

TRAILTREKKER: 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 Trailtrekker.

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

“Train, train, and train some more! It was very valuable to my team that we'd trained on parts of the actual course before hand and knew what sort of things to expect along the way. Also, try equipment well before the event.”

Grace, The Red Shoe Company

“Train as a team. We did zero training as a team and even less on the actual terrain. We felt so disappointed after the event as we wanted to get to Gold.”

James, The Radbroke Ramblers

“Invest in your boots. Have boots properly fitted, explaining what event you are training for.”

Jana, TCC Trekkers

“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

“Walking poles, walking poles, walking poles - you would be a fool not to try them and they made a huge difference particularly on the inclines.”

Melissa, Team Brown Wednesday

“Plan how much training you think you need, then double it.”

Patrick, Error: 404

“Once you have a reasonable level of general fitness, it's all about foot care, food and fluids. Take the time to take care of these before they become an issue.”

Martyn, Iles be back

“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

“Walk at least 50% of the distance in training.”

Steve, Wacky Racers

“Complete final practice walks one month before the event and no closer. This will give you time to deal with any last minute problems.”

Laura, Kings Chambers