



Adventure Ready for Hiking Course Session Four



Become adventure ready!

Session outline

This session is all about hiking over different surfaces & terrain.

Techniques for

- rock scrambling
- uphill
- downhill
- tree roots
- mud/water



Your Resources

- Weekly Sessions held over Zoom (Monday's at 6.30pm Brisbane time)
- Find your Fitness Chart
- Hike Training Planner – build your own
- Check lists & cheat sheets (lesson specific)
- Access to the Course Portal
- Access to the Functional Fitness Library

Recording is added to the course portal by Wednesday evening of each week.

NOTES FOR YOUR P.T

There are 3 key areas of hiking fitness that, if addressed, result in a successful hike.

We recommend you work with your PT (or us) to focus on Hiking Specific exercises that address the following:

- **Endurance.** This is time on legs. NOTHING can replace the length of time spent on legs out on a trail
- **Functional Fitness.** That is ensuring that ALL the muscles we need for hiking are strong, recruited and doing what they need to do.
- **Cardio.** Having good cardio strength for the hike. How to manage cardio going uphill, what to do at the top of a hill, how to measure cardio and how to know if your cardio is improving.

This document is designed for you to share with a Personal Trainer - if you have one.

If not, use it for information. ALL of these fitness foundations are used in the online Functional Fitness Classes or the On demand classes in the Member Resources on the website.

www.womensfitnessadventures.com



TRAVEL CHECKLIST

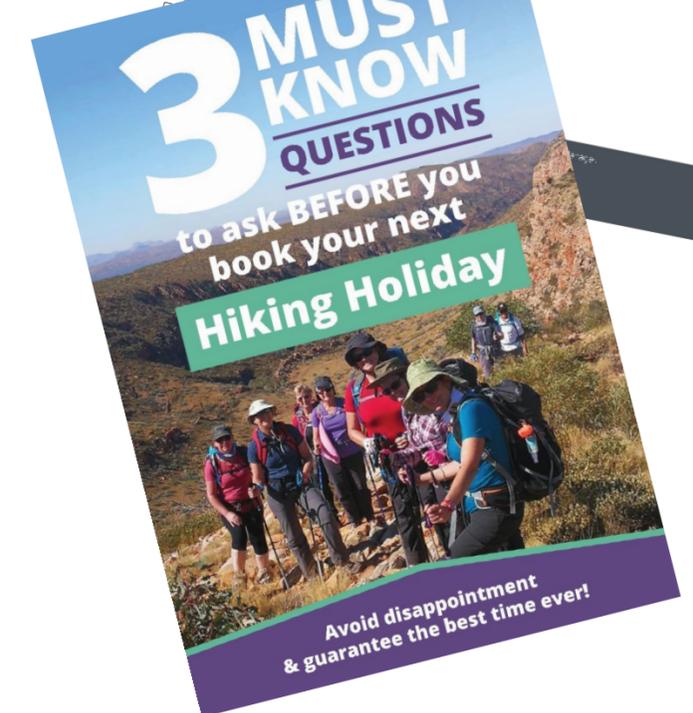


Insurance is as important as your passport. Same as in life, even the best of us can get into trouble. So it is best to be prepared and get holiday insurance to protect the most important part of your trip!

When choosing a travel insurance

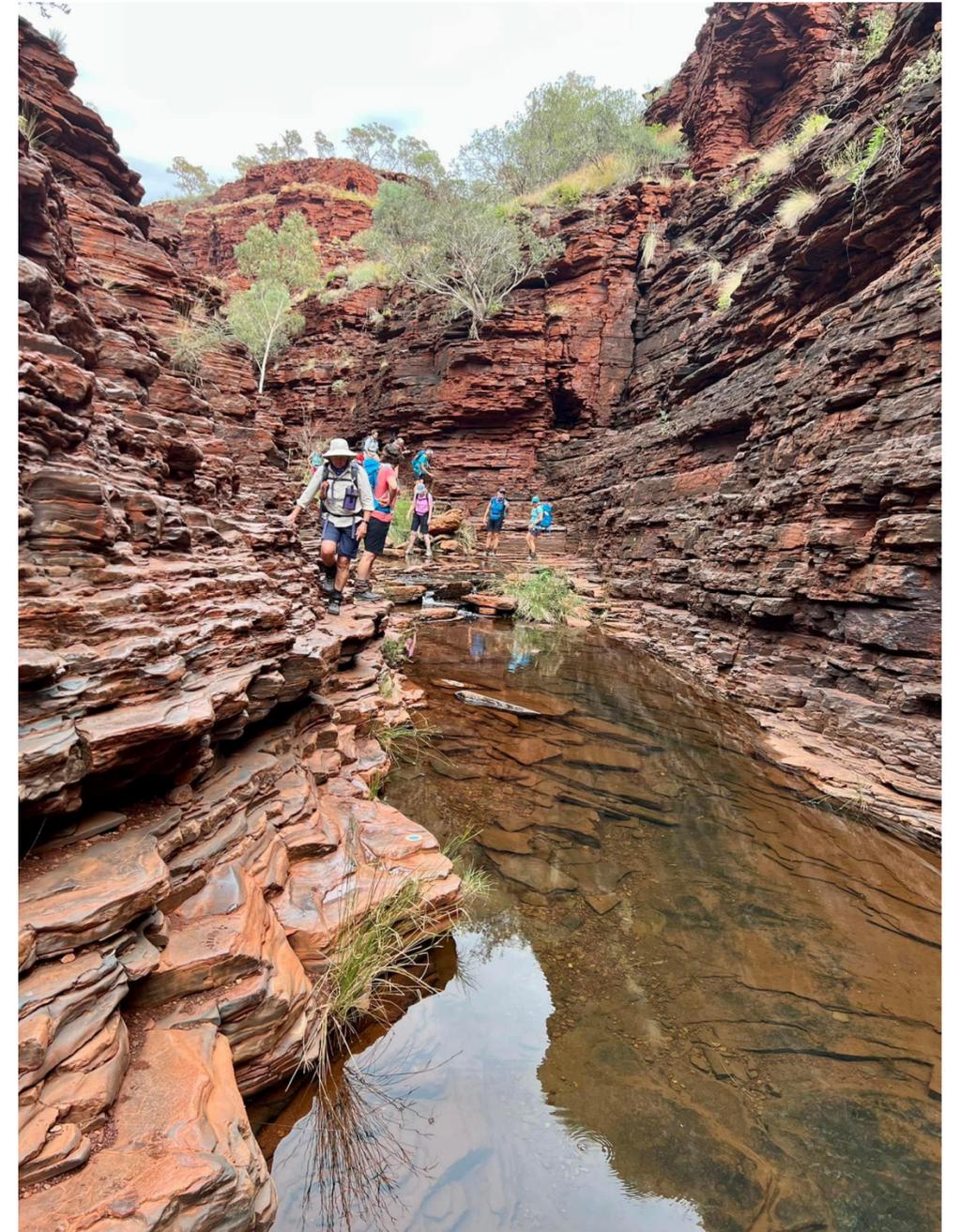
Check for up-to-date travel advice.
Check if insurance policy might be a better choice if you stay away from home.
Check if you leave your home.
Check for additional coverage.
Check for the relevant licence.
Check for exclusions and limits! Also check if the country you visit is covered by your insurer's PDS. Overseas medical services are expensive.

- Check for personal belongings that are lost, stolen or damaged
- Check what is covered and what the \$ limits per item are
- Check if adventure equipment is included i.e. hiking sticks
- Check for items of high value i.e. camera or similar - a limit increase is possible with a premium add-on
- Check for Cancellation and Amendments as well as delays due to unforeseen circumstances outside of your control
- Check what is the total cover amount? Add all prepaid travel expenses
- Check if your policy includes travel services provider insurance
- Check in the event that your luggage is lost, what is your claim process?
- Check if you are covered for extra expenses if you are injured
- Check what is the excess per claim? What is the maximum amount you can claim?
- Check if you can reduce the excess and what are the limits for that?
- Check what are the limits for medical expenses?
- Check what is excluded?
- Check what is the maximum time you can access this?
- Check how soon can you access this?
- Check what is the maximum time you can access this?
- Check what is the maximum time you can access this?



Rock Scrambling/hopping

- Choose your path - low or high
- Take your time - stop and look
- Shoes with Grip
- Keep upright
- Relax!! Tense leads to accidents
- Don't sacrifice wet feet for hurting your body



Hiking uphill

- Take your time - but keep momentum
- Bridesmaids step
- Keep upright
- Use whole foot to push off through stairs or hills
- If using poles, use them beside you to “push off”, not pull yourself up



Hiking Downhill

Feet wider apart to

- lower centre of gravity
- increase stabilisation
- minimise risk of slip

Use poles - close in to the body

Aim to stay as upright as possible

If scree or snow, dig your heels in and then step forward

Zig Zag down the hill if it seems too steep or knees are sore

If in doubt, bum it out

Hint - pretend you are walking like a duck or wearing a nappy - that is the effect.



Navigating Tree Roots & rocks

Snakes & Ladders

Go perpendicular to the root or avoid

Always watch the path & stop to take photos

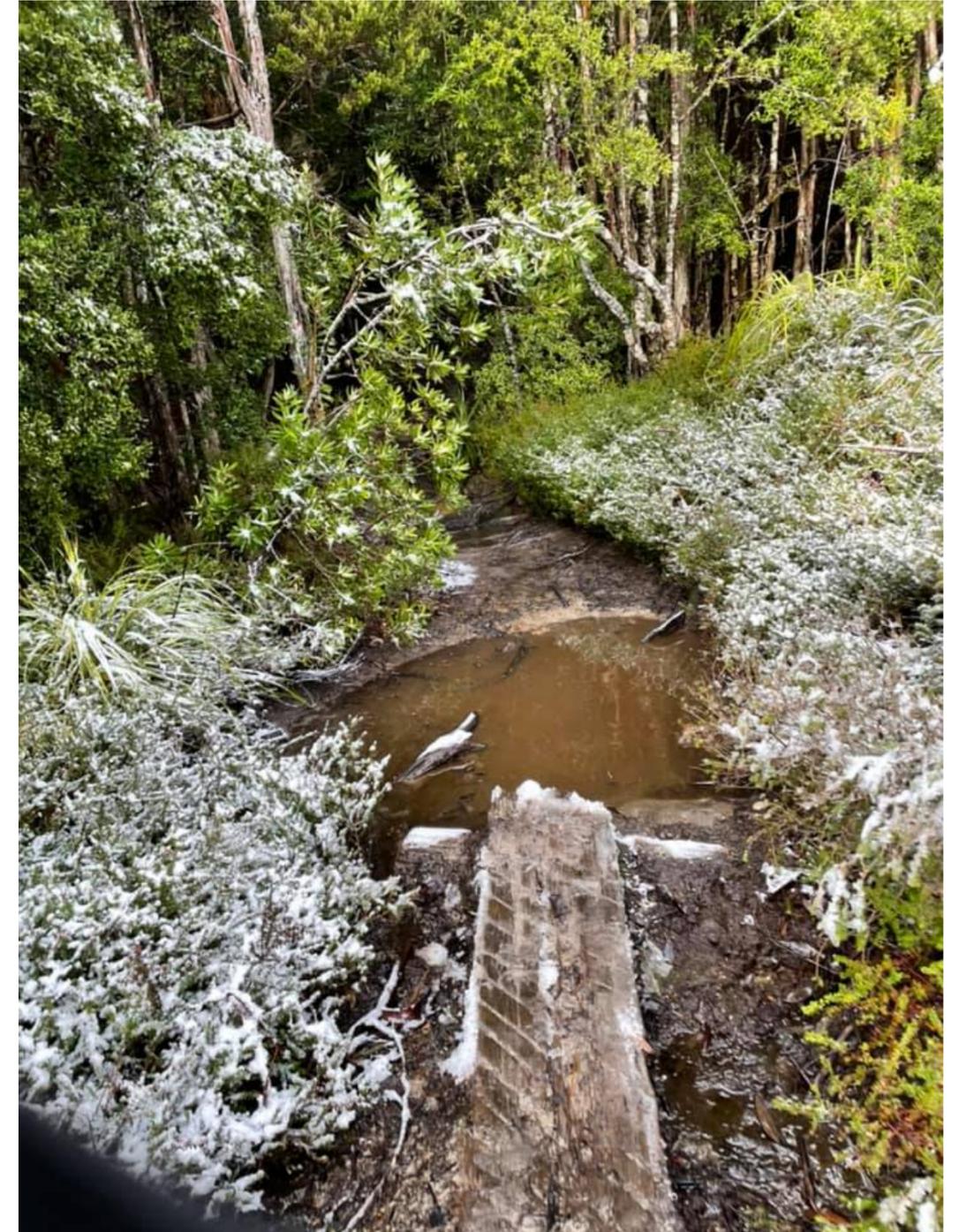
Rocks

- black is death
- red beware
- white is generally alright but check first
- Green - Should not be seen - forget



Hiking near/in water & mud

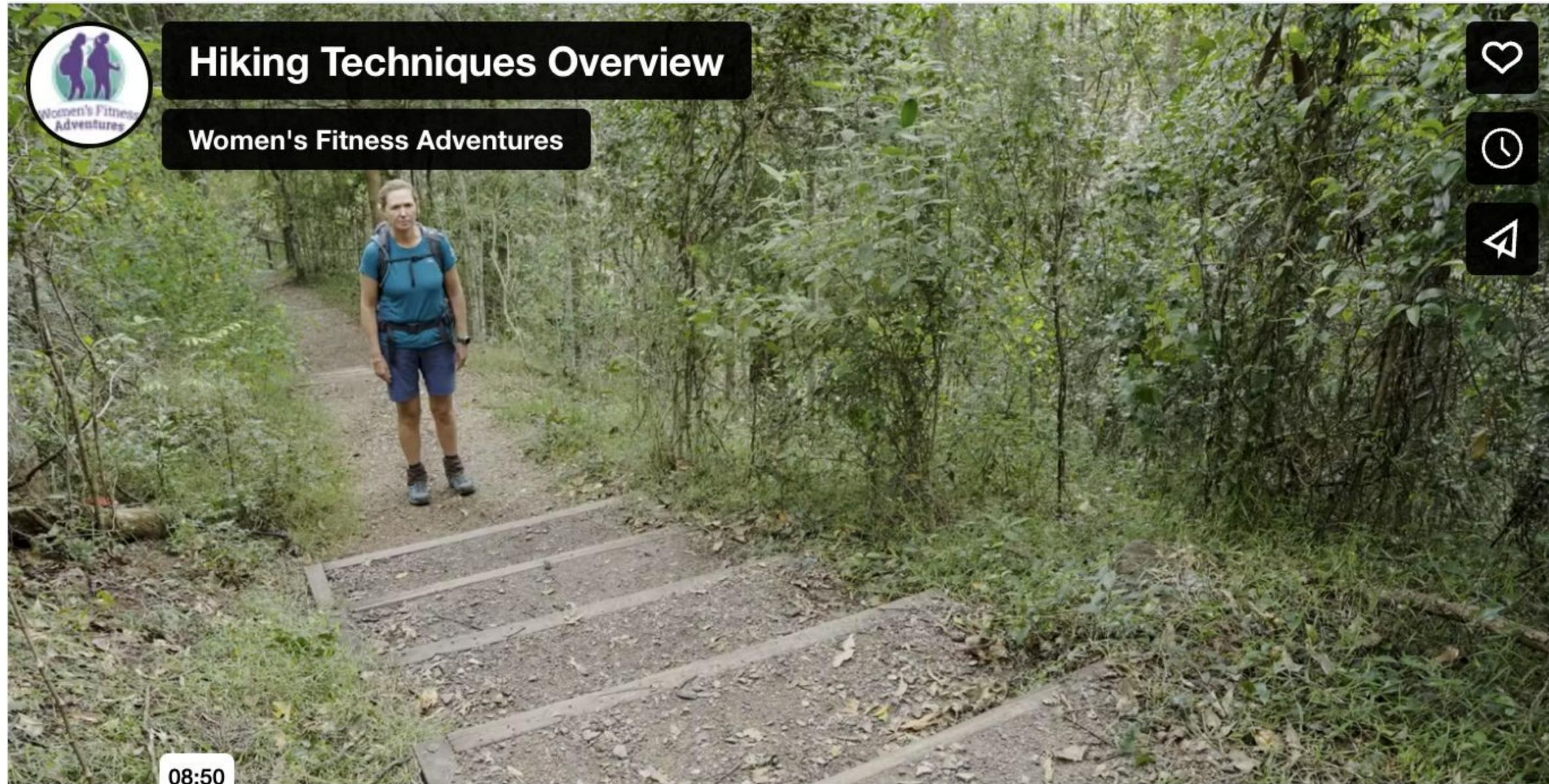
- Always protect your body over your feet
- Generally gaiters will protect your feet from getting wet, up to the height of the gaiter
- Walking through the mud & water where possible will also protect the trail (think Overland Trail and all the Boardwalks)



Hiking near water & mud



Techniques overview



Check in on your fitness

- **Check in via Facebook on Friday from noon – please do the update based on the following:**
- **Quick 30 seconds update**
- **Is your hiking goal the same as when you started?**



What's Next?

- **Check in via Facebook on Friday from noon. Keep building on your plan.**
- **Next session - Layering/Clothing**

