

# INFORMATION SHEET

## GET MOUNTAIN FIT



Most people who have an average level of fitness will be able to survive a trekking adventure, however there is a big difference between surviving the trip and being comfortable and enjoying it.

### Preparing for your trek

You should start your fitness training at least 4 months before your departure with a focus on key muscle groups: core, lower back, glutes, quads and hamstrings. Coming down is a lot harder on the knees so put some focus on the muscles that support your knees.

### Start with some strength exercises

#### Plank - Core



Rest on your elbows, hands together, lift your knees so you are balanced on your toes, keep your back straight and your pelvis in line (don't stick your bum in the air). Hold this position for 45 - 60 seconds, build this until you are able to do 3 reps with a 30 sec break in between.

#### Raised Lunge - Glutes, Quads and Calves



Sometimes called the Belgian Lunge, start with one foot behind, raised on a bench or low wall, keep your core tense and then lower with your body upright, lower to 90 degrees and then raise to your starting position in a slow even rhythm. Start with 4-6 reps on each leg building to a max of 15 to 20 and aim to build up to 4 sets.

#### Standing Squat - Quads, Hamstrings and Glutes



With your legs shoulder width apart, head up and chest out, lower slowly to a sitting position and then power back up to a standing position. Aim to build up to 3 sets of 15 reps.

#### Pistol Squat - Glutes, Quads and Calves



Again start in a standing position with one leg raised in front of you, then slowly lower to a seated position onto a chair, bench or low wall, initially you may need to rest on

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the chair, but aim to build strength until you only need to touch it lightly, return to your starting position. Start with 2 - 4 reps in 3 sets building to 6 - 10 reps in 3 sets

### 4 Month Training Plan

	Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
Month 1	Rest / Yoga	30 min Interval Training / 30 min Resistance	Rest / Yoga	60 min Cardio	Rest / Yoga	4 Hour Walk
Month 2	Rest / Yoga	45 min Interval Training / 30 min Resistance	Rest / Yoga	90 min Cardio	Rest / Yoga	6 Hour Walk
Month 3	Rest / Yoga	60 min Interval Training / 30 min Resistance	Rest / Yoga	90 min Cardio	Rest / Yoga	8 Hour Walk
Month 4	Rest / Yoga	60 min Interval Training / 30 min Resistance	Rest / Yoga	90 min Cardio	Rest / Yoga	4 Hour Walk

When your out on your weekend walk, take a backpack with you and over the month build up the weight to 10kg.

You are aiming to build endurance, so during your workout it is better to do more reps rather than more weight.

If you are using a gym it is ideal to build your cardio programme using low impact training, so using rowing and cycling machines as part of your programme are ideal. Running on a treadmill can have a tendency to impact your knees.

Remember when you on your trek you will be walking for hour often at altitude, so it is important to replicate this in your training, spending hours on your feet walking is the best way to do this. If you can build hill walking into your training and ideally some weekends away on climbing a mountain or two such as Snowdon.