



## TRAINING TOP TIPS

We are so excited to have you join our War Child Peace Band community and hope that you will learn some new things, support one another and build some wonderful connections. It's time to step up, together. Here are some top tips to help you on your journey.

### Schedule your training

When taking on any new challenge, it is always great to have a plan and this includes when scheduling your training. Remember, you have up to 6 weeks to complete your Peace Band Challenge in a way that suits you best. Don't forget that a challenge is going to be different for each of us. Take your time to prepare, push yourself, and embrace your personal challenge head on!

- Start off slow and go even slower if you need to... this doesn't need to be a race.
- Build up your training in small intervals, i.e. walk 10 minutes one day and build this up to a run by the end of week 1.
- The first 10 minutes is always the most challenging! Don't let that put you off, keep going.
- Don't forget that fitness takes time to develop and there's always going to be bad days. Try and focus on what's driving you, and how much better you'll feel when you reach your goal.

### Train your mind

Whilst your body is going to be doing the hard work, don't forget the importance of mental and emotional preparation. Whether that be in the form of taking breaks, meditating, or simply getting that extra hour of sleep, having a calm brain will ensure you can go that extra mile if it starts to feel tough.

### Comfort

Regardless of whether your challenge involves walking, wheeling, running or climbing, your footwear is going to be instrumental in getting there. Make sure you wear some comfortable shoes and clothes that have had plenty of wear in advance.

### Music

Studies show that listening to music while exercising can block out the pain signals being sent from your brain and reduce the feeling of fatigue. Music can help you train longer, faster, and easier whilst also making your challenge a more interesting and fun experience.

### Monitor and share your progress

Keeping track of your progress can be really motivating. By uploading your miles on your JustGiving page and sharing your progress on social media, your supporters will be able to share in your journey and encourage you to keep you going.

**AND MOST IMPORTANTLY HAVE FUN!**

