



# Training Tips

Push your limits and help save lives.

You've signed up to take part in an unforgettable experience, which will help save lives across the North.

## Inside:

- General fitness
- Sports nutrition
- Running
- Cycling
- Trekking
- Swimming





## Well done

You've taken the first steps to achieving your fitness goals whilst helping the Great North Air Ambulance Service (GNAAS) save lives. Whether you're a beginner, a seasoned pro or somewhere in between, we've put together a few tips to help you get the most out of your training. Here are a few fundamentals to get you started...

### Positive mindset

It's important to set realistic goals and have a positive mindset. Training takes hard work, determination, and the willingness to adventure outside your comfort zone. #TeamGNAAS is here to give you that extra boost of motivation and support you on your fitness journey.

### Your training schedule

Training will feel easier when you make it part of your routine. Try to work out at the same time and eventually you will adopt a positive habit in your day-to-day life.

### Track your progress

Remind yourself that everyone starts somewhere. Tracking your goals will help you stay motivated and inspire you to keep on going. Downloading fitness apps such as MyFitnessPal, Strava or Samsung Health, are a great place to start.

We're on Strava!  
Find us at [gna.as/GNAAScycle](https://gna.as/GNAAScycle)  
and [gna.as/GNAASrun](https://gna.as/GNAASrun)

## Sports Nutrition

Nutrition is important for your physical ability, so make sure you fuel your body correctly before and after exercising. A healthy diet for regular exercise should contain starchy foods, fruit and vegetables, and high sources of protein.

You should make sure you are consuming enough food to repair and build your muscles. Feed your body with goodness two hours before you work out to ensure you maximise your energy.

Most dietitians recommend a post-workout meal 30 minutes after you exercise, specifically carbohydrates and protein, to optimize your growth and muscle repair.

## Foods for fuel and exercise



**Carbohydrates: provide energy.**  
Bread, porridge, pasta, rice, potatoes (with skins), and beans.



**Protein: growth, repair and maintenance of muscles.**  
Meat, fish, eggs, milk, cheese, yogurt, soy, tofu, and Quorn.



**Snacks**  
Apple and peanut butter dip, hummus and carrots, dried fruit, nuts, and Greek yogurt with granola or fruit.



**Stay hydrated**  
Hydration prevents you from feeling tired more quickly and allows you to control your temperature during exercise. If you're not a lover of H<sub>2</sub>O try adding a selection of fruit.



**Swimming tip**  
To banish the taste of chlorine, try drinking water with low-sugar diluted juice.

## Core Exercises

If you're new to challenge events, these simple core exercises will help improve your strength:



**Squat**



**Press up**



**Bear crawl**



**Lunge**



**Straight leg raises**



**Step ups**



**Plank**



**Sit up**



**Burpees**



**Bridge**





# Running

Tips from Former GB International Runner, Matty Hynes.

## Equipment



### Running Shoes

These will provide comfort, prevent injury, and reduce the risk of bacterial infection. Make sure you have the right footwear suitable for distance, weather, and terrain. If you're running long distance, you'll need shoes with lots of cushion and comfort.

## Training



Whatever your level, start by setting yourself personal goals. It's a great way to keep motivated and will encourage you to keep on going.

It's important to include short intervals of walking or jogging at the beginning of your training. This allows your body to adapt, and over time, your running intervals will increase.

If you're transitioning from short distance to a half or full marathon, gradually increase your mileage by 10%.

### Training App

Tracking your speed, time, and distance is a great way to stay motivated and track your achievements. Try Strava or Adidas Running (Android, iOS) - they're free!

## Strength



Strength training has huge benefits for runners. It can help keep you balanced and improve your power. Here are a few (weight-less) exercises that you can do at home:

**Press-ups • Squats • Tricep dips**  
**Step-ups • Walking lunges**  
**Leg raises • Glute bridge**

# Cycling

Tips from GNAAS HEMS Doctor, and one of the creators of the GYRO, Dr Jeff Doran.



## Bike



To make sure you get the most enjoyment out of your cycling, a well-maintained and correctly positioned bike is a must. I recommend visiting a bike specialist who can tailor your saddle, stem, and handlebars, to your body shape. This will improve your performance and prevent injury.

## Training



Whether you're a beginner or an expert, you need to be prepared to train. Start by cycling for one hour or more, to build your strength and endurance.

## Equipment



### Bike helmets

Lightweight, comfortable, and well ventilated.



### Cycle shorts

Comfortable and can prevent repetitive rubbing.



### Basic tools

Puncture repair kit, a tyre lever, a spare inner tube, and an inflator will help you stay on the road.



### Sunglasses

Protect your eyes against wind, dust, and other debris.

## Strength



Strength training will also help you improve your coordination, prevent injury, and give you more control. I have recommended a few exercises which will help develop your leg, arm, and back strength:

### Legs

Leg press, squats, and lunges.

### Arms

Push-ups, bicep curls, and tricep presses.

### Back

Dumbbell rows, lat pulldowns, and deadlifts.



# Trekking

Tips from the company behind  
GNAAS Atlas Mountain and  
Kilimanjaro treks, Monkey  
Mountaineering.

## Equipment



Make sure you have the correct essential equipment for your safety and comfort.



### Walking boots

These should have a good grip, waterproof outer layer, and provide good ankle support. You should break them in well before your trek and train in the same socks, to make sure your feet can sustain the stresses of walking long-distance.



### Waterproof Clothing

It's essential that you protect yourself from the weather. Take a good, fully waterproof jacket with a hood, ideally made from Gore-Tex™ or other breathable material. You should also carry a pair of waterproof trousers, again, these should be breathable and ideally have full length zips.



### Rucksack

A 30 litre rucksack is big enough for a day walk. It should be comfy to carry and fit your back length, with a good waist strap and padded shoulders to support the load. Use a rucksack liner to ensure the contents stay dry.



### Other essentials

You'll need a first aid kit, a compass, warm layer, and sun protection.

## Training



It's important to start early and walk as often as possible to give your body time to adapt to your new regime. Improve your cardiovascular fitness by including activities such as, running, swimming, and cycling into your training schedule.

## Strength



Adding strength training into your schedule will serve you well when walking long-distance across uneven terrain. Good lower body strength will help keep your balance. If you want to push your limits, training your upper body and core strength will help when carrying your rucksack.

## Rest



Your body needs time to recover and therefore rest should play a vital part in your training schedule. Ensure you include one or two full rest days per week.

# Swimming

Tips from swimming  
association, Swim England.



## Equipment



### Goggles

Protect your eyes and allow clear vision. We recommend you dip them in the water and refrain from rubbing to keep them mist-free.



### Silicone earplugs

Helps prevent ear infections, limits irritation, and provides additional comfort.



### Swimming cap

Protects your hair from chemical damage, helps to keep it off your face, and reduces resistance. Make sure the seam on your swimming cap is front to back, not side-to-side.

## Training



It's important to be consistent with your training schedule when training for a challenge event. Begin with ten steady swims, across three weeks, swimming for as long as possible and resting for as long as you need. This will increase your stamina and give your body time to adapt.

## Strength



Building your strength, increasing your aerobic stamina, and improving your flexibility will help keep your body streamlined in the water, and prevent the risk of injury. Cross-training should be an important part of your training programme. Activities such as running, yoga, and weight training will improve your performance. You can pick up more tips and advice by signing up for a free Just Swim membership. Visit [www.swimming.org/membership](http://www.swimming.org/membership) to find out more.

## Rest



Your muscles need time to recover, and therefore resting should be included in your training schedule. You should start by cooling down to remove the lactic acid from the muscle. An easy swim ranging from 200m-800m is a great way to cool down! High protein snacks after training are a good way to build muscle, improve your immune system, and increase your metabolism.



Kai Kristiansen, former  
GNAAS patient with  
Dr Jeff Doran.

# Thank You

Kai Kristiansen, 28, received life-saving care from Dr Jeff Doran and the team at the Great North Air Ambulance Service (GNAAS), when he was involved in a motorcycle collision, just three weeks after his 21st birthday.

He sustained extensive injuries including 11 fractured vertebrae; along with multiple broken ribs, severe nerve damage in his neck and shoulders, and a tear to the protective sac around his heart.

Thanks to the pre-hospital care provided by Jeff and his team, Kai has made a full recovery and, in 2019, he ran the Great North Run in support of GNAAS. But little did he know that when he crossed the finish line, he would come face-to-face with Jeff, the man that saved his life.

Without people like you, we couldn't continue to provide world-class critical care.

## At #TeamGNAAS, we cross the finish line together.



### We're proud to have you on board.

Contact our events team if you have any questions on **01325 487 263**.  
Or email us at [challenges@gnaas.com](mailto:challenges@gnaas.com).

If you'd like to meet other supporters, head over to our [@TeamGNAAS Facebook page](https://www.facebook.com/TeamGNAAS).

The training tips and information set out in this booklet are provided for guidance only (the Activity). By participating in any challenge event or related activity, you acknowledge that any participation by you in the Activity is solely and entirely at your own risk. That you should only undertake the Activity to a level which reflects your level of fitness and competence and that you are responsible for monitoring your own physical condition prior to and during participation in the Activity. For full terms and conditions, please visit [www.gnaas.com/terms-and-conditions](http://www.gnaas.com/terms-and-conditions).

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