

TRAINING & FUNDRAISING GUIDE



22-24 SEPTEMBER 2023

TRAILWALKER

4 PEOPLE | 100KM | 30 HOURS



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Welcome to Trailwalker!

This guide has brings together advice from past walkers and runners, fitness professionals and the Gurkhas. We've looked into what you should eat, what you should wear, how to train for this epic adventure and how to reach your fundraising pledge with ease. It's important to read this through thoroughly – and don't forget to have fun!

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KIT CHECKLIST

These are the essentials you'll need to keep you safe during Trailwalker. The South Downs Way is incredibly exposed in places and can experience rapidly changing unpredictable weather. This list ensures you have the right kit to keep you hydrated, protected from the elements, prepared for night-time walking, and safe in case anything happens.

	COMPULSORY ITEMS - PER PERSON
☐	1 x sturdy water bottle or bladder (full)
☐	1 x head torch + spare batteries
☐	2 x participant numbers (you'll receive these at registration)
☐	1 x sun hat
☐	1 x whistle
☐	1 x mug or flask (for hot drinks)
	COMPULSORY ITEMS - PER TEAM
☐	1 x Trailwalker Map and Event Guide (these will be posted to the Team Leader before the event)
☐	1 x Ordnance Survey map (recommended Landranger OS 197 and 198)
☐	1 x compass
☐	1 x notebook and pen (for recording details in an emergency)
☐	2 x mobile phones (for different networks)
☐	1 x first aid kit
☐	1 x survival bag
☐	2 x high-visibility vests
☐	1 x rucksack
☐	1 x sun-cream
	WEATHER-DEPENDENT ITEMS
☐	1 x warm hat and pair of gloves
☐	1 x warm fleece
☐	2 x sets of spare clothing (carry one, keep one in Support Crew vehicle)
☐	min 4 x pairs of spare socks (carry one, keep the rest in Support Crew vehicle)
☐	1 x waterproof jacket and trousers



Support Crew and your kit

Depending on the conditions, you may not need to carry all kit with you at all times. Use your Support Crew to transport spare dry clothing, and if it's a hot day, the warmer items for the night section. Many teams have been caught out on the course due to rapidly changing weather – think carefully before setting off without waterproofs, and ask your Support Crew to provide regular weather updates. There is a separate list in the Support Crew Guide with recommendations for what they should bring.



Teams should be reminded that it is their responsibility to conduct a weather check at each checkpoint and ensure that they have the necessary equipment to support themselves between each checkpoint.

KIT ADVICE



Choosing your rucksack

A pack with padded waist and shoulder straps is important to help you carry the compulsory kit in comfort. A chest strap will also keep the shoulder straps in the right place, reducing chafing and extra strain on your back.



Wonderful walking poles

Experienced Trailwalkers recommend using walking poles to help spread the weight between your hands and feet, and help you keep your balance when you get tired. If you purchase new poles make sure you try them out on training walks.



Mobile phones

Consider how you're going to stay in touch with your Support Crew. Access to mobile networks is limited in parts of the route - we recommend taking mobile phones on different networks to increase your chance of a signal. Make a timed plan with your Support Crew so that they know roughly when to expect you at each checkpoint.



Waterproof your map

We require that you do Trailwalker with our supplied Map & Event Guide, as well as Landranger Ordnance Survey Maps 197 + 198. Bear in mind that you need to know where you are, even in the rain, so consider using a waterproof map bag.



Head torches and batteries

A head torch is compulsory for the night section, and remember to carry spare batteries or a second torch in case it runs out of charge. Bear in mind USB chargeable torches may not last through the night!



First aid kit

There will be trained medics at every checkpoint. However, they are there to deal with emergencies, not to treat minor injuries or blisters! During your training learn how to prevent and treat blisters - and carry plenty of tape/plasters in your rucksack. Remember: prevention is best!

WHAT TO WEAR

Over the event weekend and throughout your training be prepared for all kinds of weather conditions, and for the weather to change quickly. You are exposed to the elements whilst walking along the South Downs and may have to deal with cold, rain or extreme heat!

EXTREME WEATHER

- Ensure you have waterproof trousers and a waterproof jacket.
- Pack plenty of spare socks so that you can change at every checkpoint.
- Consider whether you need waterproof shoes/boots.
- Keep spare shoes/boots in the support vehicle.
- Carry a sunhat and suncream.
- Make sure that you are carrying the compulsory kit in your rucksack. Don't be fooled by the weather when you set off from one checkpoint – by the time you reach the next one, it could have changed drastically.



LAYER SYSTEM

Layering lets you adapt your clothing to the conditions: if it gets warmer then layers can be removed. At night, or if it rains, you can add layers to stay comfortable.



BASE LAYER

The base layer is critical and should transport moisture away from the skin, dispersing it to the air or outer layers. If moisture is left next to the skin it can create discomfort and will feel cold.

MID LAYER

The mid layer works with the base layer, continuing to wick away moisture. It also provides insulation to retain your body's warmth. A lightweight fleece is a good mid layer: it provides warmth and dries quickly.

OUTER LAYER

The outer layer should be a waterproof and breathable rain jacket.

You will need a hood to keep your head warm and dry, and make sure you have space to wear a hat underneath.

TRAINING PLAN

We have put together a sample training plan for a 100km walk, taking advice from teams who have complete Trailwalker in the past. This is intended as a guide only - you should put together a bespoke plan that suits your team, their experience, and availability for training. This plan is aimed at beginners - if you are a more advanced team or planning to run Trailwalker, you will need to adapt the plan.

1. Set aside time for training, and recruit family or friends to join you on long weekend walks.
2. Ensure easy walks and cardio workouts – such as a run, bike ride or a workout in the gym – are part of your weekly routine as this will help to build your general fitness.
3. Make sure you include adequate rest time in your training plan, to allow your body to recover and prevent injury.
4. Training on hills is more effective than flat walks and will prepare you for the course.
5. Where possible plan training walks with the whole team so you learn each other's stamina and pace.
6. As part of your training plan two long walks over a weekend, which will get you used to event conditions.
7. Practice night walks and make sure your head-torch is good enough to see the terrain. Keep safe – do not walk alone and use a route that you know.
8. Your longest walk should be at least 40–50km. In training you don't need to cover the whole Trailwalker distance.
9. One to two weeks before the event, taper your training by decreasing your weekend walks **but** stay active to keep fresh for the big weekend.



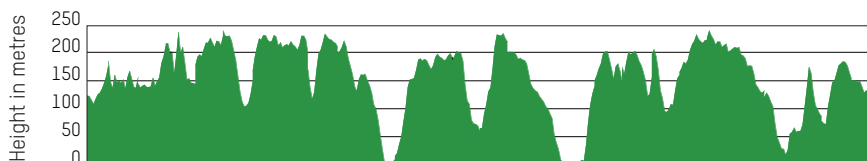
TRAINING PROGRAMME

WEEK	MON	TUE	WED	THURS	FRI	SAT	SUN
1		EASY WALK 4-6 KM			CARDIO		EASY WALK 8 KM
2		EASY WALK 4-6 KM		CARDIO			MEDIUM WALK 10 KM
3		CARDIO	EASY WALK 4-6 KM	CARDIO			MEDIUM WALK 12 KM
4		EASY WALK 4-6 KM		Hill walk 6-8 KM			MEDIUM WALK 15 KM
5		EASY WALK 6-8 KM	CARDIO		CARDIO		MEDIUM WALK 20 KM
6		EASY WALK 6-8 KM		Hill walk 8-10 KM			long walk 25 KM
7		EASY WALK 6-8 KM	CARDIO	CARDIO		TEAM WALK 20-25 KM	TEAM WALK 20-25 KM
8		EASY WALK 6-8 KM		Hill walk 8-10 KM	CARDIO		LONG WALK 25-30 KM
9		EASY WALK 6-8 KM		CARDIO		TEAM WALK 25-30 KM	TEAM WALK 25-30 KM
10		EASY WALK 6-8 KM		CARDIO	team night walk 8-10 KM		LONG WALK 30-35 KM
11		EASY WALK 6-8 KM		CARDIO			TEAM WALK 40-50 KM
12		EASY WALK 6-8 KM		CARDIO	team night walk 8-10 KM		MEDIUM WALK 20-25 KM
13		EASY WALK 6-8 KM		Hill walk 8-10 KM			MEDIUM WALK 12 KM
14		EASY WALK 6-8 KM		Hill walk 6-8 KM			EASY WALK 8 KM
15		EASY WALK 4-6 KM			EVENT WEEKEND		

PLANNING FOR THE EVENT

Once you are settled into your training programme you should have a better idea of how fast you will walk and how much time you will need at each checkpoint to rest and refuel. Use the planner below to estimate your time for each stage - your support crew can use it to work out when you are due at each checkpoint. **For detailed maps and information about each stage see the Trailwalker 2023 Map & Event Guide.**

Route profile



Event planner

Checkpoint number	Checkpoint name	Cum. dist.	Stage No.	Distance (km)	Ascent (m)	Descent (m)	Estimated stage time	Clock time
Start	QE Country Park	0					Start time: ➡	
	to		Stage 1	9.6	300	210		
CP1	Harting Down	9.6					Break:	
	to		Stage 2	10.4	290	390		
CP2	Hilltop Farm	20.0					Break:	
	to		Stage 3	8.3	190	175		
CP3	Littleton Farm	28.3					Break:	
	to		Stage 4	9.3	180	300		
CP4	Houghton	37.6					Break:	
	to		Stage 5	12.5	280	220		
CP5	Washington	50.1					Break:	
	to		Stage 6	10.0	210	270		
CP6	Botolphs	60.1					Break:	
	to		Stage 7	9.4	330	130		
CP7	Devil's Dyke	69.5					Break:	
	to		Stage 8	6.9	190	230		
CP8	Jack and Jill	76.4					Break:	
	to		Stage 9	13.8	264	325		
CP9	Kingston Hollow	90.2					Break:	
	to		Stage 10	4	136	80		
WP*	Woodingdean	94.2					Break:	
	to		Stage 11	5.8	130	80		
Finish	Brighton Racecourse	100						

*WP - Water point. This is not accessible for your Support Crew.

FUNDRAISING

We ask each Trailwalker team to pledge to raise a minimum of £1,200 for The Gurkha Welfare Trust – this works out at just £300 per person. On average most teams raise in excess of £1,800, so we hope that with our help, you can smash your sponsorship target this year!

HERE ARE OUR TOP TIPS:

- Start early! Statistically, teams who start fundraising early are much more likely to reach and even exceed their fundraising target.
- Make the most of your online fundraising page. People are more likely to donate to an online page that has been personalised – add a team photo, description and explain why you are taking on this extraordinary challenge.
- Share your experiences with your donors. Keep them updated with your progress, share photos of your training walks and team.
- Track your training. Apps like Strava are a great way to keep track of your training miles, and can help boost your fundraising. Post your walk, add some photos, a description and a link to your fundraising page.
- Make it fun! Can you do a sweepstake with colleagues or host a curry night? Talk to your team and see what skills and interests you all have and how you could turn these into fundraising opportunities.

**Don't forget we're here to help you every step of the way!
Get in touch with the Trailwalker team if you're stuck for ideas:
trailwalker@gwt.org.uk**





HOW YOUR FUNDRAISING HELPS

The money your team raises through sponsorship will go to support the work of The Gurkha Welfare Trust.

We enable people to live with dignity by delivering essential financial and medical aid and work with local communities to provide access to clean water and education.

Supporting Impoverished Gurkhas

We deliver a package of care to Gurkha veterans and widows to ensure they can live with dignity. Our Pensioner Support Teams journey into the hills of Nepal on motorbikes, in 4x4 vehicles and on-foot to pay them a pension, check their health and deliver medication in their own homes.

School Projects

Our schools' programme builds, repairs and improves schools in remote regions of Nepal and in turn provides access to education and a better future for Nepali children.

Clean Water And Sanitation

Our water projects bring clean water and sanitation to remote communities in Nepal. We install individual tap stands and toilets to households and schools.

Medical Aid

We provide an international standard of healthcare and medication to Gurkha veterans and their families living in Nepal. We do this through our regional medical clinics, via home visits by specialist staff and by arranging subsidised treatment at carefully selected national hospitals.

Earthquake Resilient Homes

It's not if another earthquake hits Nepal, it's when. We are taking pre-emptive action by building earthquake-resilient homes for Gurkha veterans and widows.

Residential Homes

Our two Residential Homes provide round-the-clock care to Gurkha veterans and widows who would otherwise struggle to live alone. With no comparable facility in Nepal, they set the standard of care for the elderly.

With your support, we can continue to provide vital support to Gurkha veterans, their families and communities in Nepal.

Thank you

NAVIGATION ON THE ROUTE

The Trailwalker route will be signposted but do not rely on these signs alone. You will receive a Map & Event Guide and you'll also need Ordnance Survey Landranger Maps 197 (Chichester & the South Downs) and 198 (Brighton & Lewes).

FOOTPATHS AND ROADS

The Trailwalker route goes across varied terrain. A lot of it follows tracks and footpaths, but you will also cross over roads. It's useful to be prepared for all the different surfaces you'll be walking on.

COMPASS

There is a chance you might veer off track, especially when you're tired. Make sure that you learn how to use a compass and can orientate yourself using your map.

GET THE MAPS

We recommend the Ordnance Survey Landranger maps 197 and 198. Get at least one set for your team so that you can become familiar with the different markings, and practise map reading.

We don't provide postcodes for checkpoints or waterstops because they won't get you to the exact locations. Follow the detailed instructions in the Map and Event Guide.

TRAIN ON THE ROUTE

“ We found this really helpful as it means you know what to expect on the event weekend – you can recognise landmarks and pace yourself. Plus, the scenery is really beautiful – it's worth it for that alone. ”

Team Fotsore Foursome



NUTRITION

IN TRAINING

During training with your team you'll learn what foods you like and don't like, and what keeps you going. Make a plan for your support crew so they can be ready with food at each checkpoint. Include some treats to perk you up when you get tired and may not feel like a full meal.

One to two weeks before Trailwalker you can reduce your training and start 'carb-loading'. Aim to eat between eight and ten grams of carbohydrates for every kilogram of your body weight.

DURING THE EVENT

- Eat breakfast one or two hours before you walk.
- During the walk, bring and eat a variety of foods, and a mix of fast-and slow-release energies.
- Pack snacks in easy-to-reach places like pockets and the sides of your rucksack. This means you won't need to stop in order to grab a quick bite.
- Consider how weather conditions may affect your choices - if it's cold and wet ask your Support Crew to have a warming drink such as hot chocolate or soup ready at the next checkpoint.
- Follow the rule 'little and often is best'. Binge-eating at checkpoints may make you feel nauseous later.
- Keep an eye on your team members - is everyone eating and drinking? Remind them to eat - they might just be too tired to think of it themselves.

Here are some favourite Trailwalker foods:

- Peanut butter and jam sandwich (immediate sugar from the jam, slower release from the nuts).
- Bananas (the ultimate slow-release energy fruit).
- Flapjack.
- Protein bars.
- Cheese wraps.
- It's also important to take on salts so keep this in mind when you pack your snacks.
- Drink 500ml of fluid two or three hours before the event.
- During the walk, drink approximately 400ml of water or isotonic drink per hour or, when the weather is hot, 600ml per hour.

AFTER THE EVENT

You need to eat carbohydrates and protein to help your muscles recover after exercising. Eat a meal within one hour of finishing. You may just want to sleep but eating will really help your recovery.

HYDRATION IS ESSENTIAL

It is essential to drink enough water to keep you hydrated and replace fluids lost through sweating. Even if the weather is cool you still need to keep drinking! Check the guide for your urine colour and seek medical attention if necessary.

HYDRATED



OK

DEHYDRATED



YOU SHOULD DRINK MORE

SEVERELY DEHYDRATED



SEEK MEDICAL ATTENTION

BLISTERS & CHAFING

BLISTER FIXERS

Blisters are the number one reason participants don't finish Trailwalker. There are many ways you can treat or prevent blisters, as well as help prepare and strengthen your feet.

We have collated some advice below, but ultimately, everyone's feet are different and you will need to choose what works best for you.

WEAR IN YOUR SHOES

Make sure you have comfortable walking shoes/boots or trail shoes that you have already used in your training.

HAVE MORE THAN ONE PAIR

Alternate footwear in order to avoid the build-up of pressure points. Spare shoes also come in handy if your feet get wet. Bring several pairs of socks and change them regularly to help reduce friction.

CARRY A BLISTER KIT

Your blister-care kit should contain the following items:

- Blister plasters or pads
- Gauze pads (sterile and individually wrapped)

- Small scissors (to cut dressing material)
- Medical tape
- A towel to dry your feet.

BLISTER PREVENTION

Find out what works for your feet - here are a few options to help prevent your shoes rubbing and causing blisters:

- Keep your feet dry by dusting in talcum powder
- Use petroleum jelly on the areas of your feet that rub against your boots
- Wear 'liner socks' inside a thicker pair of walking socks
- Merino wool socks help keep your feet dry by wicking away sweat
- Wash and dry your feet every time you change socks.



TRAILWALKER IS A HUGE CHALLENGE

So if you have any medical conditions or concerns, we recommend that you consult your GP prior to undertaking any training scheme.

BLISTER CARE DURING TRAINING

If you develop a blister during training, do not pop or peel it. Let nature take its course and allow the blister to heal before you begin walking again. If you can, wear flip flops or sandals to prevent further pain.

BLISTER CARE DURING THE EVENT

- Cleanse the blister with rubbing alcohol and let it dry naturally
- Do not remove or rub off the top
- Apply antibiotic ointment and cover the blister with sterile gauze or a bandage
- Provide protective cushioning with some type of padding (such as Compeed).

CHAFING

After blisters, chafing is the most common discomfort that Trailwalkers experience. Chafing can occur on the inner thigh, groin area, armpits and nipples as a result of friction caused by clothing rubbing the skin. Here are our top tips for reducing chafing:

Sweat

Keep hydrated by drinking plenty of water and isotonic drinks. This will help you to perspire freely. When you stop sweating the remnants dry into salt crystals, which can create friction.

Goo up!

- Apply petroleum jelly to any chafing areas to reduce friction.
- Tape up or wear fabric plasters over nipples to prevent them from rubbing or bleeding.

Wick away

Wear a snug-fitting base layer of clothing that pulls perspiration away from your body.

You may find that wearing a base layer or running shorts can prevent chafing of the lower body or thigh area.

Aim for synthetic clothing, and steer away from cotton as this will not wick moisture from your body and may cause chafing.



LOVE YOUR TOENAILS?

Be aware that many Trailwalkers have lost toenails over the years! This isn't permanent and it just means that their boots have rubbed against their toes. Make sure you keep yours by wearing thick socks or liner socks. And most importantly make sure your shoes fit and you have done plenty of walking in them before the event.

THE IMPORTANCE OF YOUR SUPPORT CREW

Every team is required to have a Support Crew for Trailwalker. We strongly recommend you have four people in your Support Crew, with a minimum of two. It will be an epic adventure for them too!

WHAT DOES THE SUPPORT CREW DO?

Your Support Crew is responsible for keeping you supported physically and emotionally throughout Trailwalker. They will drive a vehicle between checkpoints to meet you, provide you with food and encouragement, and probably drive you home as well.

They don't need to be trained in first aid – we will provide emergency medical support at every checkpoint. However they should be prepared to help you deal with blisters or minor injuries and, most importantly, look after your emotional health!

RECRUITING YOUR SUPPORT CREW

Your Support Crew is a vital part of your team – include them in your planning sessions, training walks and fundraising activities. Highlight that this is going to be a big achievement for them as well – so if anyone you know is on the lookout for a challenge, but isn't up to walking or running 100km, then this could be the thing for them!





IN THE PAST, FANTASTIC SUPPORT CREWS HAVE:

- Made a banner to hold up as they cheered on the walkers.



- Provided games to keep walkers entertained throughout the night.



- Provided buckets of water for tired feet.
- Brought Champagne to the finish line to celebrate the team's triumph.



- Brought a camping stove and cooked a bacon butty at Checkpoint 9.
- Walked or jogged a few kilometres with their team to keep their spirits up.



“ Being in a Support Crew is like being at a 30-hour festival on the move! ”

Friends, food, music, cheers and the potential for a lot of mud!

“ It far exceeded our expectations and we had an amazing time! The fact that all of our team members finished together was beyond our dreams! ”

Team blood, sweat and beers (Archeology SouthEast)



Any questions?

Contact us on **01722 323955** or email: **trailwalker@gwt.org.uk**

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