

Challenge Events Training Guide

General training tips

Training for a marathon

Event day essentials

CROSSREACH

Care you can put your faith in

Everything you need to make your miles matter

Thank you for taking on a challenge event in support of CrossReach! Whether you're running a marathon, walking a long-distance route, cycling, or tackling an obstacle course, every step you take will help provide care, compassion, and hope to people across Scotland.

This guide will give you practical tips to prepare, fundraise, and cross that finish line with pride.

Before you start training, take a moment to think about why you're doing this challenge for CrossReach. Maybe our work has touched someone you know, or perhaps you want to make a difference in your community.

~ Write down your reasons.

~ Share them with friends, family, and supporters.

~ Keep them in mind on tough training days to keep you going



General Training Tips

Build up gradually

Increase your distance or training intensity slowly to avoid injury. Follow a plan tailored to your event distance (e.g., a 16–20 week marathon plan).



Mix it up

Include a variety of workouts:

- Long sessions to build endurance.
- Speed work to improve pace.
- Strength training to protect muscles and joints.



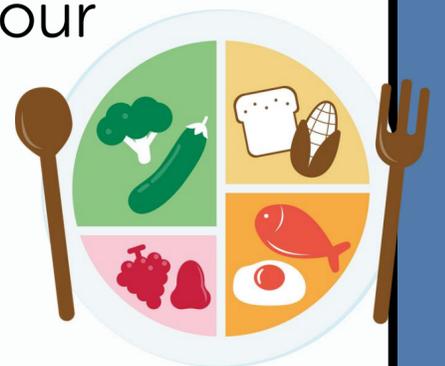
Rest & Recover

Rest days are essential for progress - don't skip them. Stretch regularly to prevent tightness.



Fuel your body

Eat a balanced diet rich in carbs for energy, protein for recovery, and healthy fats for endurance. Practice your event-day nutrition during training, never try something new on the big day.



Train in your event gear

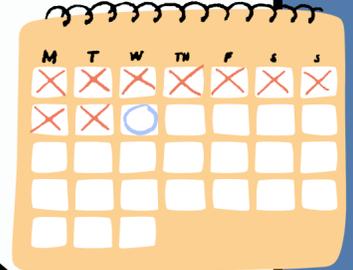
Wear the shoes, clothing, and kit you'll use on event day to avoid surprises. Train in your CrossReach T-shirt to get used to it for the day.



Training for a Marathon with **RUNNER'S WORLD**

Give yourself enough time to train

According to Runner's World, beginners should start training at least 20 weeks out from their first marathon.



Get comfortable running at least 18 miles

Slowly build up to 18 to 20 miles for two long runs. At the start of your training cycle, take your most recent long run and alternate adding one and two miles each week, until you hit at least 18 miles. (So if your longest run is 10 miles, run 11 the next week, then 13, then 14, and so on.)



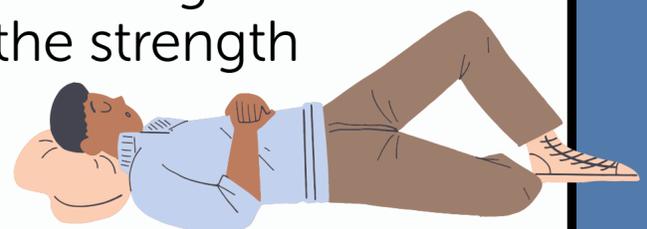
Join running communities

Ask your local running store or search social media to help you find the right group. Training with others can also give you accountability, structure, and confidence.



Take at least 2 days off a week

A day without running may not feel productive, but your body is recuperating from any minor muscle tears or tissue damage that's occurred during your training and getting used to the strength you've built up.



Train for the course

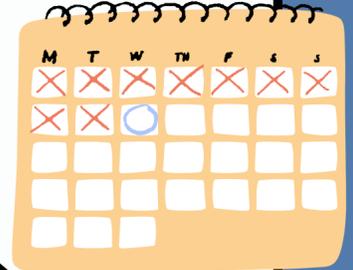
The best way to prepare for a race's unique challenges is by running the course. But if that's not possible, check out the topography. For hilly courses, route your long runs over a few hills.



Training for a Marathon with **RUNNER'S WORLD**

Give yourself enough time to train

According to Runner's World, beginners should start training at least 20 weeks out from their first marathon.



Get comfortable running at least 18 miles

Slowly build up to 18 to 20 miles for two long runs. At the start of your training cycle, take your most recent long run and alternate adding one and two miles each week, until you hit at least 18 miles. (So if your longest run is 10 miles, run 11 the next week, then 13, then 14, and so on.)



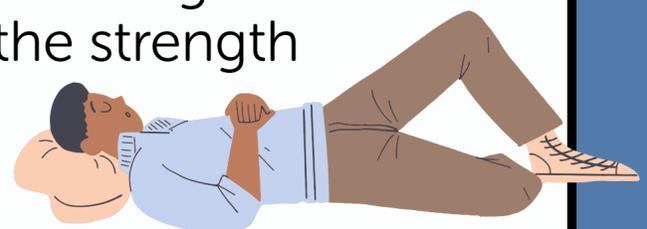
Join running communities

Ask your local running store or search social media to help you find the right group. Training with others can also give you accountability, structure, and confidence.



Take at least 2 days off a week

A day without running may not feel productive, but your body is recuperating from any minor muscle tears or tissue damage that's occurred during your training and getting used to the strength you've built up.



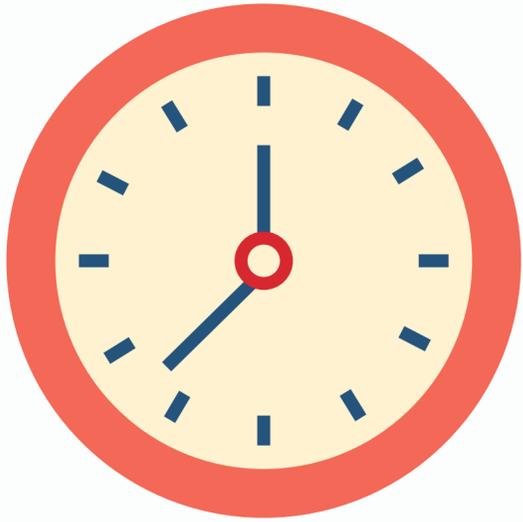
Train for the course

The best way to prepare for a race's unique challenges is by running the course. But if that's not possible, check out the topography. For hilly courses, route your long runs over a few hills.



Event Day Tips

Arrive early



Allow yourself time to settle in, warm up and ease any nerves you may be feeling.

Pace yourself



Don't let the excitement or crowd get to you and go too fast too soon.

Stick with what you know



No new shoes, kit, or foods on event day.

Enjoy it!



Soak in the atmosphere and all the cheers! Embrace the crowd of supporters around you.

After the finish line

Celebrate your achievement - both the miles and the money you've raised. Share photos, thank your supporters, and update your fundraising page with your final total.



GOOD LUCK!

Now that you have all the tools, its time to get your training journey started. Thank you for choosing to take on a challenge to raise funds for CrossReach - your generosity allows us to support thousands of people across Scotland every day.

We will be with you every step of your fundraising journey. If you have any questions or need some support, get in touch with our team.



0131 657 2000



events@crossreach.org.uk

**Together we
Enhance,
Change,
Save Lives**

