



TEN TORS @ PCSC



FITNESS FOR TEN TORS

The following guidelines will not only help to make sure you are as fit as possible for Ten Tors. It will help you to get maximum enjoyment out of your Ten Tors experience.

Getting fitter means that you will be able to do more AND whatever you want to do will take less effort. You'll thank me when the finish line is in sight, it's only 10am, and you still have enough energy to run about Okehampton watching the other teams come in after you.

Take Regular Exercise

- This helps you to reap the benefits of hiking such a long way. It's called 'fitness maintenance'. Not taking regular exercise means that you will totally lose any gain you made from hiking. Your body has a memory, but only a short one, you will need to reinforce things.
- Why not walk to school every day - there can't be much better training for Ten Tors than hiking itself - in fact, the more similar the exercise is to the actual Ten Tors, the more effective it will be (that's called 'specificity').
- Or cycling, swimming or playing football for at least 30min is good too. Anything that will get your heart rate up, and you tired out, means that it is probably improving your endurance. Become a beast of heart and lungs.
- You will be expected to make use of the fitness suite at BRC. You will be given a logbook to record your visits and get them signed off by the member of staff who is in there.



Eat a healthy diet (click [here](#) for info on eating and drinking)

- Why carry all that excess FAT around on the moor? Try and eat a balanced diet of plenty of fruit and vegetables, carbohydrates like potatoes and pasta, and protein like fish and meats. Avoid stuff like McDonalds, greasy chips and pies etc. Common sense applies - there's really no need to count calories, especially as you are young and active, just don't be a greedy pig.
- Do avoid lots of soft drinks (a can of coke contains about 10 teaspoons of sugar - which turns to fat if not used by the body).

Whilst on the moor

- Carbohydrates will be your main source of energy during a Ten Tors hike, and don't worry about eating too much fat out there either; you'll use it up when you hike for such long periods of time. Carbs are things like pasta and oats, this is what we like. A very common mistake is to think you can survive a hike on chocolate or sweets - this is good for those short energy bursts, but useless over time - you'll feel sick and drained.

INFORMATION SHEET NUMBER 2 - Fitness for Ten Tors

- A good way to get extra carbohydrates into you on a hike is to use carbohydrate drinks like 'Isostar' or 'Lucozade', available from most sports shops, although be warned that they are expensive, and sometimes bad for your teeth but you will have packed your toothbrush...

Drink Plenty of Water

- You can run, but you can't hide from the benefits of H₂O - it's the best way to keep yourself hydrated. Not only is it essential for life, but it helps you to avoid getting headaches and feeling bad out there on the moor, even if puritabs do make the water taste like rubbish. Did you know 90% of all headaches are caused by dehydration?

Wear your walking boots as much as possible

- We all know that the other major cause of drop outs apart from being totally knackered (exhaustion), is BLISTERS. You can learn to predict where and when these are going to happen by wearing your hiking boots as often as possible, even though you will look odd walking around Paignton in them...
- Your skin will respond by toughening up where there is rubbing, and your boots will respond by softening up a little and stretching to fit you.

