



Yorkshire 3 Peaks Training Programme

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
SESSION TYPE	CORE	LOWER BODY STRENGTHENING	CORE	LOWER BODY STRENGTHENING	REST	LONG WALK	FOAM ROLL + STRETCH

Contents

Front Page: Contents

Page 2: Warm-Up Exercises

Page 3: Lower-Body Exercises

Page 4: Lower-Body Explained

Page 5: Core Exercise

Page 6: Core Exercises Explained

Page 7: Mobility Programme

Page 8: Lower-Body Stretches

Page 9: Lower-Body Stretches

Page 10: Walking Notes

Pre-Notes

Time Management

We understand time is limited with classes, work, family and other life commitments.

This programme is a guide to prevent injuries from arising and ensure that you are fit to participate ahead of the challenge.

Do what you can

If time is limited then aim to get at least 1 core and 1 lower body strengthening session in a week. This shouldn't take much longer than 30-45minutes.

Injuries

There has been alternatives of each exercise added to the programme to take into consideration injuries/previous injuries with the room to progress once you feel strong enough.

Please contact myself if you have any questions regarding the programme.

Warm Up Exercises

Note: These are to be completed prior to any of the following workouts and walking.



Bodyweight Banded Squats 1 x 10



Lateral Band Walk 1 x 10 each side



Hip Flexor and Quads Stretch 1 x 10 each side



Hamstring Ground Sweeps (1 x 10 each side)



Heel Flicks 1 x 10



Leaning Dorsiflex Heel Taps 1 x 10 each

Lower-Body Exercises

Warm-up: Raiser: 5-10min walk. Activate: Bodyweight banded squats, lateral band walks 1 x 10, Mobilise: Lunge hip flexor and quadricep dynamic stretch, hamstring ground sweeps, learning heel taps - 1 x 10 each.

Exercise	Sets	Reps	Weight	Note
Glute Bridges or Goblet Squats	3	Start at 8 reps then increase by 2 reps each week.	Start with bodyweight, reach 20 reps then add weight as needed	Squeeze the buttocks maximally throughout 3 seconds up, 3 seconds down
Reverse Lunges or Forward Lunges or Step ups	3	Start at 8 reps each side then increase by 2 reps each week.	Start with bodyweight, reach 20 reps then add weight as needed	Squeeze the buttocks maximally throughout
Hamstring Walkouts, Stiff leg deadlift or seated hamstring curl	3	Start at 8 reps each side then increase by 2 reps each week.	Start with bodyweight, reach 20 reps then add weight as needed	Squeeze the buttocks maximally throughout 3 seconds up, 3 seconds down
Single-leg Calf Raises on a step	3	Start at 8 reps each side then increase by 2 reps each week.	Start with bodyweight, reach 20 reps then add weight as needed	Push through the big toe throughout. 3 seconds up, 3 seconds down
Bent Knee Calf Raises on a step	3	Start at 8 reps each side then increase by 2 reps each week.	Start with bodyweight, reach 20 reps then add weight as needed	Push through the big toe throughout. 3 seconds up, 3 seconds down

Cool down: Stretching of the Hamstrings, quads, hip flexors, glutes and calves 2 x 20s on each muscle group

Note: These are a circuit or to be done one exercise at a time for all 3 sets. 30-45s seconds rest after each set.

Lower-Body Exercises



Glute Bridges



Elevated Heel Goblet Squats



Single-leg Calf Raises on a step



Forward Lunges



Reverse Lunges



Step ups



Bent Knee Calf Raises on a step



Hamstring Walkouts



Stiff leg deadlift

Core Exercises

Warm-up: Raiser: Bodyweight squat x 10, Mobilise: hamstring ground sweeps, dynamic hip stretch in lunge position, lateral band walks - 1 x 10 each.

Exercises	Reps	Weight	Note
Dead Bug	Start doing for 30s then increase by 5 seconds per week.	Bodyweight	2 seconds up, 2 seconds down (bend knees slightly as you go down to prevent the lower back from arching)
Side Plank	Start doing for 30s then increase by 5 seconds per week.	Bodyweight	Keep core and glutes tight throughout, do not allow your hips to drop. go onto your knees if you need to complete the set.
Plank	Start doing for 30s then increase by 5 seconds per week.	Bodyweight	Keep core and glutes tight throughout, do not allow your hips to drop. go onto your knees if you need to complete the set.
Back extension hold	Start doing for 30s then increase by 5 seconds per week.	Bodyweight	Keep core, lower back and glutes tight throughout.

Cool down: Stretching of lower back, quadriceps and hip flexors and hamstrings and glutes (1 x 15s each side).

Note: These are a circuit. 15 seconds rest after each exercise. 60 second break after each round. Repeat for 3 rounds in total.

Core Exercises Explained

Dead bug



Start by laying on your back, knees and hips bent at 90 degrees and your arms extending in front of you. Ensure your back is flat against the ground and you cannot put your hand under your lower back. Slowly lower one leg down but do not let it touch the ground. Now bring this back up to the start position and alternate between both legs. Make sure you do not allow your lower back to lift off the floor, If it does, do not take the legs as low down.

Side Plank



Start on your side with your feet together and one forearm directly below your shoulder. Contract your core and raise your hips until your body is in a straight line from head to feet. Hold the position without letting your hips drop (focus on closing the distance between your ribs and hips) for the allotted time for each set, then repeat on the other side.

Plank



Start by placing your forearms on the ground, elbows under shoulders and feet together and knees fully extended. Focus on rotating the hips backward and contract the buttocks and core as if someone was going to punch you. Now, hold this position for the specified time.

Back extension hold



Place your hands under your chin or behind your head and extend your back and lift your chest and knees off the ground whilst focusing on squeezing the lower back and glute muscles. Keep your head and neck neutral. Lower to starting position slowly under control.

Mobility Exercises

Exercises	Sets	Reps
Lower-body foam rolling	2	Duration 20-40s
Glute max and medius release with tennis ball	2	Duration 20-40s
Band assisted prone quadricep static stretch	2	Duration 20-40s
Kneeling adductor static stretch	2	Duration 20-40s
Glute stretch	2	Duration 20-40s
Band assisted hamstring static stretch	2	Duration 20-40s
Straight leg calf static stretch	3	Duration 20-40s
Bent knee calf static stretch	3	Duration 20-40s

Lower-Body Mobility and Stretches



Glute max and Medius release with tennis ball



Straight leg calf stretch



Kneeling adductor stretch



Bent knee calf stretch



Band assisted supine hamstring stretch



Band assisted quadriceps stretch

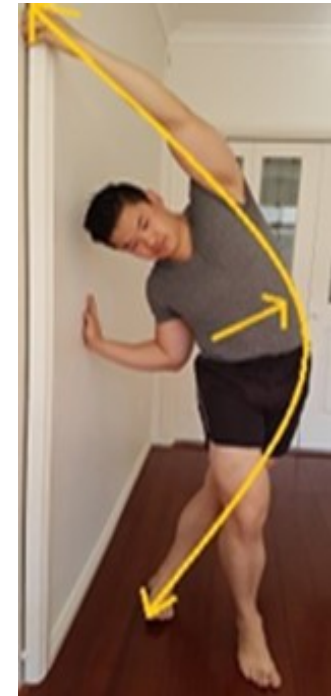
Lower-Body Mobility and Stretches



Quad and hip flexor stretch



Lower-body foam rolling



Lower Back Stretch



Hamstring Stretch



Lower Back Stretch



Glute Stretch

Notes

Time On Each Peak (approx.)

Pen-y-ghent Summit 1 hour 15 mins

Whernside Summit 4 hours 40 mins

Ingleborough Summit 2 hours 50 mins

Training Guidance

Aim to rack up a mix of longer, or intense and then intense hill climbs over the coming weeks.

We are around 4 weeks away from challenge day. So its important to wear your boots in if you haven't yet, and start to rack up your hours.

I suggest back to back walking (Saturday + Sunday) 4-5 hours each day to prepare for the challenge. 1 week before the challenge reduce distance and intensity as a “deload” to remove any fatigue ahead of the challenge!

GOOD LUCK AND SEE YOU AT THE START LINE!