

Ten Tors Training dates 2014-15

Prior Planning & Preparation Prevent Poor Performance
'Your team is as strong as it's weakest member, you ALL go out, every time'
'Flexibility is a key ingredient to success'
Commitment from parents & pupils is essential

Every training session you attend is a step up the ladder of success, miss a session is a step down, when the weather is terrible & we go out, it's 2 steps up the ladder of success, when life gets in the way of a training session & you still go, that's 2 steps up the ladder. You will only succeed as a team when you ALL make it to the top of the ladder. There are NO short cuts.

September

- Wed. 3rd 4:30 - 6:30 Parents & Pupils briefing + Kit ½ day
- Thu. 4th 4:30 - 6:30 Route Planning + Scrutineering
- Sat. 6th 8 - 5 day training walk for Abbots Way
- Sun. 7th 9 - 4 First Aid training 1 day, compulsory regardless of experience
- Thu. 18th 4:30 - 5:30 Route Planning
- Sat. 20th 8 - 5 day training walk for Abbots Way
- Tue. 30th 4:30 - 5:30 Route Planning

October

- Sun. 5th 6:30-4 Abbots Way Event 21 miles
- Thu. 16th 4:30 - 5:30 Route Planning
- Sun. 19 7 - 5 Sidmouth Sauner Event 25 miles

November

- Thu. 13th 4:30 - 6:30 Route Planning + Scrutineering
- Sat. 15th 7:30-5 Ten Tors Training Walk

December

- Thu. 4th 4 - 8 Night Navigation
- Thu. 11th 4:30 - 5:30 Route Planning
- Sat. 13th 7:30-5 Ten Tors Training Walk

January

- WITHDRAWAL of team CUT-OFF DATE
- Camp Scrutineering 2hrs
- 1 Camp
- 2 Night Navigation
- 1 day walk

February

- Camp Scrutineering 2hrs
- 1 Camp
- 1 day walk

March

- Route planning & Scrutineering
- Chagford Challenge Route planning
- 3 Exmoor Challenge practices 8-5
- Chagford Challenge Event; 30 mile

April

- 4th Exmoor Challenge practice 8-5
- Full distance camp 35/45/55 miles

May

- Exmoor Challenge Event
- Thu. Ten Tors set up camp
- Fri. 9 - Sun. Ten Tors Event