6-8 weeks before your challenge. Focus on gradually increasing your distance each week to build stamina and confidence.

## Top Tip 2

### Incorporate Interval Training



Boost your speed by adding interval training to your routine. Alternate between fast-paced movements and slower recovery periods. This will help improve your pace and endurance over time.

## Top Tip 3

### Focus On Form



Correct form in your movements can make a big difference in efficiency and injury prevention. Keep your body relaxed and don't forget to breathe deeply to avoid shallow breathing.

## Top Tip 4

### Rest & Recover



Make sure to schedule rest days into your routine. Your muscles need time to recover and strengthen. Overtraining can lead to injury and burnout, so listen to your body and take breaks when needed.

## Top Tip 5

### Simulate Challenge Day Conditions



Train on similar terrain and at the same time of day as your challenge to familiarise your body with event-day conditions. This will make you more comfortable and prepared on challenge day.

## Top Tip 6

### Create A Training Plan



Creating a training plan provides structure, consistency, and gradual progression, which improves endurance and speed. It allows you to set clear goals, avoid overtraining, track your progress, as well as being able to notice the improvements you've made over time.



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