



EPT1000

Get Challenge Ready

Thank you for taking on the EPT1000 challenge and a warm welcome from us at The EPT.

To assist in your planning, we have put together a few extra tips which you can use alongside the many online training plans and fitness magazines available. You can use Google to find the right one for you as this is your personal journey. The most important thing is to enjoy the challenge!

#EPT1000

Please join us on Twitter and Facebook in sharing your stories.

“I knew I was a runner/cyclist/walker when.....” (my personal moment was when I was more excited about buying new running shoes than buying a pair of heels!

Tell us your favourite runs, rides or walks:

“I love this route.....because” (my favourite route is a trail run from Coniston village in the Lake District, up towards Coniston Old Man and finishing by Coniston Lake - it really inspires (and challenges!!) me. Jill, EPT Fundraising Coordinator)

Alone or with company – You decide

- Run/Cycle/Walk with friends, your partner, join a club, set up a WhatsApp group so there is always someone you can always go out with, take your dog out, sign up to the free 5k Park runs, look up www.runlikeagirl.org.uk
- Surround yourself with people who believe in you and who are interested in your journey and training. Positive people make you feel good and help you to train well
- Alternatively, use it for time on your own to clear your head, take in the nature around you.



- Or plug in to your favourite music.
- Take your trainers/walking shoes to weekends away and on your holidays. It's amazing how much more you can see of a place on foot
- Running/walking/cycling makes you feel good and gives you energy for everything else in your life. Spending time in nature, with friends or in a happy place aids recovery. We hope after this challenge you will continue running/cycling/walking regularly

What should I wear – Your comfort

- Before you embark upon your challenge, check that you have the correct equipment - shoes, bike, running/cycling kit, swimming gear etc. You must be comfortable and not injure yourselves. Do remember your lovely EPT dri fit top/vest! Please remember to wear the correct running trainers that are suited to your feet and replace them at about every 300 miles as this will play a huge part in preventing injury and are worth the investment.
- If you are warm enough when you start, take a layer off, 10 minutes into your exercise, you'll bound to be stripping off and carrying surplus clothes.
- Remember to stay hydrated, fuelled, let someone know your planned route.
- Be YOU and don't worry about what you look like out there. You have entered the challenge and aim to train to cover the distance and perhaps even improve your time so embrace it; you are doing it!

KEEP GOING – It's worth it

- Whatever the weather, just get out into the fresh air. It can even feel more uplifting completing a run in the pouring rain!
- Pop your running/cycling gear on when you get up so you know you will go.
- Put a note on the fridge to remind you to get out/diarise your activity/keep a blog



- Book some races spread through the year to keep you motivated. www.goodrungle.co.uk/RaceFinder.asp
- Mix it up! Don't stick to same walk/run/cycle – instead go for some hills, off-road, trails, cross country, canal paths, intervals. Explore and have fun!
- Plan to walk up a mountain a month.

Look after yourself

- Treat rest and nutrition seriously throughout your challenge. Your body needs to recover from the extra exercise that you are doing to become fitter and stronger. Clever athletes sleep up to 8-9 hours a night and eat a balance of carbohydrate, protein, fats and plenty of fruit and vegetables. Keep your blood sugar levels balanced and energy high.
- Don't forget to treat yourself - have a lovely bubble bath, celebratory drink, etc.

Homemade Cranberry and Coconut Energy Bars – 5 minutes to make!

Ingredients

- 200g butter, 100g light muscovado sugar, 50g golden syrup
- 50g sunflower seeds, 50g dried cranberries, 100g sultanas, 50g desiccated coconut
- 100g crisped rice cereal, 150g rolled oats
- Line a tray bake tin with cling film. Add the butter, sugar and syrup to a large pan and stir over a medium heat until melted. Pour into large bowl, stir in all the remaining ingredients til well combined. Pour mixture into lined tin and spread till level. Transfer to fridge to chill for about 2 hours. Cut into even sized bars and store in airtight container. ENJOY!

Energising Banana and Almond Smoothie

1 banana, 2-4 ice cubes (optional), 2 tbsp whey protein, 1 tbsp lime juice, 4 tbsp Greek yogurt, Handful of almonds, Almond milk to fill line.

Mix/blend it all up and feel energised!



STRETCHING – it's boring but it will help you to stay injury free!

- Before an exercise, stretching should be a short warm up fast walk/slow jog. Don't stretch cold muscles
- After an exercise, do a series of stretches that suit you for at LEAST 20 seconds per stretch, per leg. A good stretching routine will help restore the muscles' balance and allow you to be more flexible. Do remember the value of cross training, massage and stretching during your challenge. Some stretching examples are:

Calf stretch: Stand with feet shoulder width apart. Take one foot forward and keep feet parallel. Maintain the arch in the forward foot by pressing down with the toes to stop foot rolling in. Straighten back and feel stretch





Hamstring: Lie on back, pull one leg up to chest and hug with both arms. Keep one leg straight or bent on floor keeping ankle flexed



Quads: This stretch can be done lying on your side in a straight line or standing. Grasp the top of the ankle with your hand on the same side and bring heel up to your bottom. Hips should be pushed forward



Groin: Keep the back straight, take the foot to one side and take the knee over but not further than your foot, transferring weight to the bent leg. Feel the stretch on the inner thigh of the straight leg





Our Favourite Running/Exercise Tips

“When running, let your jaw hang loose, don’t bunch up your shoulders close to your ears, and occasionally shake out your hands and arms to stay relaxed” – Dave Martin.

Feel the magic... “for me, running is a lifestyle and an art. I’m far more interested in the magic of it than the mechanics!”
– Lorraine Moller

You must listen to your body. Run through annoyance, but not through pain.” – Dr. George Sheehan

Taking up running, cycling, walking can do wonders for your confidence, state of mind and general well-being – Rob Beech, personal trainer



After a run, cycle etc. don't rush back into life. Take a few minutes to walk, stretch, relax, meditate." Runners World Editors.

Mix it up and don't get bored! "move into a hill session gradually, running the first few repeats moderately and increase the effort as you go along" – Frank Shorter, 1972 Olympic

Never underestimate the value of a good training partner, even if it's your dog. Training allies will get you out the door on those days when exercise may otherwise be reduced to a finger on the remote-control button." – Runner's World editors

There really is nothing to lose from trying something new



Our Fundraisers – In their own words

“All I can say is that both journeys are an emotional roller coaster with highs and lows and if that money helps reduce the pain and heartache for one family then it’s all worth the sweat.” – Jane Lewis reflecting on her marathon experience.

“The main thing my husband and I wanted to achieve from this was to raise money and awareness, and I truly believe we have achieved both of these targets, is surprising how many people have contacted me (friends & colleagues) to say they too, have been through this or know someone who has...” Ian and Tina Baxter talking about their 20k hike “Across the Divide”.

“The Ectopic Pregnancy Trust was a great support to me after my ectopic in February 2014, it was the one place I could speak to others and get advice, it made me feel less alone. A year in I decided that I wanted to raise some money for a fantastic charity.” – Gemma Harvey, Brighton 10k.

“I was bursting with pride with how amazing Dave and the team did. It took them just over 3 hours to complete tin gruelling conditions that include a hailstorm! Raising over £1500. Ruth feels truly humbled and is glad to have done something good out of their horrible experience.” Ruth Hopkins, 10 miles Yorkshire Warrior Challenge.