



## Planning and training tips

In this pack we'll tell you all the things you need to know in preparation for your Great Strides™ trek, from your training to what you need to bring with you on the day.

If you have any questions, please get in touch with the Events team on 020 3795 2176 or [greatstrides@cysticfibrosis.org.uk](mailto:greatstrides@cysticfibrosis.org.uk).

### How to prepare for Great Strides™

- 1 Decide who you are walking with? Are you walking as part of a team? Sort out your accommodation (if needed).
- 2 Create a training plan using the GH training guides.
- 3 Plan some training walks, increasing your distance in the lead up to the big day.
- 4 Make sure you have all your kit and supplies ready.
- 5 Arrive at the event feeling prepared and ready for the challenge!

Check out the GH Training's Trekking plans for 65km and 40km and get comprehensive schedules and tips for your training.

[40km plan](#)

[65km plan](#)

### Join the community and start training

We have a Great Strides™ Facebook group, where everyone can share training tips, fundraising advice and personal stories.

We will also be posting exclusive training content from our Personal Trainer Graeme, to help you with any training or injury queries any time you need it!

Join the group on Facebook at [www.facebook.com/groups/greatstridescf/](https://www.facebook.com/groups/greatstridescf/)

Being a member of the Team CF community also gives you exclusive access to Cystic Fibrosis Trust's Training Hub from GH Training!

Watch a variety of videos about injury prevention, stretching tutorials and training tips, as well as download training plans specifically for treks.

[www.ghtraining.co.uk/login](https://www.ghtraining.co.uk/login)

Email - [cft@ghtraining.co.uk](mailto:cft@ghtraining.co.uk)  
Password - cft2021

## Great Strides™ kit list

Items	Necessity
Waterproof outer layers	Vital
Thick socks plus spares	Vital
Lightweight weatherable base layer	Vital
Your branded Trust T-shirt	Vital
Suitable footwear	Vital
Warm hats, gloves and thick socks	Recommended
Walking poles	Optional
Rubbish bags	Recommended
Baby wipes	Recommended
Sugary treats	Recommended
Anti-bacterial gel	Recommended
Suncream, hats and sunglasses	Recommended
Spare socks and clothing	Vital
Stocks of water and food	Vital
Digital camera/ mobile phone	Vital
Head torches	Recommended
First aid kit	Vital (recommended contents are in the events pack)
Route map	Vital
Portable phone charger	Recommended
Contact numbers for event village	Vital





## Things to consider

- **Keep hydrated** – Carry plenty of water with you and have snacks! Replace with Water will be available at all checkpoints.
- **First Aid** – Always make sure you have a fully stocked first aid kit with you. The event day pack has a list of everything we recommend you have with you. We will also have a first aid team on hand if needed.
- **Canal and river trust towpath code** <https://canalrivertrust.org.uk/news-and-views/our-campaigns/share-the-space-our-towpath-code>
- **Please take the time to read the Countryside Code:** [www.countrysideonline.co.uk/care-for-the-countryside/countryside-code](http://www.countrysideonline.co.uk/care-for-the-countryside/countryside-code)
- **Do you have a portable charger for your mobile phone?** Always have a charged phone with you so you can get in touch with the Events team if needed.
- **Have you downloaded the What3Words app and noted down where the checkpoints are?** Checkpoint information can be found in the event day pack.



## Checkpoint advice

There will be a lunch stop at one of the checkpoints mid way through the trek and we will be providing all walkers with food and hot drinks. Except for the lunch stop, you should halt for no more than five minutes at each checkpoint.

- Water bottles to be topped up.
- A banana to be scoffed.
- Socks to be changed.
- T-shirts and/or other clothing to be changed (as necessary).
- Blisters etc to be treated.
- Grabbing an isotonic drink if desired.

All checkpoints are manned by Trust volunteers and staff. Detailed checkpoint information is in the Event Pack, listing the exact locations and amenities available.

If you would like support with training for your walk get in touch with Graeme via the Facebook group. And if you need any fundraising materials or additional support please get in touch with the Events team on 020 3795 2176 or [greatstrides@cysticfibrosis.org.uk](mailto:greatstrides@cysticfibrosis.org.uk).