



Ben Nevis

Training Plan

Are you ready to transform your goal of conquering the majestic Ben Nevis into a reality? Lace up your boots, embrace your adventurous spirit and join us on a journey from Sofa to Summit in support of St. Andrew's Hospice!

By participating in this climb and raising vital funds, you are helping to provide compassionate, specialist care and support to those living with a life-limiting illness and their loved ones during their most challenging times.

Sofa to Summit

This Sofa to Summit training plan will help you prepare for the Ben Nevis Challenge, no matter your fitness level.

Our experienced team provide tips, support and a sense of community as you embark on this challenge.

Training Plan

Stage 1: Building the Foundation

- Begin with brisk walks for 20 minutes, gradually increasing to one hour.
- Include light stretching and core exercises.
- Choose a local trail for a longer, slower-paced walk, e.g., Strathclyde Park.
- Extend weekday walks to 1-1.5 hours, if possible.
- Introduce light hill walking & inclines, maintaining a steady pace.
- Embark on a weekend hike, gradually increasing distance to 8-10 miles.

Stage 2: Increase Distance

- Start using a backpack on your walks, gradually increasing the weight (water bottles are a good idea as you can empty if needed).
- Further extend weekday walks to 1.5 hours.
- Focus on maintaining a steady pace during hill walks.
- Increase weekend hike distance to 10-12 miles.
- Incorporate hill intervals into walks (5-10 minutes ascent, then descend).
- Intensify hill training with steeper slopes.
- Explore hilly terrain with an emphasis on elevation gain.
- We would suggest using walking poles, especially on hills.

Stage 3: Hill Focus

- Increase hill intensity, focusing on challenging slopes.
- Explore specific hilly locations, e.g. Tinto Hill.
- Alternate between hill climbs and sustained walks on varied terrain.
- Include stair climbing or use a stair stepper for endurance.
- Tackle a challenging trail with significant elevation gain (12-15 miles).

Stage 4: Specific Ben Nevis Preparation

- Increase walking time, ensuring varied terrains.
- Integrate strength training for leg muscles.
- Seek out routes with lots of steps & varied terrain.
- Tackle a pre-Ben Nevis trial hike, simulating anticipated conditions.

Stage 5: Week of the Climb

- Short, easy walks to keep muscles active.
- Focus on mental preparedness and hydration.

Climb Day: Trust Your Training

- Conserve energy and enjoy the experience.

Remember, consistency is key.

Listen to your body, stay hydrated, and wear appropriate gear.

As you progress through this plan, not only will you physically prepare for Ben Nevis, but you'll also build the mental resilience needed for the challenge.

Gear Tip: Invest in sturdy hiking boots and gradually break them in during your training. It's essential to have comfortable footwear for the climb. We advise you to get and train with walking poles so you feel the benefit on the day of the climb.

You're on your way from Sofa to Summit - Step by Step.

Let the adventure unfold, and together, let's reach new heights for St. Andrew's Hospice!

