



Training info for Trekking and Climbing:

For any adventure program there is some pre-trip training that should happen to help prevent injury and prepare oneself mentally and physically for the adventure they are about to embark on. Ideally your training should begin several months before the start of your adventure. Please consult your doctor prior to starting any training program.

Whether you are trekking to Everest Base Camp or climbing Kilimanjaro you need to make training part of your daily routine. Any adventure is within reach for most people with normal fitness levels, but the more physically fit and prepared you are the more likely you are to enjoy your adventure.

In order to successfully train for your adventure you will need to organize your time properly. Creating a daily schedule can sound like a daunting task but it does not have to be difficult. You simply need to dedicate specific days and times for training, set goals, and never lose sight of the fact that being physically fit for your adventure is the single most important thing you can do to increase your chances of reaching your goal(s).

Walk, it's what you'll be doing ...

Running, bicycling, swimming, elliptical trainers, and so on are great for training your aerobic fitness, but remember that on the trail you will be *walking*. By all means do the other activities, but be sure to include walking in your fitness routine, as muscular fitness is very activity specific.

Challenge yourself to walk whenever you can ...

An hour long evening stroll through your neighborhood is good training, but a full day hike is better, and best of all is to do a long walk on consecutive days. On a typical trek, you might be averaging about 5-6 hours a day of walking for 10+ days in a row, with one grueling "summit day" of 9+ hours. Your training should include a few walks or hikes of at least 4-6 hours to know what you're in for.

We know it can be hard to fit full day or multi-day hikes into a busy schedule, so try to make walking a part of your daily life. Try walking to work or school, and when you have errands to accomplish, always ask yourself "can I walk there?"

Don't forget the "hills" ...

There is no better training than hiking up and down hills. Try hiking for a couple of segments of 60 - 90 minutes at a time with a 10 - 15 minute break between each segment. Clients without access to hills have trained by climbing the stairs at a local stadium, in a multi-level condo building or an office tower. When working out in a gym use the Stairmaster. When using treadmills raise the incline as much as you safely can (target at least 15 degrees). This will be much more beneficial than running or walking on relatively flat terrain.

Don't forget that descending is as much a part of the trek as ascending. Some clients find hiking poles helpful for balance when descending and comment that they take some of the strain off their knees. Some prefer to use one pole, freeing up the other hand for picture taking, etc.

Cardio and Strength Training ...

Both cardiovascular training (such as running, stair climbing and cycling) AND strength training (such as weight training) should be a part of your program.

Begin your strength training by working on muscle groups you will use on your trip – typically that means your quadriceps, calves, hamstrings, back and shoulder muscles. Start cardiovascular training by running, biking, hill climbing or using step machines. A typical day on the trail means you go for about 75-90 minutes and take a 15-20 minute break. You will repeat this 4+ times a day. Keep this in mind when training. Try to exercise for an hour or more per session. Keep your heart rate and respirations at a reasonably high level, without over doing it. Three to four long training sessions per week are going to be more beneficial than short daily workouts.

Don't forget to stretch ...

Being flexible is always a good thing and it will help prevent injuries too. Ever considered Yoga? Good balance and a strong core are always good for physically demanding activities. Be careful stretching too much before you are warmed up. You are better off spending an additional 10-15 minutes stretching at the end of your workout rather than exercising more and skipping the stretching.

Avoiding injury ...

Climbers and trekkers sometimes suffer knee injuries because of poor fitness levels and poor technique. Going down is harder on the knees than going up. Tired climbers tend to step down on to a straight leg which jolts the knee joint. To protect the knees, try to be more aware of your technique, always try to step down onto a slightly bent knee. The muscles and tendons of the thigh can then absorb the repeated impact. It is hard to do this for a long time if you are unfit.

Again, this is where trekking poles can be beneficial. Even doing 100 step-ups on to a low chair or high step will help strengthen your all-important thigh muscles.

Recovery time ...

During your weeks of training make sure to allow yourself recovery days. These will most likely be every other day. Another suggestion would be recovery drinks, electrolytes, and energy bars after your training. This will put the nutrients back into your system and help create healing for your muscles.

Hydration is Key ...

During your trek carry fluids with you and consume 6-8 oz. every 20 minutes during your training. Weigh yourself before and after your workout so you can gain back the right amount of water weight. On the trek you will most likely consume 3 to 4 Liters of water each day.

Protecting Your Feet ...

Wear the hiking boots (and/or climbing boots) you'll be using on your program. If you've got full leather boots they'll likely require some breaking in before the climb. Walking in your boots will also help to toughen up your feet and you'll learn if there are any spots that cause blisters or pain. You don't want to find out on day 2 of a 19 day Annapurna Circuit Trek that your boots give you blisters!

Blisters can be avoided by keeping your feet dry and wearing socks made out of fibers which draw moisture away from the skin – cotton is not good for this. Your shoes should not be laced too tightly OR too loosely as the irritation of rubbing and pinching may cause blisters. Make sure to test your sock liners and hiking socks together for any rubbing or tightness in your boots. Sock liners will help to prevent blistering if worn properly.

The arches of your feet may ache while you walk- this is from pounding on the ground. To avoid this, ensure you touch the ground heel first and follow through to your toes. Arch supports inserts may help. (Examples: SuperFeet, Feetures!,, and many more)

To avoid blackened toe nails, caused from your big toe hitting the front of your shoe, try to keep your toe nails neatly trimmed.

Also, be sure to wear the backpack you be using. You will get a chance to add a little weight to your workout while at the same time testing the comfort and fit of your pack. You may look a bit silly, but it will be well worth it! After all, your neighbors aren't going to be in the mountains to carry you or your pack.

Training Template ...

Note: The example training log is one that is scheduled to 3 months prior to the trek, it can be modified and altered according to your liking and time frame. It is scheduled assuming that the trainee can already walk for 30 min to an hour.

Monday - Rest day - No workout

Tuesday - Intervals - 10 minute warm up, intervals (weeks 1-4 at a various paces, week 5-10 alternate one minute very faster intervals with slower paced intervals, week 11-10 alternate fast two minute intervals with slower paced intervals, week 20 one minute intervals), cool

down

Wednesday - Comfortable paced walk focusing on your best walking technique.

Thursday - Tempo walk - Warm up, then walk at a fast pace, but not so fast that you cannot complete the designated mileage, cool down

Friday - Easy cross training for designated time

Saturday - Distance/Endurance walk - Walk the designated time at a comfortable pace, Beginning with week 6 try to do the lower hour/mileage weeks at a slightly faster pace. Beginning with week 14 do shorter walks at your goal "trek" pace.

Sunday - Recovery - Walk at a comfortable pace or participate in easy cross training for 30 to 45 minutes.

Notes:

Warm up and cool down time need to be included in the listed times each day. Stretching will require additional time. It is also recommend that all walkers include strength training in their training routine. A few exercises two or three days a week is a good start. To compliment this schedule strength training can be done on Tuesday, and Thursday or Friday.

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Rest Day	1 hour	1 hour	1.5 hours	CT - 40	2 hours	EZ or CT
2	Rest Day	1 hour	1 hour	1.5 hours	CT - 40	1.5 hours	EZ or CT
3	Rest Day	1 hour	1 hour	1.5 hours	CT - 40	3 hours	EZ or CT
4	Rest Day	1 hour	1 hour	1.5 hours	CT - 50	2 hours	EZ or CT
5	Rest Day	1 hour	1 hour	1.5 hours	CT - 50	5 hours	EZ or CT
6	Rest Day	1 hour	1 hour	1.5 hours	CT - 50	4 hours	EZ or CT
7	Rest Day	1 hour	1 hour	1.5 hours	CT - 50	6 hours	EZ or CT
8	Rest Day	1 hour	1 hour	1.5 hours	CT - 60	5 hours	EZ or CT
9	Rest Day	1 hour	1 hour	1.75 hours	CT - 60	6 hours	EZ or CT
10	Rest Day	1 hour	1 hour	1.75 hours	CT - 60	5 hours	EZ or CT

11	Rest Day	1 hour	1 hour	1.75 hours	CT - 60	7 hours	EZ or CT
12	Rest Day	1.5 hours	1 hour	1.75 hours	CT - 60	6 hours	EZ or CT
13	Rest Day	1.5 hours	1 hour	2 hours	CT - 60	9 hours	EZ or CT
14	Rest Day	1.5 hours	1 hour	2 hours	CT - 60	6 hours	EZ or CT
15	Rest Day	1.5 hours	1 hour	2 hours	CT - 60	8 hours	EZ or CT
16	Rest Day	1.5 hours	1 hour	2 hours	CT - 40	6 hours	EZ or CT
17	Rest Day	1 hour	1 hour	1 hour	CT - 30	5 hours	EZ or CT
18 TAPERING WEEK!	Rest Day	.5 hours	.5 hours	Rest Day	EZ 20 min	Leaving for your trek! (roughly)	Rest Day

The EZ or CT is an easy walking or cross training day. Where you will work out your leg and back muscles.

Legs: (practice stairs with your backpack: semi-weighted)

- Wall squats
- Lunges
- Stairs

Back and shoulder: (these can be light)

- Butterfly
- Lat pull down
- Row
- Shoulder press

The goal is that you will be able to walk/ trek for 6-8 hours a day during your trek by the end of this suggested training. Then you will be able to enjoy the trek fully.

Keep a journal ...

A diary or fitness log is a great tool. Use it to write down your goals, and keep track of your fitness program. Wide varieties are available in stores (Nutrition shops and other athletic stores) or you can make your own. (There are also many sites where you can track your progress online.)

Rest before you Trek ...

Stop your exercise regime at least 4 days before you are due to start your program. Ideally, you will taper down leading up to your departure and won't do a lot of intense exercise over the last week or so. Don't try to cram all your training in right before you depart for your trip. You need to be well rested as you prepare for your adventure.

Don't Give Up ...

Your trekking fitness training plan doesn't need to be complicated. Walking a lot is the key, getting hills in is even better. Make sure you start at least a couple of months before your trek (earlier the better), as it will be too late if you wait until a week or two before departure to start training. You may not stick to your entire "Training Program" but remember it is imperative that you train!

Bottom line: Get into the best shape of your life – it will be worth it!