

# Muchinga Challenge 10 Peaks Mountain Training Guide.



(30/08/2021. Written by Run Wild Zambia.)

Zambia's first trail event of the year the Muchinga Challenge taking place on the 17<sup>th</sup> October 2021. The event will be hosted in the privately managed beautiful Mutinondo Wilderness Area. Located on the plateau 30km west of the Luangwa Valley in northern Zambia. Paradise for free adventures spirits alike who besides for hiking may indulge in other activities such as swimming, cycling, birding and more.

The Muchinga Challenge covers 10 peaks in this pristine environment of Mutinondo Wilderness Area totaling 27km with +-1,587m elevation gain. Beautiful views, trail paths and climbs await.



The main idea of this post is to provide information, provided that a foundation of fitness level has been obtained to date, that on the day of the event your body and mind will be able to fully enjoy the days outing as the right training has been done. Let's be honest the last thing you need to worry about is cramping or sore muscles that will take your attention away from the beautiful environment or the only thing you look forward to is the finish line because you too tired to enjoy the run.

## **LETS BEGIN...**

3 Types of training runs that we think will be best suited for the Muchinga Challenge. Try structure them weekly on any day that best suits your schedule.

### **EASY RUNS**

Easy runs are exactly what they say they are...EASY. Use this run to recovery from the more specific runs during the week. Slot them in between long runs and hill repeats. The idea is that you should be able to hold a conversation with out sucking for air. If you are alone, sing your favorite song out loud. Pace should be the last focal point, rather fully tune into your body and make sure the effort level is low. Also try run on terrain that is not taxing on your legs such as grass or gravel. Stay clear of hard surfaces such as Tar.

**Recommendation for Muchinga Challenge: 40-60 minutes.**

### **HILL REPEATS**

This run will condition your legs to hold up against the ascents and descents of races by building strength and muscle durability. Hill repeats/intervals are shorter in time and distance but are performed at a higher intensity. Complete rest between repeats will allow your body to recover which will hopefully allow you to maintain consistent effort throughout the run. The objective is to push hard but remain at a consistent effort throughout the run. Try not burn out after the first few repeats due to too much effort exerted from the beginning. The same mindset must be applied to any event. Maintain a steady effort in the beginning by being mindful of yourself. Focus on maintaining good form. Keep shoulders back to allow an open chest to aid with breathing, pump arms in sync with your foot movement and lastly when going up hill, like riding a bike, change gears to a quicker cadence. Meaning shorter little steps going up.

**Recommendation for Muchinga Challenge: 200m/400m on a 4%-15% gradient hill. 5-10 times with 2 minutes rest between.**

### **LONG RUN**

This is arguably one the most important runs. Done once and only once a week to avoid excessive training. Long runs can be done on the weekend when there is more time. The idea is to mimic the terrain and other conditions that will be similar to the event and condition your body and mind to be out running for a duration that will be close to or over the time spent on event day. **Hydration** and **Nutrition** should also be practiced on Long runs. To allow you to create and hopefully perfect a plan that best works for you.

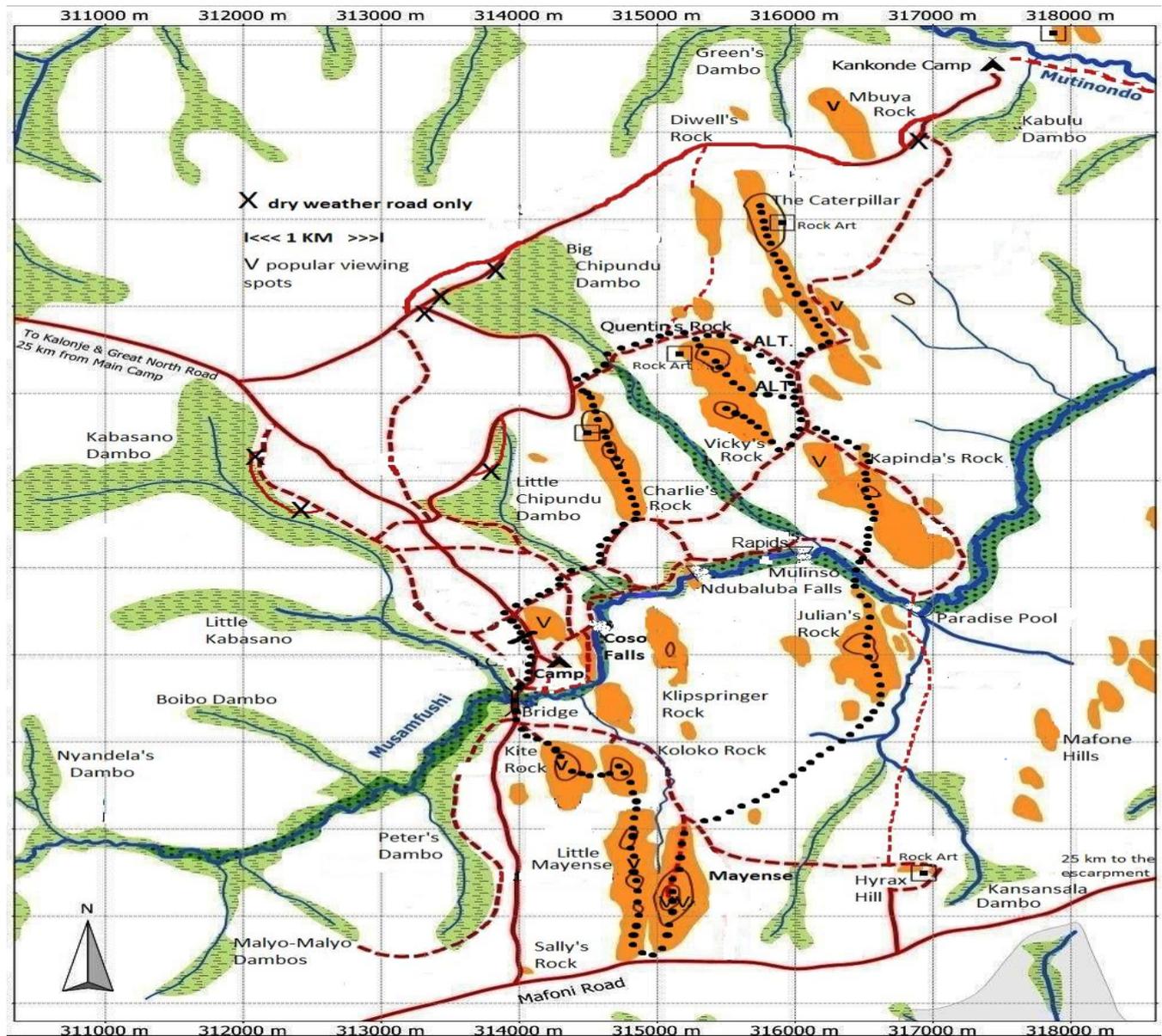
To calculate roughly how much elevation should be done the formula below can be used. Remember it is a rough guide so a little more or less the calculation is okay.

Race Elevation(m)/Race distance(km) \* distance of long run = meters of elevation on long run.

For example for Muchinga Challenge the recommended distance of the long run should be around 16km -20km or 2 hour 00 to 3 hour 30. Therefore...

1587/27\* 16= 940m elevation gain.

(MUTINONDO WILDERNESS MAP)



## Other recommendations...

To be holistic, one that is embedded in Run Wild Philosophy, we must not forget other factors that will affect our wellbeing and training. Remember to listen to your body. If you are feeling fatigued then take a day or two off to allow your body to recover and prevent injury.

Fuel well with Nutrition that will aid in recovery and training. Whole and natural foods are best. Hydrate consistently and yes a beer or glass of wine once or twice a week is good for the soul.

Sleep is one of the most underrated recovery tools for training and life. Bank those Zzzzz in with even a few afternoon naps.



Run Wild Zambia is the only Zambian adventure company solely dedicated to trail running experiences, news, events and adventures. At Run Wild we are passionate about our environment and nature and enjoy living out our passions whilst running.

Please contact Run Wild Zambia if you have any questions for want further personalized training advise and information.

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