

Adventure Ready for Hiking Course

Your 12 week Hike Training Plan

An explanation of the training program

This is the “shell” of your training program for your upcoming adventure or adventures.

It’s to be designed by you, for you, with the support and guidance from your Adventure Ready for Hiking coach.

In order to get the most from your training plan and your fitness, the goal is to have a routine in place where you are active in your weekly life.

Please thoroughly read this plan and the explanation of terms at the end of this document.

An overview of the Training program

From 12 weeks from Departure date:

Preparation segment	1 week to prepare and set training plan
Specific Conditioning Segment	5 weeks
Peak Training Segment	4 weeks
Taper Segment	2 weeks

Getting set up for a successful adventure with you 12 week Hike Training Program

Segment ONE – PREPARATION

Preparation:

- Use the program provided to create your personalized training program to fit into your weekly schedule.
- Creating a plan and an intention that prepares you for your departure day and your adventure assists you with showing up fit, with the correct equipment and ready to enjoy what you have worked so hard to achieve.
- **CREATE YOUR OWN TRAINING CALENDAR**
Block out all the days that you have events or special occasions and make them your rest days. Training needs to fit into your life and become a habit and not a chore. Life happens so plan contingency into your schedule.



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Week One:

This week you need to organize your gear and equipment to assist in making training easy to access.

- Have your shoes boots near the door
- Hiking clothes/walking clothes are easily available
- Pack is packed with water at minimum (if a pack is applicable)
- Make sure that you fit your backpack fits you correctly – if applicable. See course notes when available.

GO SLOWLY... and follow the plan of carrying your backpack and increasing your distance. This will minimize the risk of injury, overload and fatigue on the body.

Segment	Week	Activities	Weight in pack	Rest Day	Active Rest Day
Preparation	1	See Preparation information for instructions for week 1.		1	1

Specific Conditioning for Hiking:

- These weeks you are going to continue your progress
- You will need to find a convenient place to train – either a hill or stairs close by and have a trail to train on where you can do your endurance training.
- An Explanation of Terms can be found below this table.

Specific Conditioning for your adventure.	2			1	1
	3			1	1
	4			1	1
	5			1	1
	6			1	1
	7			1	1



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Peak Training: Peak Training is preparing you for the physical aspect of a multi-day hike.

This training is carrying a typical day pack weight – approx. 7 kg.

Make sure your backpack is well fitted and the weight is sitting around your hips and not on your shoulders. If you are using hiking poles in this phase as you will be training and getting use to using poles. (Poles are Optional but useful)

Pack all the things you will need in your day pack for this adventure. Pack 3 litres of water into your pack – each litre of water weighs 1kg.

Try and schedule your trail walks back-to-back – so that you know the feeling of getting up the next day and walking. E.g., An afternoon trail followed by a morning trail the next day.

Peak Training	8			1	1
	9			1	1
	10			1	2

Tapering Segment- this segment is in the final 2 weeks before departure, you reduce your total time in training. This allows your body to recover from previous weeks of exercise, reducing the chance of injury and fatigue. Helps your body be rested for your adventure.

H	11			2	2
	12			2	2

Departure:

- Unpack your backpack completely from training. If flying, you will need to carry on the plane your hiking boots and all batteries in your hand luggage.
- Once you have gone through your packing list, place all items in your bag. Put your poles in your luggage.
- Pack your onboard bag with your hiking boots and batteries (if flying).
- Make sure you have your medications and if you wear prescription glasses, we recommend a glasses band. Take your medication in your carry-on luggage if flying.
- First Aid kit to go in suitcase especially if scissors in it.
- Check your travel times and get ready to enjoy your adventure.



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EXAMPLE TRAINING CALENDAR:

Date:	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
April 17-23	Rest	Stretch class	Stairs session 30 mins after work	Functional Class	5km walk 4kg at Mt Coo-tha	Yoga Class	7km walk 5kg at Mt Coo-tha
April 24-30	Pilates class	Online yoga – before work	Stairs session 30 mins after work	Functional Class	7km walk 5kg at Mt Coo-tha	6km walk 4kg at Mt Coo-tha	Birthday – mum Rest day

Explanation of Terms

Rest Days- these are times when you are to **rest**.

Active recovery- light walking, gentle swim, stretching, relaxing yoga

Functional Fitness- classes that increase your ability for your body to function better. This may involve gym classes, Pilates, yoga etc. These will be explained at specific class in the course.

Back to backs- these can be done in your local area if you are pressed for time and can't get to the trails. If in the suburbs, choose to walk on the grass alongside the footpath or choose an oval or paddock - something that has a more uneven surface than the footpath or road.

The long hikes or the back to backs should be completed with your pack - full of what you will be taking on the actual hike each day. If you have been supplied with a packing list, please refer to the packing list for all the details.

How fast should I be walking/hiking?

As a guide, you should try and average your pace to 4km per hour on a trail. Some sections will have you move faster i.e., flat and downhill and others slower i.e. hills and sand. Where possible, focus your training to these conditions - so include hills and uneven surfaces in your long hike. The longer the hike, the more it should average out.

Note this pace is NOT footpath walking - trail hiking is generally slower than suburban walking.

Sand walking - this is **optional** and we recommend no more than 1-2 times over the next 12 weeks - unless you regularly walk on sand. Too much/too intense sand walking in a short space of time can put a lot of pressure on the calf muscles and the Achilles tendon.



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Walking without stopping

As part of your training, aim to walk for at minimum 1 -2 hours (4km/hour) on a trail, without stopping. If you find that you are getting out of breath, then slow it down - even if you feel you are going slow, keeping momentum with slow walking. It is easier to maintain a rhythm. Hiking is faster than stopping and starting.

Endurance- on uneven terrain with a variety of hills (both up and down) for 2 hours or more. You need to be puffing going up hills – if you are not puffing you need to increase your walking speed.

Hills/stairs sessions- this is training on a hill or stairs. This should be convenient to where you live and will take approximately 30 minutes to complete. This is interval training, and you should use the same weight for that week set in your training planner, in your backpack. If you find this difficult on stairs reduce the weight to 4 kg in your backpack and add 5 minutes to each set.

Warm Up and Cool Down- it is essential that you warm up and cool down with stretching. If you are feeling rushed and struggling to get your training in that day/week – then rather than rush, do less kilometres and take it a bit slower. But don't rush and skip warming up or cooling down properly otherwise you may feel it the next day as soreness.

Gear and Equipment- please use and trial all your gear and equipment for this trip well BEFORE you go. Try on your hike clothing and wear it in training if possible and/or applicable.

Assistance- please send an email if you are unsure or you don't understand something.

Timing and Safety- this plan gives you enough time to train safely. Do not rush training or weight your pack too quickly. It is essential that you stay injury free and if is preferable to do things well and safely. Life happens, so if you cannot complete everything in one of the weeks, try to get on track for the next week.

Injury: If you feel that you have hurt something, and part of your body doesn't feel quite right then slow down. Get it checked by a professional and recover. Do not train if you are in pain.

Fatigue: Fatigue is part of the process of training. We train to increase our endurance and our resistance to fatigue. Training makes us fitter and therefore increases our resistance to fatigue. Therefore, it is important to have rest days and days of active recovery which assist you in keeping your body from exhaustion and injury.



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Listen to your Body: Listen to your body. Learn the days when you can push harder and the days that your body needs a break. Sometimes you can train longer and other times you may need to call it before the goal. Ask yourself the reasons for this- food related, sleep related, pushing too hard, illness, loading weight too quickly etc. and learn from it!

The best way to prepare for hiking on a trail is to train on a trail – so find something near you with hills that you can train.

Training

You are best in training to get use to carrying the essential items in your pack.

