



Become adventure ready!



Adventure Ready for Hiking Course Session NINE

www.womensfitnessadventures.com

Session outline

Today's session is all about **GOING FORWARD** and the questions to ask **BEFORE** you book a multi day hiking holiday (or a day hike) to avoid that

OH MY GOSH what have I done

Moment.



Session outline

And once you have answered those question, your **PLUG & GO TRAINING PLAN**

So you can be Adventure Ready



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)

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.

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TRAVEL CHECKLIST



Insurance is as important as your passport. Same as in 1's, even the best hikers. So it is best to be prepared and get holiday insurance to protect you before you leave. Who is you are away and until you return home. 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 and 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.

- 7. Cover for Cancellation and Amendments as well as delays due to unforeseen circumstances outside of your control
 - What is the total cover amount? Add all prepaid travel expenses.
 - Does your policy include travel services provider insurances?
 - In the event that your luggage is lost, what is your cover?
 - Are you covered for extra expenses if you are delayed?
- 8. What is the excess per claim? What is the maximum amount you can access this?
 - Can I reduce the excess amount?
 - What are the limits for my trip?
- 9. What is excluded?
- 10. What is the maximum amount you can access this?



Should I do this independently/solo or with a group?

Independently

- Do you want to do this solo or with a group of friends



With a group

- Do you want to go with a hiking/trekking company where everything is done for you



Should I do this independently?

- Do I have friends who want to do this, or can? Is getting leave from work an option?
- Do my friends have the required fitness level needed for the hike? And if not, are they happy to train?
- Who will be responsible for ensuring everyone is fit enough?
- What happens if someone can't keep up with the pace of the group?
- Who will be in charge or take overall responsibility for co-ordination of permits (if needed), getting there and away, booking accommodation & meals out (if needed), organising payments, leading the group, directions/navigation, cooking, hike start times, safety and first aid?
- What is the impact on you and the group if someone pulls out at the last minute?
- Do you have all the gear needed - for the hike, for the first aid, for the safety of the group?
- What is your risk management if someone injures themselves, or worse, is unable to continue?



Should I do this with an organized group?

- Will there be other people on the trek? How do I know who they are? Are they a mix of men and women?
- What happens if I book and realise the companies values don't align with mine? That they don't value my safety and well being as high as I do?
- Who can I talk to so that I can learn MORE about the company & the type of hiking they do?
- What happens if I don't get along with the other people? What if no one talks to me or worse still, they are not "my people?"
- Will I have to share accommodation? What options do I have?
- What's included and what's not? If dinner isn't included who do I dine with if I go alone?
- How do I know if I am fit enough? Who will help me with fitness training? Do they offer a training plan or hold me accountable?
- Will they help me decipher the gear and equipment list? Do I really need all the stuff? Is there somewhere I can go to buy it, that is trusted and won't rip me off?
- Are some hiking and outdoor stores better than others?
- Can someone check the gear for me before I go and each day on the trail?



Why these questions are important avoid the Oh \$H!T moment

MISJUDGING THE LOCATION AND REALISING NOTHING IS OPEN

Imagine getting to your dream destination and realising that the transport operator isn't open OR that the stores where you were due to pick up your supplies don't open on that particular day, or that the trail is closed due to landslides or repair work.

Or that you choose a Winter hike because that's your holiday time, yet everything shuts for the season and you get stuck at the starting point. Or choosing Summer and realising once you get there that it's actually too dangerous to hike in the heat.



Why these questions are important
avoid the Oh \$H!T moment

DETERMINING THE RIGHT ADVENTURE FOR YOUR FITNESS LEVEL



Choosing a hiking holiday that's too easy for you, will leave you feeling frustrated and impatient as you constantly wait for others.

Choosing one that's TOO HARD and you may risk injury or worse still NOT ENJOY it as you drag yourself EXHAUSTED to your accommodation each night, dreading getting up the next day and having to do it all over again.

Why these questions are important avoid the Oh \$H!T moment

**LIKE CHOOSING THE WRONG PROVIDER &
REALISING THEY AREN'T "YOUR KIND" OF PEOPLE**

Imagine unknowingly choosing the wrong provider and realising they aren't your "kind of people" and you have nothing in common and you end up feeling **ISOLATED** and **LONELY** for the entire duration of the adventure."

Or that the group doesn't put the same **PRIORITY** on your safety and well being as you do and you end up feeling **WORRIED** all week about the **PERSONAL RISK** to you.



Why these questions are important avoid the Oh \$H!T moment

- Easily overcome
- Ask questions
- Commit to the adventure,
commit to yourself
- Adopt the hikers mindset



Checklist to consider BEFORE you commit

WHERE TO GO & WHO WITH

- I feel confident choosing the location, the environment and the season
- I have enough knowledge, skills & experience to do this on my own
- I'd like to go with a company where everything is organised but when it comes to deciding, I don't know who to trust.

TYPE OF ADVENTURE

- I feel confident in my understanding of the difficulty of the adventure & the fitness level required.
- I understand my current level of fitness & what needs a boost
- I know HOW to improve all elements of my fitness to ensure I can successfully complete the hike
- I can access fitness resources that will teach me how to improve my hiking fitness & muscle strength

GEAR & EQUIPMENT

- I know & understand the gear & equipment list needed
- I can get access to resources that teach me about gear & equipment
- I know which stores to trust when buying gear & equipment

WOMEN'S FITNESS ADVENTURES

A more structured hike training plan

Needing a little more structure?

- 12 week “structured” hike training plan
- “Build your own”
- Use the sheet to fill in the blanks

Sample Hike Training Plan
AdventureReady for Hiking (12 Week Program)

Getting set up for a successful adventure with your hike

Check in BEFORE you start your SPECIFIC training program

Set the date of your adventure and then work backwards

- My planned hike is _____
- My current fitness level is based on:
 - Currently walking/hiking _____ times/w
 - Average distance each time is _____
 - I carry a backpack. Yes/No
 - If yes, my backpack weighs _____
- On my adventure, my daily average needs
 - My backpack weight needs to be _____
 - There are hills on my adventure Yes/No
 - The terrain on my adventure is
 - Rocky and uneven trail. Yes/No
 - Flat, well maintained trail Yes/No
 - Mixture of both Yes/No
 - Not sure
- The areas of my Fitness I need to strengthen
 - Cardio Fitness
 - Strength (this includes Function)
 - Endurance

Week	Training	Weight	Stairs	Hills
Week 8	<ul style="list-style-type: none"> • 1 x XX PLUS hike/week (trails, uneven surfaces, hills) • 8 minutes stairs 2-3/week • 3 x 30-60 minute local neighborhood walks • 3 Functional fitness sessions/week • 1 XX PLUS hike/week (trails, uneven surfaces, hills) • 8 minutes stairs OR HILLS x 3/week 	5-6kg	1	1
Week 9	<ul style="list-style-type: none"> • 3 x 30-60 minute local neighborhood walks • 3 Functional fitness sessions/week • 1 x XX PLUS hike/week (trails, uneven surfaces, hills) • 8 minutes stairs x 3/week 	5-6kg		

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 – up to 7-8kg. Make sure your backpack is well fitted and the weight is sitting around your hips and **not** on your shoulders. You will be using your hiking poles in this phase as you will be training and getting use to using poles. (Poles are Optional but very useful on hikes)

You can hike in either Hiking Boots or Trail shoes. Boots will give better ankle stability over uneven and rocky surfaces. It is **IMPORTANT** that you train in the boots/shoes you intend completing the hike in.

Pack all the things you will need in your day pack for your adventure. Pack 3 litres of water into your pack – each litre of water weighs 1kg. **DO NOT** use items that you won't be using. i.e. do not train with rice or flour. Instead use items from your gear list.

Try and schedule some of 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.

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Specifically:



Sample Hike Training Plan AdventureReady for Hiking (12 Week Program)

Getting set up for a successful adventure with your Hike Training Program

Check in BEFORE you start your SPECIFIC training program.

Set the date of your adventure and then work backwards

- My planned hike is _____.
- My current fitness level is based on:
 - Currently walking/hiking _____ times/week
 - Average distance each time is _____
 - I carry a backpack. Yes/No
 - If yes, my backpack weighs _____
- On my adventure, my daily average needs to be _____
- My backpack weight needs to be _____
- There are hills on my adventure Yes/No
- The terrain on my adventure is is
 - Rocky and uneven trail. Yes/No
 - Flat, well maintained trail Yes/No
 - Mixture of both Yes/No
 - Not sure
- The areas of my Fitness I need to strengthen are:
 - Cardio Fitness
 - Strength (this includes Functional Fitness)
 - Endurance

Your CHECK IN pre work

Breaking down where you are now
and where you need to be.

If you don't know the answers then
ASK.



Specific Conditioning – laying the foundations & your new base

- This component “conditions” your body as we independently increase the distance, speed, incline or pack weight
- It allows us to IDENTIFY any injuries, weaknesses or challenges
- Allows you to find the convenient places to train and build habits. Know what works and what doesn’t

Specific Conditioning for your adventure.	Week 3	<ul style="list-style-type: none"> • 1-2 x 30 minutes neighborhood walks • 1-2 Functional <u>fitness or</u> Gym sessions/week • 1 x 4 xx hike/<u>week</u> (pick the least resistant - trails, uneven surfaces, hills) • 1 x set stairs 5mins plus/week 	4kG	1	1
	Week 4	<ul style="list-style-type: none"> • 1-2 x 30minutes PLUS local neighborhood walks • 1-2 Functional fitness or gym sessions/week • 1 x XX hike/week (trails, uneven surfaces, hills) • 1-2 set stairs 5 mins plus/week 	4kg	1	1
	Week 5	<ul style="list-style-type: none"> • 1-2 x 30mins plus local neighborhood walks • 1-2 Functional fitness sessions/week • 1 x xx hike/week (trails, uneven surfaces, hills) • 2 sets stairs/week 8 mins plus 	5-6kg	1	1
	Week 6	<ul style="list-style-type: none"> • 3 x 30 minute PLUS local neighborhood walks • 2 Functional fitness sessions/week • 1 x XXhike/week (trails, uneven surfaces, hills) • 8 minutes stairs x 2-3/week 	5-6kg	1	1
	Week 7	<ul style="list-style-type: none"> • 3 x 30 minute plus local neighborhood walks • 2 Functional fitness sessions/week 	5-6kg	1	1

		<ul style="list-style-type: none"> • 1 x XX PLUS hike/week (trails, uneven surfaces, hills) • 8 minutes stairs 2-3/week 			
	Week 8	<ul style="list-style-type: none"> • 3 x <u>30-60 minute</u> local neighborhood walks • 3 Functional fitness sessions/week • 1 XX PLUS hike/week (trails, uneven surfaces, hills) • 8 minutes stairs OR <u>HILLS</u> x 3/week 	5-6kg	1	1
	Week 9	<ul style="list-style-type: none"> • 3 x <u>30-60 minute</u> local neighborhood walks • 3 Functional fitness sessions/week • 1 x XX PLUS hike/week (trails, uneven surfaces, hills) • 8minutes <u>stairs</u> x 3/week 	5-6kg		



Peak Training– replicating the adventure over a few short weeks

- This section of your training involves you carrying a backpack – ideally up to the weight you will be carrying on your adventure.
- Ensure it is well fitted & the weight is sitting around your hips & not on your shoulders. This segment is where you would be regularly training with your hiking poles
- Choose either your hiking boots or shoes and be sure to do ALL of your training in the boots/shoes you are doing the hike in.
- Pack ALL of the things you are taking into your daypack and use that in training. DO NOT train with rice etc.

Peak Training	10	<ul style="list-style-type: none"> • 3 x Functional Fitness or gym • 1 x <u>6 hour</u> hike/week • 3 x 30-60 mins local walks • 10 mins stairs OR HILLS x 3/week 	7-8kg	1	1
	11	<ul style="list-style-type: none"> • 3 x Functional Fitness or gym • 1 x <u>6 hour</u> hike/week • 3 x 30-60 mins local walks • 10 mins stairs OR HILLS x 3/week 	6-7kg	1	1
	12	<ul style="list-style-type: none"> • 3 x Functional Fitness or gym • 1 x <u>6 hour</u> hike/week • 3 x 30-60 mins local walks • 10 mins stairs OR HILLS x 3/week 	6-7kg	1	1

Tapering– reducing the impact on the body in preparation for your adventure

- This is the FINAL two weeks before departure. The AIM is to REDUCE the total time in training to allow the body to recover.
- Recovery allows the body time to recover from the intensity and reduces the chance of injury and fatigue.
- It doesn't mean stopping training altogether.
- DO NOT try anything NEW in your final few weeks ie take up skateboarding or segue etc.

TAPERING	13	<ul style="list-style-type: none"> • 2 x Functional Fitness/week • 2 x <u>3 hour</u> hikes/week • 2 x 30 minutes local walks • 10 mins hills/stairs OR HILLS 3 x week 	5 kg	2	2
	14	<ul style="list-style-type: none"> • 2 x Functional Fitness/week • 2 x <u>3 hour</u> hikes/week • 2 x 30 minutes local walks • 10 mins hills/stairs OR HILLS 3 x week 	5 kg	2	2

There's NO NEED to "pre do" the adventure

- The training will prepare you for the adventure. But don't kid yourself "thinking" you have done it. Simply commit to the training
- You don't have to replicate a 20km hike OR
- 5 days consecutive hiking
- Day 1-2 are the toughest
- You generally "Walk" into your next level of fitness
- Provided you have done the training, built your strength, cardio and endurance you have done all that you can to be AdventureReady



What's Next?

- 1) **Check in via Facebook on Friday. Keep following your plan. You are 9 weeks in now.**

- 2) **Next session Monday 27th November is our FINAL session**
 - Wrap up
 - Your progress story

