



Become adventure ready!



Adventure Ready for Hiking Course Session one

www.womensfitnessadventures.com

Course Outline

Over the next 10 weeks, together, we will IDENTIFY, PLAN & PROGRESS:

- The FITNESS SKILLS you need for your chosen adventure
- The KNOWLEDGE of hiking questions, hiking fear and hiking skills for your chosen adventure
- The MINDSET needed to confidently BOOK or complete your hiking adventure

AND if you don't currently have an adventure or hike in mind, that's OK because this course covers that too.

Yvonne will be your coach for the 10 week AR4H course .



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 (available through the course portal)

Course Portal is available NOW and replays are added by Wednesday.



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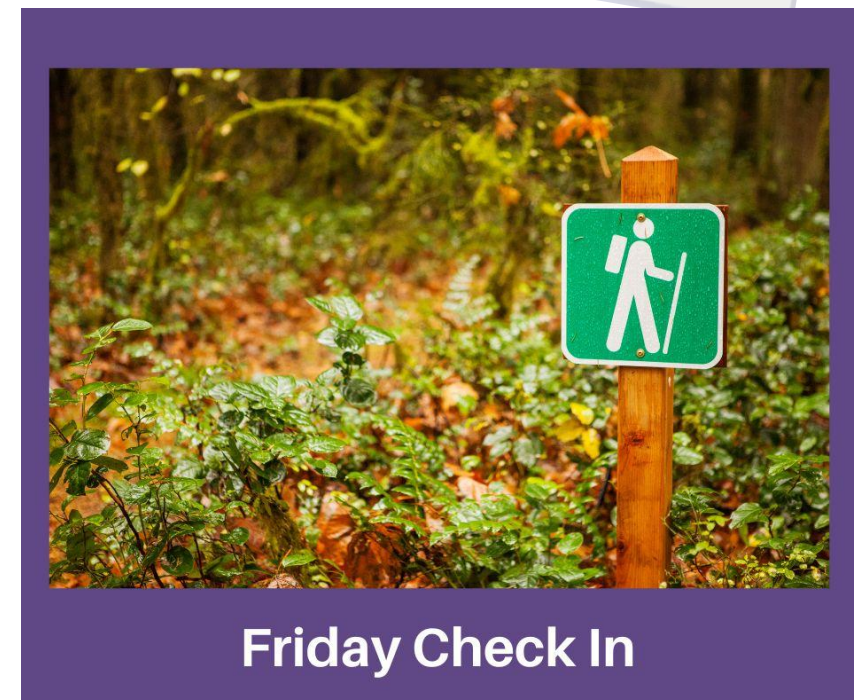


How to make the most of the course.

**The Structure of the lessons is:
Teaching - Topic of the week**

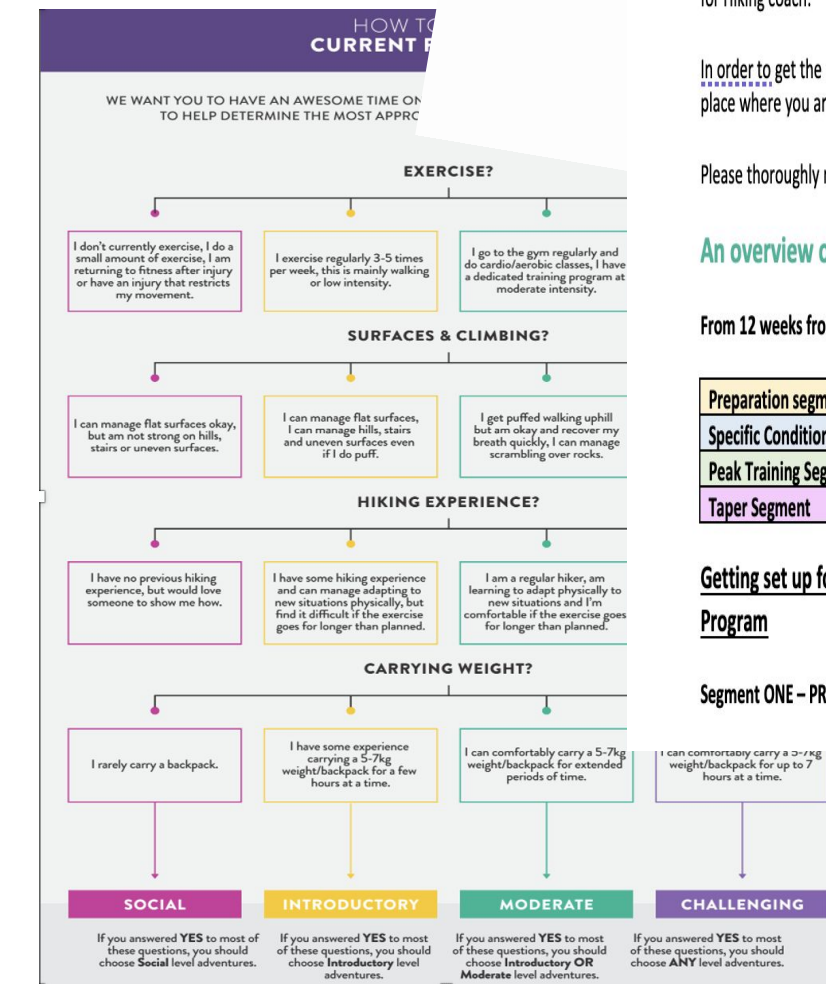
Questions. Broad or specific. (optional if you want to stay)

- **Ask lots of questions – in the closed Facebook group or via email.
Or stay on for the Q&A after the teaching session.**
- **Check in every week with our special Friday Check-in inside the Facebook Group.**
- **Introduce yourself & Get to know others**



What we will cover this session.

- Introductions
- Turning Dreams into Reality
 - the “Oh 5H!t” moment
 - Adventure Blueprint
 - Your Current Hiking Fitness
- How to build your hiking fitness



Your adventure Blueprint

Circle what best describes you

Climate	Hot	Cold		
Travel	Car	Bus	Train	Plane
Accommodation				
Crowd				
Destination				
Type of hiking adventure				

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 your 12 week Hike Training Program

Segment ONE – PREPARATION

Determining your Adventure Blueprint

Your adventure Blueprint

Circle what best describes you

- Climate
- Travel
- Language
- Accommodation
- Crowds
- Destination
- Type of hiking holiday

Climate	Hot	Cold		
Travel	Car	Bus	Train	Plane
Language	English	Any	Specific	
Accommodation	Luxury	Clean & Comfy	Basic	Tent
Crowds	Yes please	No thanks	Don't mind	
Destination	Iconic	Hidden	Emerging	
Type of hiking adventure	Active every day	Daily Some hikes, some sights	Hiking every other day	Limited

Current vs desired Hiking Fitness Level

To get to your “Desired” hiking fitness level you must first IDENTIFY the gap

Exercise:

- Cardio/Strength/Endurance (on trail)

Surfaces & Climbing

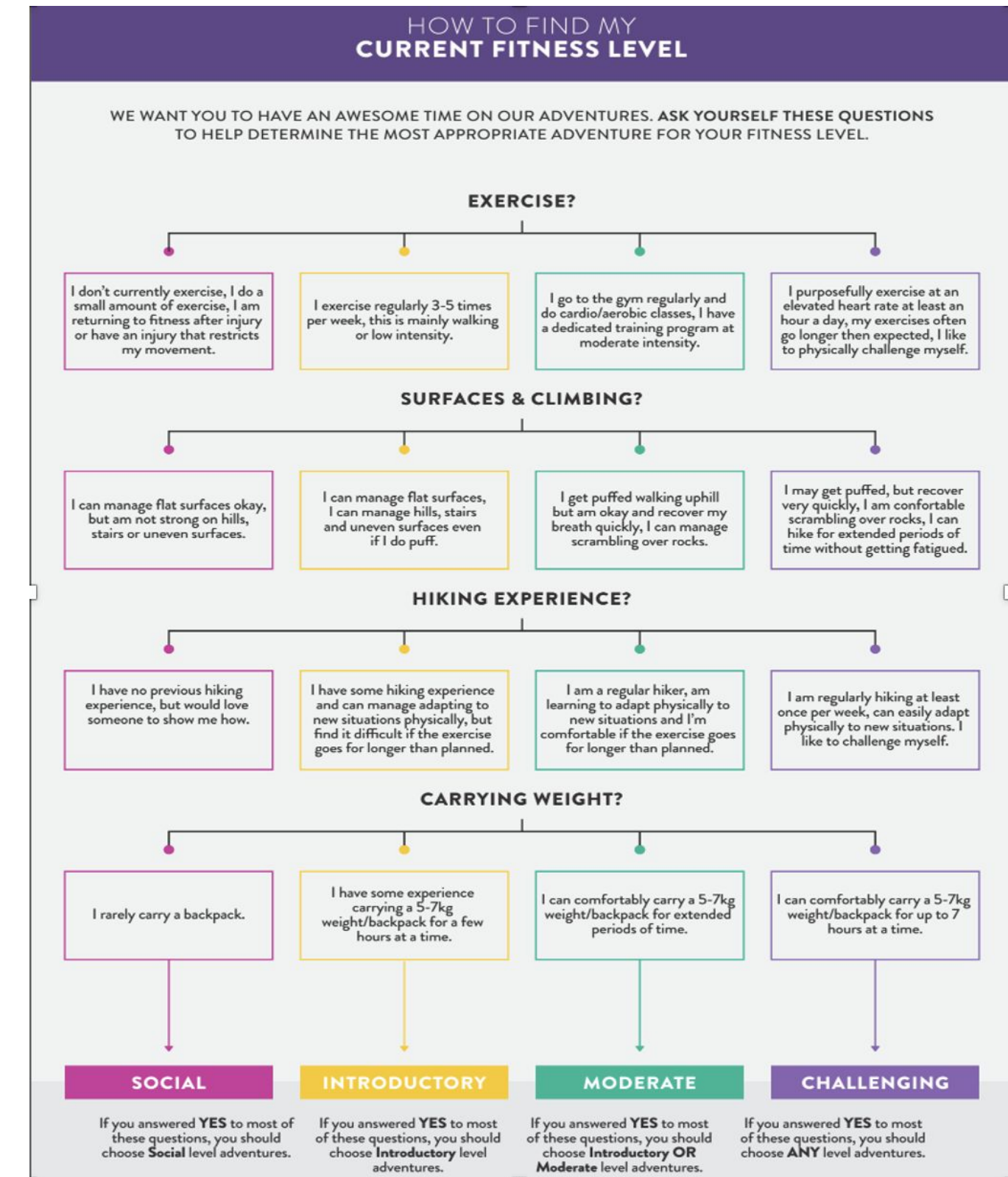
- feet “on the trail”; stepping over/under, around; rock scrambling/walking on rocks

Hiking Experience

- Time, knowledge

Carrying a backpack

- with the essential items



Your Hike Training Plan Shell

Preparation

- Identify the areas you need to develop
- Work out a plan for each area
- Put that into an “overall plan”
- Follow the 10% rule
- Minimum 1-2 FF sessions/week (or strength at gym)

See if it all fits & make it a **PRIORITY**.

Nothing substitutes for time on the trail
Footpath walking DOES NOT equal the trail

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Segment ONE – PREPARATION

The elements

Exercise - need to increase distance, cardio and pace (speed). The average group hikes at 4km/hour. Slightly less if it's a big group

Surfaces & climbing - Do Hills & Stairs and often. Practice on different trails, creek beds, gravelly hills

Hiking Experience - get out on the trails MORE. Vary the trails

Carrying weight - from nothing to your gear in your backpack

What's Next?

- Check in via Facebook on Friday from 9am
- Work through your current fitness level
- Map out your plan AS IT RELATES to you- be REALLY specific & detailed because I will ask questions.
- Next week is a recorded session & should be available now. I am in the Facebook Group regularly so can answer questions
- Please email plans to yvonne@womensfitnessadventures.com



Friday Check In