Adventure Ready for Hiking

Online Course

Session One

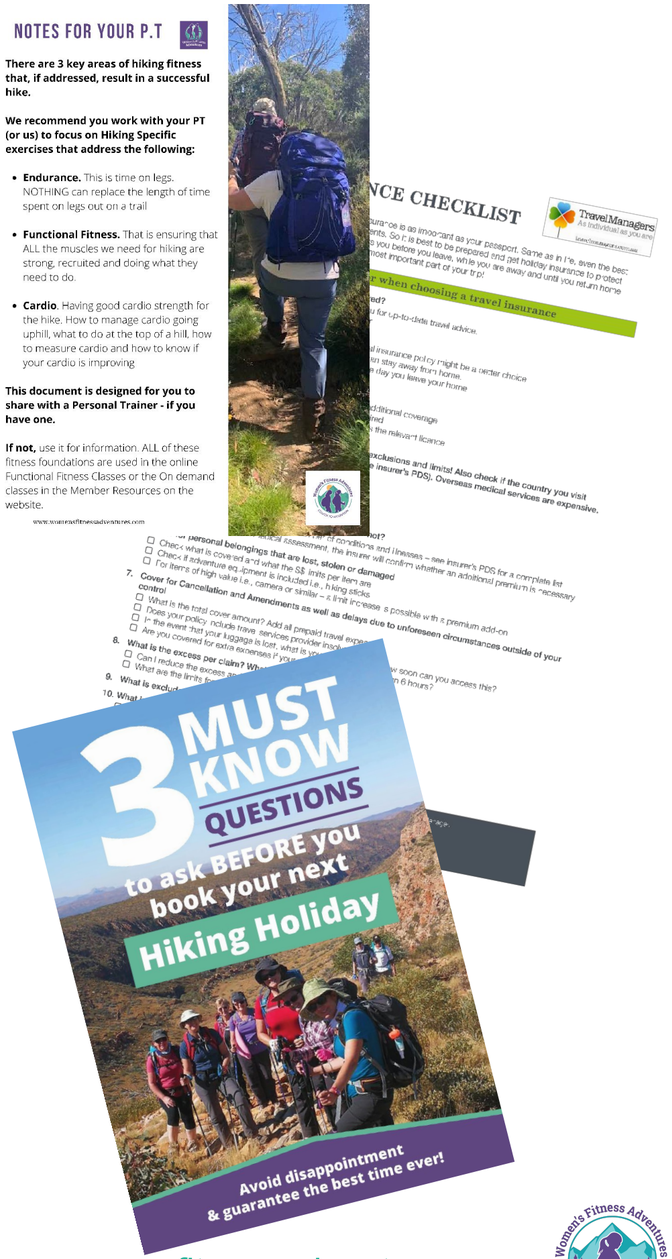
Women's Fitness Adventures
ADVENTURE READY FOR HIKING

www.womensfitnessadventures.com

Your Resources

- Bite Sized Lessons for all topics.
- 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 & Cardio Boost Videos Library (available through the course portal)

Course Portal is available for SIX months from when you purchase the course



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How to maximise the benefits of the course

- **Engage Actively:** Participate in the private Facebook group, share experiences, and seek advice from leaders and peers.
- **Set Clear Goals:** Define what you want to achieve by the end of the course to stay focused and motivated.
- **Consistent Participation**: Regularly post to the weekly accountability check-ins to monitor progress and stay committed.
- **Apply Learning Immediately:** Implement new knowledge and skills in your hiking practice to reinforce learning.
- **Pace Yourself:** Whether you prefer to binge-watch or spread out your learning, ensure it aligns with your personal schedule and goals.
- **Utilize Resources:** Fully exploit course materials, videos, and Facebook Community discussions to enrich your learning experience.
- **Seek Support:** Don’t hesitate to ask questions and get clarifications to overcome obstacles and enhance understanding.
- **Reflect and Revise**: Regularly assess your progress and adapt your Hike Training Plan to fit evolving needs and insights.
- **Stay Curious:** Explore beyond the course content to deepen your hiking knowledge and skills.
- **Plan for Post-Course:** Think ahead about how you will continue your hiking journey and apply the course learnings long term.

What we will cover this session.

- **Introduction**

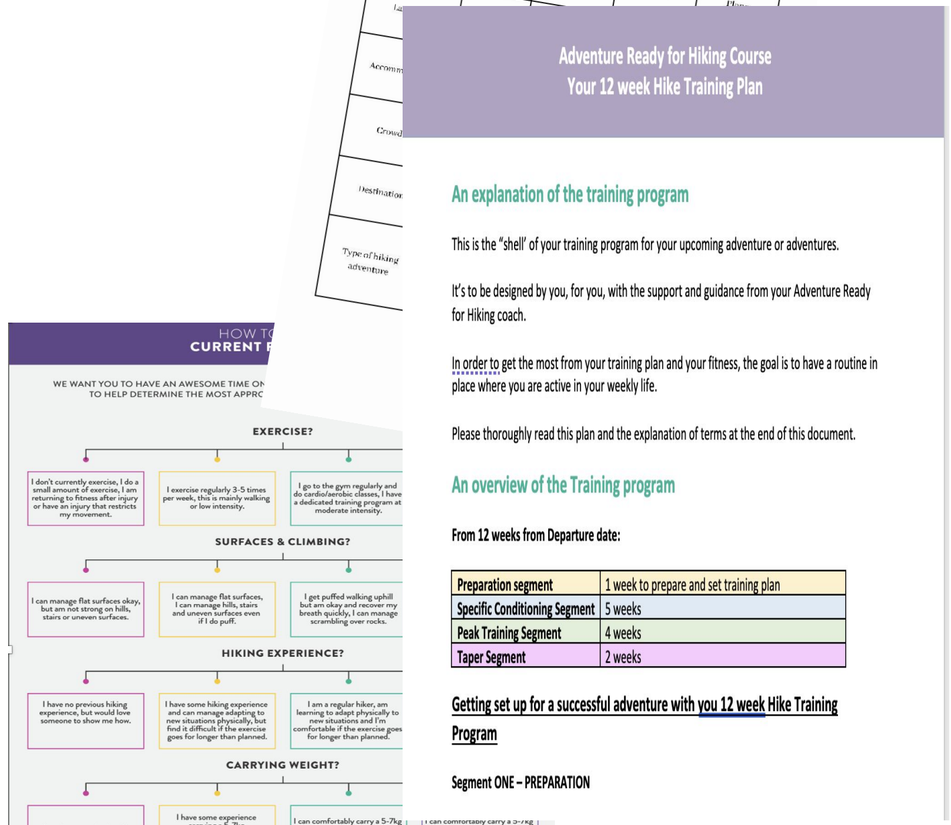
- **Turning Dreams into Reality**
  - the “Oh $h!t” moment
  - Adventure Blueprint
  - Your Current Hiking Fitness
  - Your Hike Training Plan

- **How to build your hiking fitness**


Your adventure Blueprint

Circle what best describes you

Climate	Hot	Cold		
Travel	Car	Bus	Train	


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.

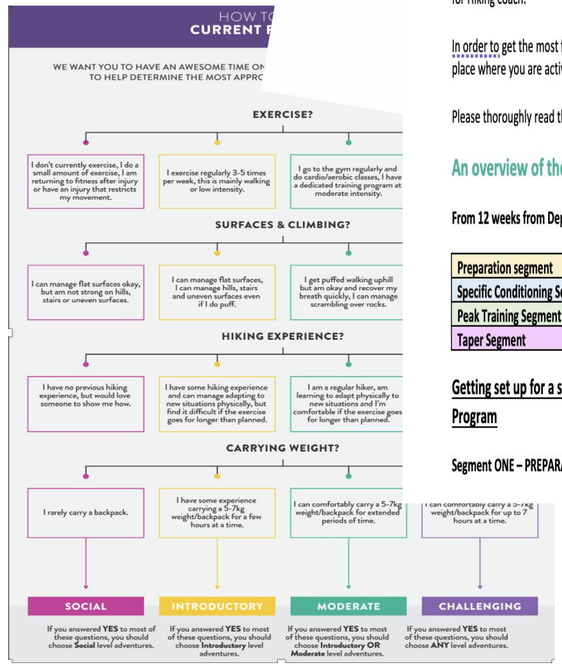
An overview of the Training program

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



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Meet Your Coach, Yvonne

- Passionate Hiker
- Personal Trainer
- Founder & CEO, Women's Fitness Adventures
- Many, many trails globally
- **Favourite International Trail:** Sentier De Camille, Pyrenees, France

  Favourite Australian Trail: Purnululu, Kimberley's WA.
- **Other treasured hikes:** Kokoda Track PNG, Painters Way Germany, Hiking in Hokkaido Japan, anywhere in New Zealand, Great Ocean Road Hike, anywhere off grid.

Determining your Adventure Blueprint

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

Your adventure Blueprint

Circle what best describes you

Climate	Hot	Cold		
Travel	Car	Bus	Train	Plane
Langauge	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

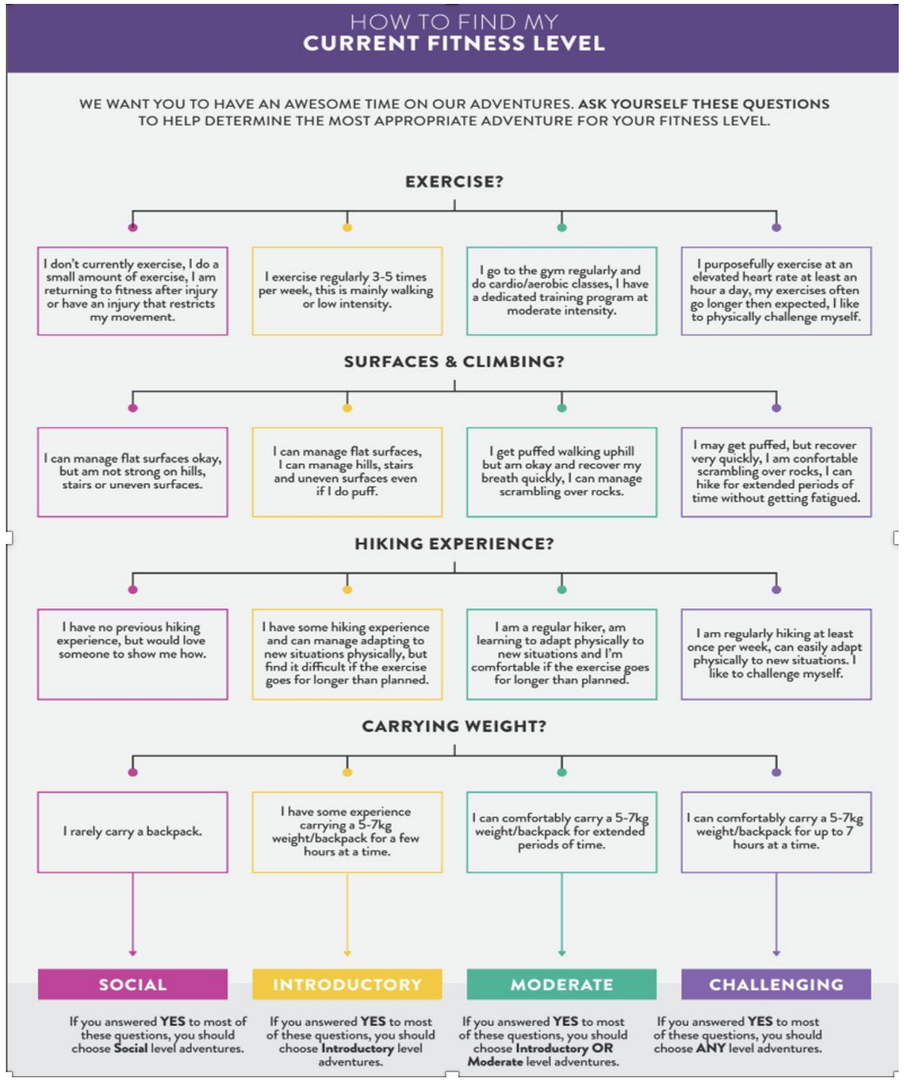
- feet “ on the trail”; stepping over/under, around; rock scrambling/walking on rocks

Hiking Experience

- Time, knowledge

Carrying a backpack

- with the essential items



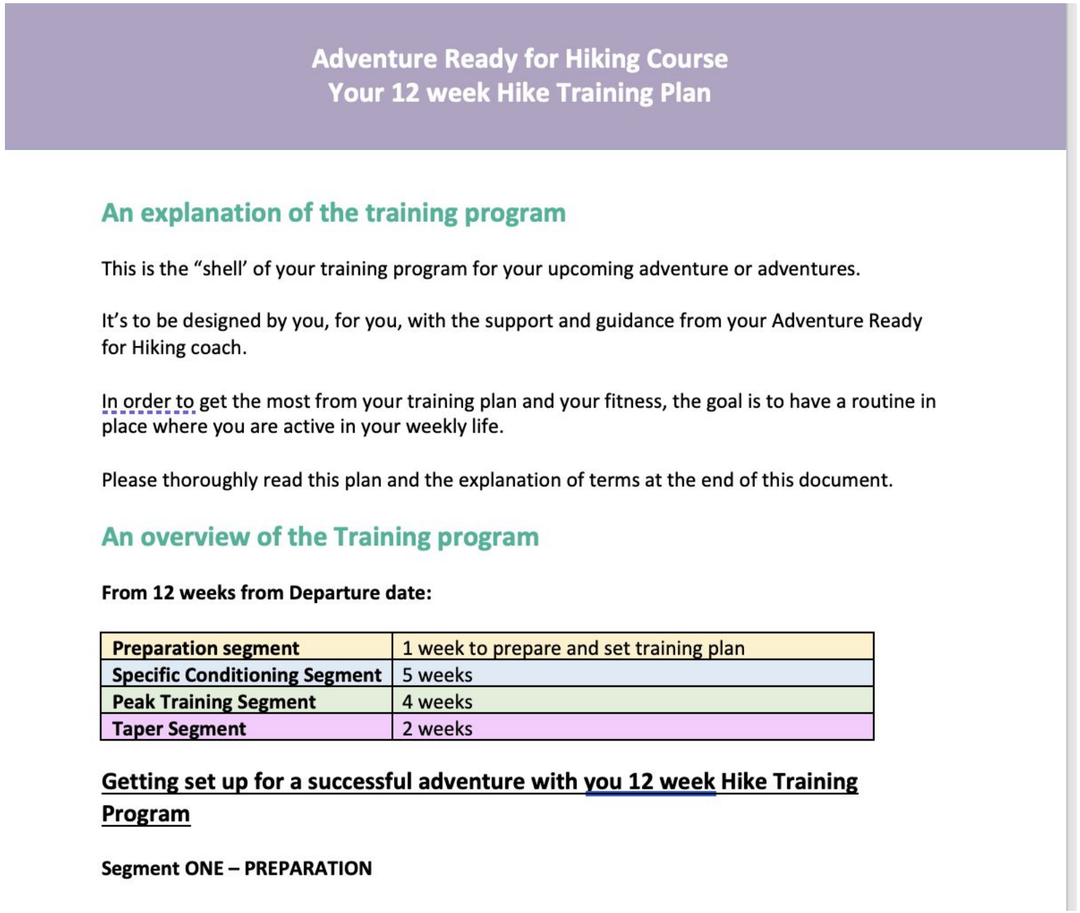
Your Hike Training Plan Shell

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 (2.5 miles)/hour. Slightly less if it's a big group

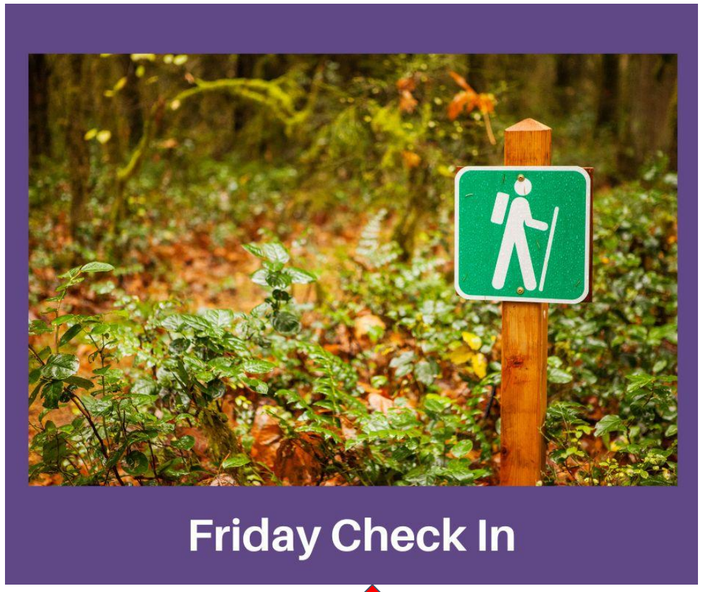
Surfaces & climbing - Do Hills & Stairs and often. Practice on different trails, creek beds, gravelly hills

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

Carrying weight - from nothing to your gear in your backpack

Homework this week

Check in via the **Private Adventure Ready For Hiking Course Facebook Group**



For this session:

- Identify Your Adventure Blueprint

- Work through your current fitness level AND Map out your hiking plan AS IT RELATES to you- be REALLY specific & detailed because I will ask questions.

Tip: Choose a day to check in each week to keep you on track and make a routine!