

Hearts & Heroes Training Guide 1

Aitken Limbs: 'We're in it to win it!'

Who are we?

Ewan (TC): Events Manager, Poppyscotland
 Stuart: Doctor
 Neil: Officer in the Royal Navy
 Craig: Student



In association with



When Ewan Aitken, former Infantry Officer and Poppyscotland Events Manager, asked his three brothers if they would be up to the challenge, their instant response was "Let's do this"! With Neil a serving military Officer and rugby player, and both Ewan and Stuart former military Officers, the cause and challenge were more than enough to mobilise their collective efforts and to justify the training demand. As for Craig, as a young student he was attracted by the idea of a party at the end...

Team "Aitken Limbs" was born. CHALLENGE ON!!!



Week 1	Time	Distance	Ewan's Notes
Monday	Planning Meeting		Done over the phone, because we live many miles apart these days. Had to plan ahead to be able to meet up for the longer training runs later in the programme. Also had to organise a support team.
Tuesday	45 mins	5 Miles	Starting at a steady pace - it's a marathon not a sprint as the saying goes! Made sure to include some hills in my routes to replicate the conditions on the day.
Wednesday	Fundraising		Sent my first message out to all my friends on Facebook to get everyone to sponsor me. This might require sustained badgering, so be it...
Thursday	1 hour	BMF class	Attended a British Military Fitness class in my local park. Brings back memories of the Army! You never quite work as hard by yourself as when someone is motivating you. Had a great workout while having a break from running, and getting some interval and strength training done in the process.
Friday	2 x 25 mins	4 miles	Not a training session really, but walked to the supermarket instead of taking the car - it all counts you know! Better for the environment too...
Saturday	1 hr 15 mins	8 miles	Ran out into the hills, a bit harder this time. Still need to pace myself though, and resist the urge to go too hard at it at this stage. Had a really good stretch afterwards, as I'll be covering many miles in the months ahead.
Sunday	Fundraising		Met up with a bunch of friends at a christening, so let them know about Hearts & Heroes. They'll cough up, I know they will...

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Week 2	Time	Distance	Ewan's Notes
Monday	No activity		No training today, but at work made sure I mentioned the event to everyone I spoke to! Later on, phoned the brothers to see how they're getting on. Doing well, running well, getting sponsorship in from their colleagues.
Tuesday	50 mins	6 Miles	Went a bit faster than I needed to do, but it's more interesting to mix it up a bit. Eating loads of carbohydrate after each session to make sure I stay in the right nutritional shape throughout the training programme. No point training hard if you eat rubbish!
Wednesday	Fundraising		Added a Youtube link and a photo to my fundraising page, and emailed it out to some friends and relatives. What an easy way to fundraise! I've encouraged my bros to download paper sponsorship forms and take them to work with them, but there's not much point in me doing that - I work for the charity!
Thursday	45 mins	Cross-trainer	Missed my BMF class due to working late, so did a session on the cross-trainer instead. You might have to go to a gym for that, but I'm sad enough to have one in my garage.
Friday	40 mins	Weights	A bit of upper-body strength work. Not essential for Hearts & Heroes, but keeps me ticking over. Will help with the carrying of weight too, even though it won't be heavy.
Saturday	1 hr 30 mins	10 miles	Weekly long run again - I'm feeling the difference already, especially on the hills. I'm able to keep running up the hills I'm tackling here, but I know they're a wee bit bigger in the Southern uplands! In the evening, met up with some friends for drinks. Of course, made sure to mention the event, and secure a verbal offer of sponsorship. Will follow that up soon...
Sunday	1 hr 30 mins	Walk	Into town for some shopping. Walked in instead of the train. It's good to get the time and distance into my legs, but I want to be careful about not overdoing it - over two months still to go!

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Week 3	Time	Distance	Ewan's Notes
Monday	30 mins	3.5 Miles	No run scheduled today, but went for a wee jog anyway to loosen off and stop me from getting bored around the house. Kept it slow, and concentrated on really good warm-up and stretch-off.
Tuesday	55 mins	7 Miles	Feeling good, so took this one at a reasonable pace. Not carrying any weight yet, so made sure to keep up a good pace up the hills. Felt a bit tighter than usual after, because of the run yesterday, but still feel good, and glad I did the extra run.
Wednesday	Fundraising		Got a few relatives that I know I don't have the email address of, so phoned them to get it and sent them the link to our fundraising page.
Thursday	1 hr 20 mins	BMF class	Good class again today. Not too far from, my house, so ran there and back too, which raised a few eyebrows.
Friday	No activity		No activity - wanted to relax my legs after a good week.
Saturday	1 hr 45 mins	12 miles	I'm so glad I took this on! Feeling really good. Might think differently by the time I reach Gala later this year, but hey, it's going well. Took some energy bar things on my run. Different snacks suit different people in different quantities at different times, so it is important to 'rehearse' your nutritional strategy on your long runs, even if you don't really need the energy to get round those runs. You'll need that energy on the day, so it's important to get it right if you want a good time.
Sunday	40 mins	4 miles	Felt okay after yesterday, so took myself out for a wee recovery run. Took it really easy. Still eating plenty of carbohydrate - the Atkins diet is for WAGs! An athlete needs a balanced diet with a proper amount of carbs to do a programme like this. Really important to eat a good amount of carbs within a few hours at the most of any run, the sooner the better.