



EXPEDITION TRAINING GUIDE



SECRET COMPASS GENERIC TRAINING GUIDE FOR TEAM EXPEDITIONS

This document is a general suggested training program for Secret Compass expeditions. The document is designed to be a flexible guide that should allow you to slowly build the appropriate level of fitness in preparation any Secret Compass expedition. We strongly suggest that you seek professional guidance from a qualified fitness instructor if you think it is necessary.

The training program will concentrate on building cardio fitness and muscular endurance over a period of 12 weeks. The program is a guide, please adjust as needed to fit around your lifestyle.

1. Activity: Running, swimming and biking (mountain or road) all build excellent cardio fitness, please mix and match as needed to best suit your lifestyle. Combining different types of cardio will still work your heart and lungs but will also build different muscle groups, so it is a great idea. You will likely find that you can bike for longer than you can swim or run. If you start to get running niggles (ankle, knee or muscle problems) immediately switch to swimming, biking, or cross-fit to avoid injury. Cross trainers and step trainers in the gym can also be used as an excellent substitute.

2. Intensity: We have directed time, not distance, as it is the time spent exercising that is important. A 'steady state' of exercise is fine to build cardio fitness and endurance. As such, you should be relatively comfortable when exercising - out of breath but not struggling - if you use a heart rate monitor a HR of 140-160. For days where running intervals should include hills you can: find hills to run up, increase intensity on a cardio machine, or increase your speed for short minute intervals.

3. Motivation: It is often difficult to get out of the door, especially at 0700 and -1 Degrees in the dark of a British winter. Some great ways to increase motivation are to join a running club or go to appropriate classes at the gym or pool. Alternatively, spinning is an excellent way (though slightly painful!) to build cardio fitness. Another way is to measure your distance/time over certain speed (Smartphone apps or fitness tracking watches are great for this) and try to beat yourself each time to remain competitive.

4. Walk in the hills: These days will be important to build endurance. They are designed to be low intensity – walking - but much longer duration. Build up the amount carried and the distance walked. Great locations are South Downs, Brecon Beacons and Black Mountains, Ridgeway in Oxfordshire, and Dartmoor or Exmoor in Devon.

5. Customise: Customise the regimen for your lifestyle. Please use the program as a rough guide for weekly achievement benchmarks. You can change the days to fit your schedule or switch the activity according to your preferences and aptitudes. If you are improving quickly, feel free to move onto the next weeks activities.

6. Talk to us: If you have any questions about this training programme or about the expedition in general, please don't hesitate to call or email us at Secret Compass HQ.



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Week	Mon	Tues	Wed	Thurs	Frid	Sat	Sun
1	Run 15 mins	Rest	Swim or bike 20 mins	Rest	Run 15 mins	Rest	Rest
2	Run 20 mins	Rest	Swim or bike 25 mins	Run 20 mins	Rest	Walk hills for 4 hours with 10kg	Rest
3	Run 20 mins	Swim or bike 30 mins	Run 20 mins	Swim or bike 30 mins	Rest	Walk hills for 4 hours with 10kg	Rest
4	Run 25 mins	Swim or bike 30 mins	Rest	Run 20 mins including hills	Rest	Swim or bike 35 mins	Rest
5	Run 20 mins including hills	Swim or bike 35 mins	Rest	Run 30 mins	Rest	Walk hills for 5 hours with 10kg	Walk hills for 5 hours with 10kg
6	Rest	Rest	Run 20 mins including hills	Swim or bike 35 mins	Rest	Run 30 mins	Rest
7	Run 25 mins	Rest	Swim or bike 40 mins	Run 25 mins including hills	Rest	Walk hills for 4 hours with 15kg	Rest
8	Run 20 mins including hills	Swim or bike 45 mins	Rest	Run 35 mins	Rest	Walk hills for 6 hours with 15kg	Walk hills for 6 hours with 15kg
9	Rest	Run 30 mins including hills	Swim or bike 50 mins	Rest	Run 40 mins	Rest	Rest
10	Run 25 mins including hills	Swim or bike 50 mins	Rest	Run 40 mins	Rest	Walk hills for 6 hours with 20kg	Walk hills for 6 hours with 20kg
11	Rest	Swim or bike 55 mins	Rest	Run 45 mins	Rest	Walk hills for 8 hours with 20kg	Rest
12	Run 50 mins	Swim or bike 60 mins	Rest	Run 50 mins	Rest	Walk hills for 8 hours with 25kg	Walk hills for 8 hours with 25kg