

TRAILWALKER UK: TIPS FROM TEAMS

Through their training, fundraising and the event itself, last year's teams came up with a lot of really useful tips for taking on Trailwalker.

Have a look at some of their top tips and get your challenge off to a great start.

“Train, train and train. Look at the route in detail and try, if you can, to get out onto the Downs and walk as much of the route as possible before the event.”

Francesca, The Walking Deads

“Invest in a decent pair of walking boots/shoes and have them fitted correctly.”

Jean, Jerry and the Pacemakers

“Train together with your team as often as possible. We weren't able to get many walks in together and there were two distinct speed factions in our team.”

Trailwalker Team, 2013

“Train for night walking... tiredness is a killer. And join the Facebook group... the support, friendliness and advice I got there was invaluable.”

Catherine, Downhill Walkers

“Look after your feet; toughen them up beforehand and prepare for blisters.”

Trailwalker Team, 2013

“When preparing your training schedule, if you think it's just enough, double it!”

Steve, A Bunch of Walkers

“Prepare for blisters! Really put your socks and footwear through the mill to see if they rub at all because even if they feel OK in shorter training sessions, it might not feel the same after 8 hours walking!”

Neil, Eager Eagles

“Organise your support crew well before the event.”

Chris, Supertramp

“Start your fundraising early - it gets you support from your friends and you don't have to worry about sorting it all out after the event.”

Kayleigh, Team Gangnam

“Do at least one 60km group training session, partly at night, at least one month before. This distance is long enough to give you a taste of what you may experience, while giving you enough recovery time to try and resolve those problems before the event.”

Charlie, Adder Ladder

