

TRIP FITNESS

You don't have to be a marathon runner to complete your trip, but we recommend that you have a reasonable level of fitness to help you get the most out of your experience.

BEING PHYSICALLY PREPARED

Getting physically ready will give you the best chance to enjoy the amazing world you're about to jump into. It's not just about getting ready for a trek; you're going to be moving around in different climates, eating different foods and getting involved in your community engagement. The fitter you are, the more fun you'll have doing these things!

HOW TO PREPARE

Why not go on some practise walks in your local area? You can do this on your own or with other team members. It's a great chance to bond as a group, break in your walking boots and get used to carrying around your rucksack.

Explore some of our other ideas and links to help you get fit for your trip below:

Fitness Ideas - <https://www.nhs.uk/live-well/exercise/free-fitness-ideas/>

Gym-Free Ideas- <https://www.nhs.uk/live-well/exercise/gym-free-exercises/>

Guidelines for Young People - <https://www.nhs.uk/live-well/exercise/physical-activity-guidelines-children-and-young-people/>

How to Keep Active - <https://www.bhf.org.uk/informationsupport/support/healthy-living/staying-active>

TEST YOUR FITNESS

You can test your fitness using a beep test or cooper test.. The steps for running these are detailed below:

Beep Test:

- Go to: <https://beepfitness.com/help.html>
- Place two markers on the ground 20m apart from each other
- Stand at one of the markers and press start on the sound recording
- Run between the two points during the beeps - you should reach each marker before the sound of the next beep
- If you miss the beep twice, that is the end of the test!
- Check out the Beep Test target scores. Don't worry if you can't reach them straight away, they are simply good goals to set

Beep Test Target Stage

Age	Female	Male
12 - 13	3.6	5.2
14 - 15	5.3	6.2
16 - 17	5.7	6.9
18 - 25	5.8	7.2

Cooper Test:

- Run for 12 minutes and track the total distance (you can walk if you need to slow down at any point)
- Check out the Cooper Test target scores. Don't worry if you can't reach them straight away, they are simply good goals to set

Cooper Test Target Distance

Age	Female	Male
13 - 14	1600m	2200m
15 - 16	1700m	2300m
17 - 19	1800m	2500m
20 - 29	1800m	2200m

