



## Testimonials

**Name:** Aidan Clegg  
**Position:** MD Lehman Brothers, UK  
**Programme:** Matterhorn, 2007

### **Why did you do your challenge?**

I saw the Matterhorn on a skiing holiday and I just wanted to climb it. A friend and I challenged each other to come back and take on, what seemed like, the impossible.

### **What were your objectives?**

- Be fit enough to manage the physical challenge of the Matterhorn
- Raise overall level of fitness to a higher level and maintain it
- Overcome fear of heights
- Enjoy challenge and preparation



### **What did you achieve through the process?**

The weekly diary was good, it really highlighted my intake. I have now changed my drinking and eating habits. The training regime worked well in lifting my fitness levels and sustaining them to this day. I am self motivated but it was really good to be constantly held to account.

### **How would you rate the programme out of 10?**

10

### **How could you improvement on the programme?**

Book double rooms in the Hornli hut and not a dormitory

