

Kilimanjaro 16 week Training Schedule




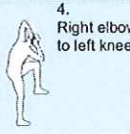
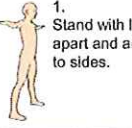
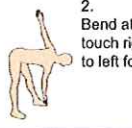
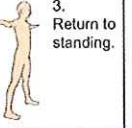


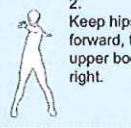
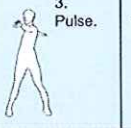


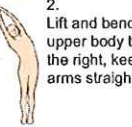


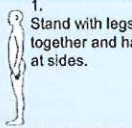
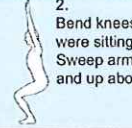

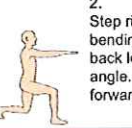
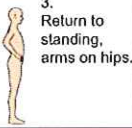
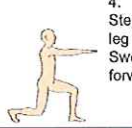

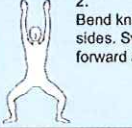

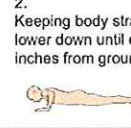
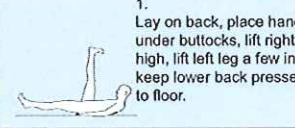
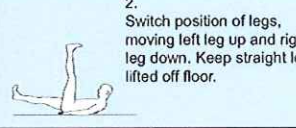
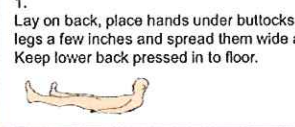

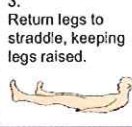
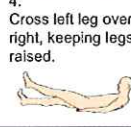
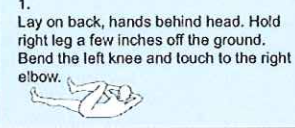
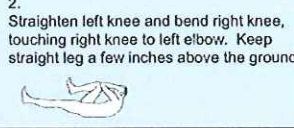
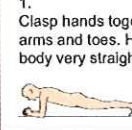


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Phases	Weeks	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pre condition	16	R & R	XT 45 min	Cardio 30 min	Strength 20 min	R & R	XT 1 hr	Hike 1hr w 15lbs
Pre condition	15	R & R	XT 45 min	Cardio 30 min	Strength 20 min	R & R	XT 1 hr	Hike 1 hrs w 15lbs
Base	14	R & R	XT 45 min	Cardio 30 min	Strength 30 min	R & R	XT 1 hr	Hike 2 hrs w 15lbs
Base	13	R & R	XT 45 min	Cardio 30 min	Strength 30 min	R & R	XT 1 hr	Hike 3 hrs w 20lbs
Base	12	R & R	Strength 40 min	Cardio 45 min	Strength 40 min	R & R	XT 2 hrs	Hike 4 hrs w 20 lbs
Base	11	R & R	Strength 40 min	Cardio 45 min	Strength 40 min	R & R	XT 2 hrs	Hike 3 hrs w 20 lbs
Base	10	R & R	Strength 40 min	Cardio 45 min	Strength 40 min	R & R	XT 2 hrs	Hike 2 hrs w 20 lbs
Base	9	R & R	Strength 60 min	Cardio 45 min	Strength 60 min	R & R	XT 2 hrs	Hike 3 hrs w 20 lbs
Build	8	R & R	Hike 90 mins I T	XT 1 hr	Hike 90 min w 20 lbs	R & R	Cardio	Hike 6 hrs w25 lbs
Build	7	R & R	Hike 90 mins I T	XT 1 hr	Hike 2.0 hr w 25 lbs	R & R	Cardio	Hike 5 hrs w 20 lbs
Build	6	R & R	Hike 90 mins I T	XT 1 hr	Hike 2.0 hr w 25 lbs	R & R	Cardio	Hike 7 hrs w 25 lbs
Build	5	R & R	Hike 90 mins I T	XT 1 hr	Hike 90 min w 30 lbs	R & R	Hike 3 hrs w 20lbs	Hike 9 hrs w 20 lbs
Build	4	R & R	Hike 90 mins	XT 90 min	Hike 90 min w 30 lbs	R & R	Cardio	Hike 8hrs w 25 lbs
Peak	3	R & R	Cardio 2 hr I T	XT 90 min	R & R	Hike 90 min W 20 lbs	Hike 6hrs w 20lbs	Hike 12hrs w 20 lbs
Peak	2	R & R	Cardio 2 hr I T	XT 90 min	Hike 90 min W 30 lbs	R & R	Hike 2hrs w 25 lbs	Hike 8hrs w 25 lbs
Taper	1	R & R	XT 45 min	R & R	Hike 1 hour	R & R	Travel	Travel & Rest
Transition	0	R & R	Hike 5-6 hrs	Hike 5-6 hrs	Hike 4-6 hrs	Hike 4-5 hrs	Hike 4-5 hrs	Summit 12-14 hrs
Transition	+ 1	Hike 3-4 hrs	R & R Safari	R & R Safari	R & R Safari	R & R Safari	Travel	R & R

adventX Daily Dozen

12 exercises in 12 minutes: Do each exercise for 45 seconds, then rest for 15 seconds.

<p>1 STEAM ENGINE Active Stretch: Warms up front and side core muscles, upper back, and hip flexors.</p>	<p>1. Stand with hands behind head.</p> 	<p>2. Left elbow to right knee.</p> 	<p>3. Return to standing.</p> 	<p>4. Right elbow to left knee.</p> 	<p>Repeat.</p>
<p>2 TOE TOUCHER Active Stretch: Warms up the core and hamstrings.</p>	<p>1. Stand with legs apart and arms out to sides.</p> 	<p>2. Bend at hips, touch right hand to left foot.</p> 	<p>3. Return to standing.</p> 	<p>4. Touch left hand to right foot.</p> 	<p>Repeat.</p>
<p>3 TWISTER Works the oblique (side abdominal) muscles and the core.</p>	<p>1. Stand with legs apart and arms straight out to sides.</p> 	<p>2. Keep hips facing forward, twist upper body to the right.</p> 	<p>3. Pulse.</p> 	<p>4. Pulse and turn a little further.</p> 	<p>Repeat to the left.</p>
<p>4 HALF MOON Works the abdominal and side muscle groups.</p>	<p>1. Stand with legs together and arms straight above head, palms together.</p> 	<p>2. Lift and bend upper body to the right, keeping arms straight.</p> 	<p>3. Return to standing.</p> 	<p>4. Lift and bend upper body to the left, keeping arms straight.</p> 	<p>Repeat.</p>
<p>5 3/4 SQUAT Strengthens the quadriceps (front upper leg muscles).</p>	<p>1. Stand with legs together and hands at sides.</p> 	<p>2. Bend knees as if you were sitting in a chair. Sweep arms forward and up above head.</p> 	<p>Repeat.</p>		
<p>6 LUNGES Strengthens and increases flexibility in quadriceps and hamstrings.</p>	<p>1. Stand with legs together and arms on hips.</p> 	<p>2. Step right leg forward bending front and back legs to 90-degree angle. Sweep arms forward.</p> 	<p>3. Return to standing, arms on hips.</p> 	<p>4. Step left leg forward. Sweep arms forward.</p> 	<p>Repeat.</p>
<p>7 PLIÉ Makes your butt tight.</p>	<p>1. Stand with legs apart, feet turned out.</p> 	<p>2. Bend knees out to sides. Sweep arms forward and up.</p> 	<p>Repeat.</p>		
<p>8 PUSH UPS Strengthens core, abs, pectorals (chest), shoulders, and arms.</p>	<p>1. Place arms below shoulders. If necessary lower knees to ground.</p> 	<p>2. Keeping body straight, lower down until chest is 2 inches from ground.</p> 	<p>Repeat.</p>		
<p>9 CROCODILES Strengthens and flattens lower abdominals, strengthens lower back.</p>	<p>1. Lay on back, place hands under buttocks, lift right leg high, lift left leg a few inches, keep lower back pressed in to floor.</p> 	<p>2. Switch position of legs, moving left leg up and right leg down. Keep straight leg lifted off floor.</p> 	<p>Repeat.</p>		
<p>10 SCISSORS Strengthens abs, lower back, and thighs.</p>	<p>1. Lay on back, place hands under buttocks, lift legs a few inches and spread them wide apart. Keep lower back pressed in to floor.</p> 	<p>2. Cross right leg over left, keeping legs raised.</p> 	<p>3. Return legs to straddle, keeping legs raised.</p> 	<p>4. Cross left leg over right, keeping legs raised.</p> 	<p>Repeat.</p>
<p>11 STEAM ENGINES ON BACK Strengthens full range of abdominals.</p>	<p>1. Lay on back, hands behind head. Hold right leg a few inches off the ground. Bend the left knee and touch to the right elbow.</p> 	<p>2. Straighten left knee and bend right knee, touching right knee to left elbow. Keep straight leg a few inches above the ground.</p> 	<p>Repeat.</p>		
<p>12 PLANK The ultimate tummy flattener.</p>	<p>1. Clasp hands together and balance on fore arms and toes. Hold position, keeping body very straight.</p> 				



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Explanation of Terms for attached training schedule.

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Introduction

In order to get the best results and to prevent injury, we recommend that most days of the week you make time for 10 - 15 minutes of calisthenics and exercises to improve flexibility. (See attached 'Daily Dozen' for an example). Also, you should warm up at the beginning of each training session with 10 minutes of light aerobic activity (DD can be used for this) and include stretching as part of your cool down. A simple guideline for stretching is to hold (not bounce) a stretch at the point of tension for 20 seconds and to include all major muscle groups of your body.

A good conditioning program includes a variety of types of training designed to build: Aerobic endurance, anaerobic endurance, strength, flexibility, agility, power, coordination and balance.

In this attached training schedule are the abbreviations: XT, R&R, IT and the headings 'hiking', 'cardio', and 'strength'. Here is an explanation of those terms.

XT (Cross Training)

XT stands for Cross Training. Cross training includes activities which are different for many people. It should be something that you enjoy and that is challenging. Some examples: running, cycling, soccer, cross country skiing, outdoor fitness classes, some gym classes, martial arts, yoga & kickboxing.

The purpose of XT is to infuse your training with variety and all-over body strengthening. When choosing an activity, what's important is that you enjoy it and it has benefits to your overall training (i.e. it will add to your strength, endurance, flexibility, coordination). If you are preparing for a technical climb consider indoor or outdoor rock climbing for your XT sessions.

Hiking

Of all the training you could do, hiking and backpacking are the best ways to prepare for mountain climbing. The primary benefit is an increase in aerobic endurance. Aerobic endurance is by far the most important factor in your fitness preparation. Aerobic means 'with oxygen' so most of your hiking will be at a pace where you can breath comfortably. Some hiking, however, will be faster or steeper causing you to breathe very hard. This is called anaerobic training, meaning 'without oxygen'. 50 - 60% of your overall hiking and cardiovascular training should be comprised of aerobic training.

Cardio. (Cardiovascular Endurance)

You may be thinking, 'But isn't hiking - cardio training?' And you are absolutely correct. However, hiking may not always be convenient or preferred. There are other ways to build cardiovascular endurance for mountain climbing. The following activities are very beneficial: cycling, cross-country skiing, snowshoeing and use of elliptical or Stairmaster machines. The reason that these

are good is that they build aerobic endurance and increase anaerobic capacity while also building strength endurance in your leg and lower core muscles.

IT (Interval training)

So even though most of your mountain climbing will be accomplished aerobically, sometimes you'll be working anaerobically, (you know you are working anaerobically when you are breathing extremely hard and your muscles burn) so it pays to include some interval training (IT). Interval training is shorter bursts of effort interspersed with rest periods. What interval training does is increase your anaerobic threshold. One way to consider this is that you are extending the range of your aerobic capacity. Think of the red line on your car's rev counter, below this line you can exercise for a very go a long time without much discomfort. Above this line – you'll overheat, quickly. While not a good scientific comparison this may help you to envision why your anaerobic threshold is important. You can do Interval training with a stopwatch or by intuition. A form of interval training called 'fartlek' (literally this means 'speed play') involves varied and arbitrary amounts of intensity and duration of efforts; for instance - racing up a hill, speeding up to a fixed point ahead or going as fast as you can for a few minutes. What's good to know is that this training produces strong results and quickly. As a general suggestion you might do interval training for about 30 – 40 % of your cardiovascular training.

R & R (Restoration and Recovery)

Restoration and recovery days are a very important part of building your strength and endurance. What's important is to do some gentle activity such as a short (30 minutes) walk, swim or some calisthenics. In fact, some muscle activity is crucial to the recovery process because as your muscles contract you stimulate the expulsion of waste products from previous training. Be sure to keep the intensity low. Also on rest days pay close attention to good hydration and nutrition.

Strength

One common definition of strength is "The ability to exert force against resistance". However the strength required to lift a heavy object is different from that needed to jump across a gap, which is different from the strength needed to hike uphill for hours. This implies that there are different types of strength.

Here is a simple guide to different types of strength. Imagine you are standing in front of a large log:

- If you do a standing jump over the log you'll use **elastic (explosive) strength**.
- If you do step ups for 15 minutes on the log you are using **strength endurance**.
- Whether or not you can pick up the log will be an indication of your **maximum strength**.

Mountain climbing predominantly requires strength endurance, however we also need good maximum strength; and there is a relationship between the two ...endurance athletes who train for maximum strength will experience concurrent gains in muscle endurance and they will certainly gain efficiency as a result of their superior maximum strength. It stands to reason that a climber with a high level of maximum strength will have an easier task of carrying a heavy object such as a backpack.

How do we build strength

It's beneficial to work with a professional instructor to practice weight training. This will ensure safety and more predictable results.

A muscle will only strengthen when it is worked beyond its normal operation. This is called overloading. This can be achieved by:

- Increasing the resistance (by adding weight).
- Increasing the number of repetitions of an exercise.
- Maintaining muscular tension (as opposed to locking out joints).
- Increasing the number of sets of the exercise.
- Reducing recovery time between sets of exercise.
- Reducing momentum i.e. slow down the movement speed.

How do we specifically develop each type of strength?

- **Maximum strength** can be developed by lifting heavier weights with low reps.
- **Elastic strength** can be developed through weight training, athletic drills, conditioning exercises e.g. power jumps, and bunny hops
- **Strength endurance** can be developed with hiking (especially uphill while wearing a pack), circuit training, some gym classes, running (especially hills), and cycling.

Summary:

The design of a good training program is a combination of science, art, common sense, and a desire to have fun. You'll want to evaluate your strengths and weaknesses and design a plan that builds both. Balance is critical and many of the best plans are ones that are functional and fit with your lifestyle. Effective training requires good discipline and organization for most people. Even with your commitments of family and work you can find creative ways to fit everything in and still have time to relax. Also you may live in a place where you have limited or no opportunities to hike or climb, we hope this sample training schedule will help you train successfully and give you various options for creating your own unique program.

We are available to answer any questions that you may have please contact adventX at 206.219.3686 or visit our website at www.adventx.com.

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