

Adventure Ready for Hiking Course Session two



Become adventure ready!



Your Resources

- Bite Sized Video 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

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 you before you leave. Who is your best friend when you are away and until you return home?

When choosing a travel insurance

Check for up-to-date travel advice.

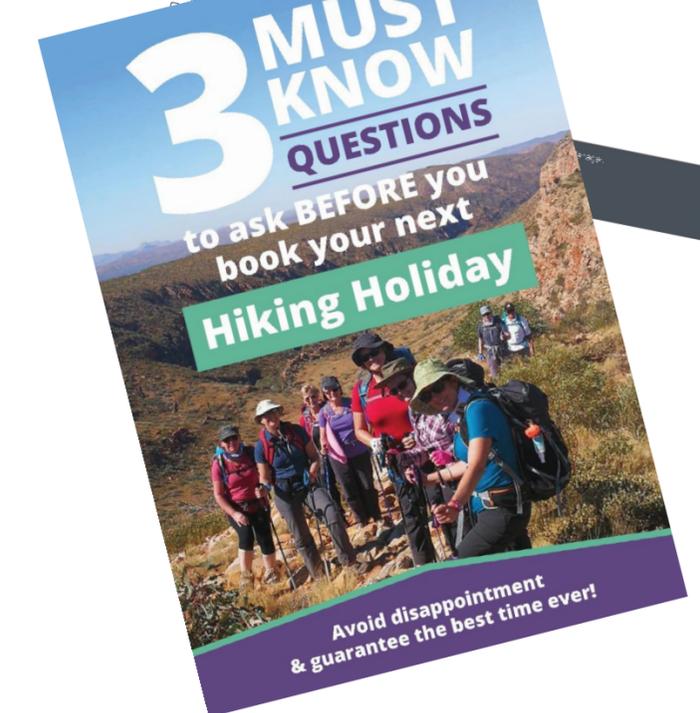
Check if your insurance policy might be a better choice if you stay away from home.

Check if your insurance policy covers you when 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.

- 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
- What is the total cover amount? Add all prepaid travel expenses
- Does your policy include travel services provider insurance
- In the event that your luggage is lost, what is your claim process?
- Are you covered for extra expenses if you are delayed?
- What is the excess per claim? What is the maximum amount you can claim?
- Can I reduce the excess and what are the conditions?
- What are the limits for medical expenses?
- What is the maximum amount you can claim?
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- What are the limits for medical expenses?



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.

- **Hiking and your body**
 - plan/train/peak/taper
 - Fatigue & Injury
 - What it “feels” like
- **Importance of Functional Fitness**
 - strengthen the muscles that support the joints
 - improve strength
 - minimise injury
- **Why Consistency Matters**
 - body begins to adapt
 - minimises injury
 - you improve & keep levelling up
 -
- How to safely increase distance, incline or pack weight in training.



Benefits of hiking on your body.

Benefits of Hiking on the Body	Reasons
1. Improved cardiovascular health	Promotes a stronger heart and lower risk of heart disease.
2. Weight management	Burns calories and contributes to weight loss/maintenance.
3. Increased muscular strength and endurance	Engages various muscle groups for improved strength and endurance.
4. Enhanced bone density	Weight-bearing exercise stimulates bone growth and reduces osteoporosis risk.
5. Joint flexibility and stability	Varied terrain improves joint mobility, stability, and reduces injury risk.
6. Stress reduction	Spending time in nature and physical activity reduces stress levels.
7. Boosted mood and mental health	Releases endorphins, improving mood and alleviating symptoms of depression/anxiety.
8. Improved balance and coordination	Hiking on uneven terrains enhances balance, coordination, and reduces fall risk.
9. Vitamin D synthesis	Sun exposure during hiking allows the body to produce essential vitamin D.
10. Connection with nature	Provides a sense of well-being, mental health benefits, and connection to natural surroundings.



Training and mindset

- **Hiking and your body**
 - plan/train/peak/taper
- **Fatigue & Injury**
 - too long at peak
 - not enough taper
 - overloading the body
- **What it “feels” like**
 - Keep a journal
 - It’s the best learning



REMINDER

Your Hike Training Plan Shell

Preparation for hike training

- Its split up just like the graph
- Plan
- Begin training
- Build up to peak
- Taper
- Notice the end if you keep going

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

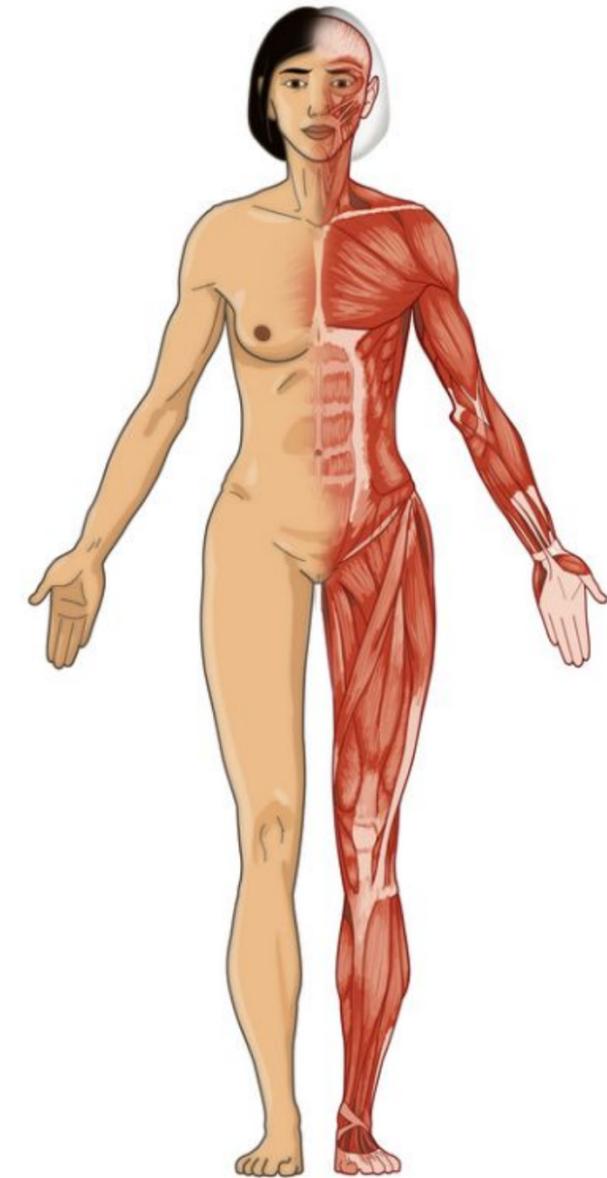
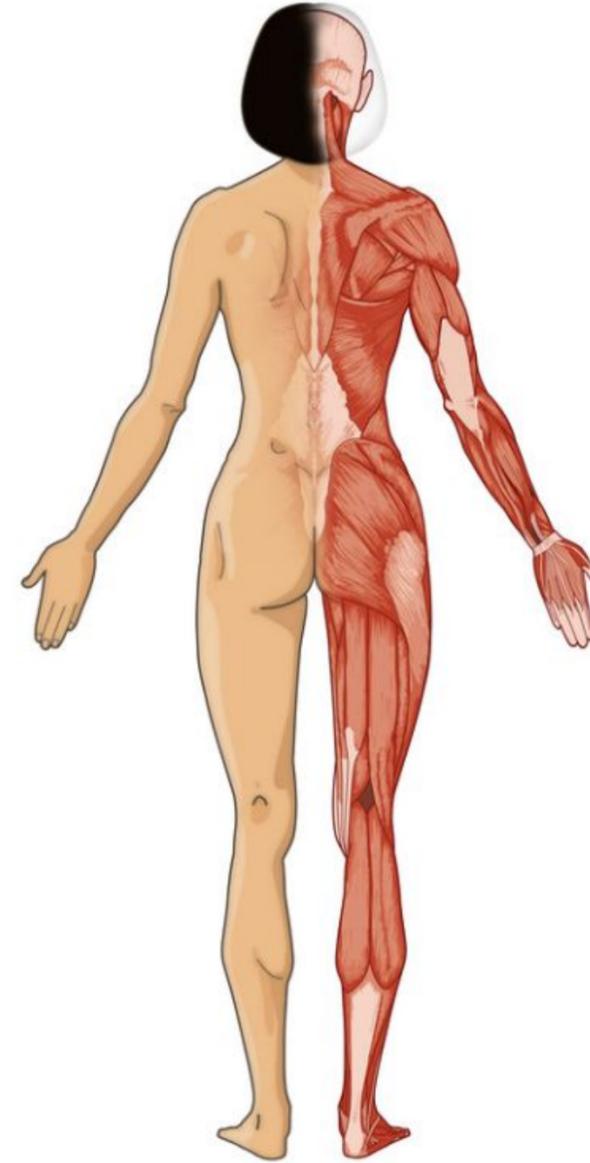
Getting set up for a successful adventure with your 12 week Hike Training Program

Segment ONE – PREPARATION

Functional Fitness & the Muscle Groups.

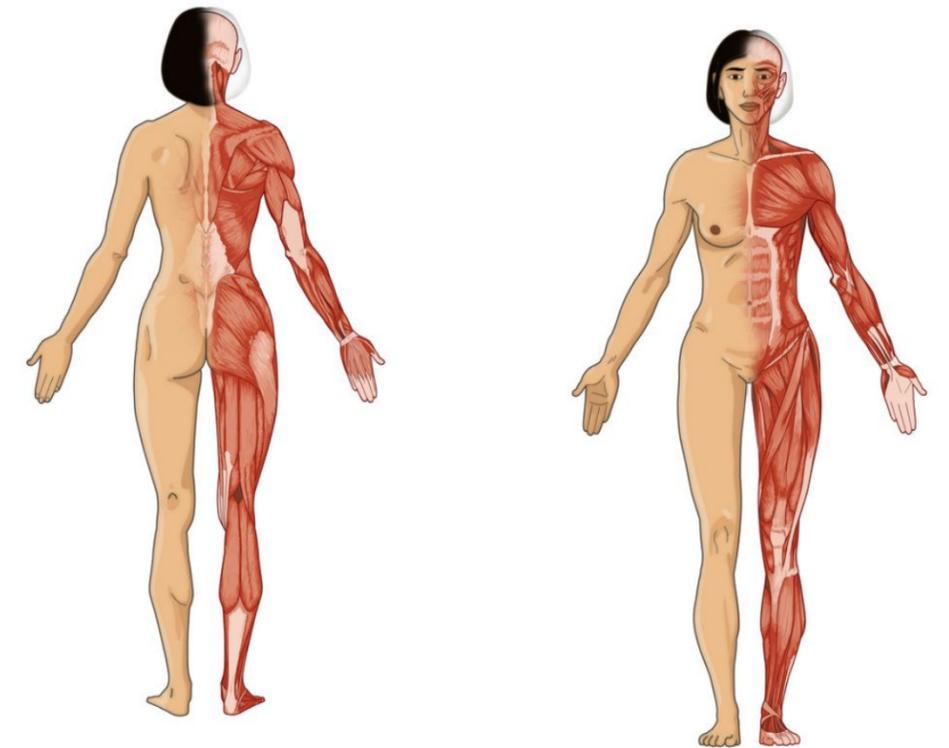
Importance of Functional Fitness:

- strengthen the muscles that support the joints
- improve strength
- minimise injury



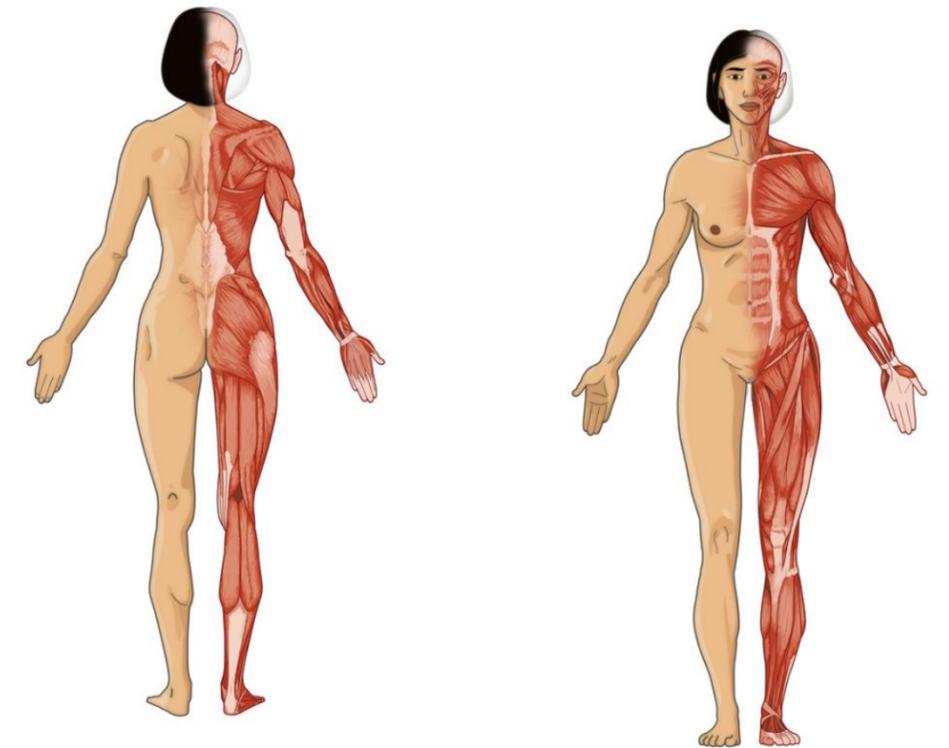
Specifically.

1. Endurance	Hiking requires sustained physical exertion over long periods.	Quadriceps, Hamstrings, Glutes, Calves, Cardiovascular system
2. Strength	Uphill climbs, uneven terrain, and carrying gear demand strength.	Quadriceps, Hamstrings, Glutes, Calves, Core, Upper body muscles
3. Balance and stability	Maintaining stability on challenging surfaces and preventing falls.	Core, Glutes, Quads, Calves, Ankle stabilizers
4. Flexibility	Enhancing range of motion for navigating obstacles and terrain.	Hamstrings, Hip flexors, IT band, Calf muscles
5. Core stability	Providing stability and balance during uneven ground and inclines.	Abdominals, Obliques, Lower back, Glutes, Hip flexors



Specifically.

6. Joint mobility	Reducing injury risk and ensuring freedom of movement.	Shoulders, Hips, Knees, Ankles, Spine
7. Coordination	Coordinating movements to adapt to changing terrains.	Legs, Arms, Core, Balance muscles
8. Posture	Maintaining proper alignment to prevent discomfort and injuries.	Core, Back muscles, Glutes, Shoulders
9. Agility	Reacting quickly to obstacles and changes in trail conditions.	Leg muscles, Core, Shoulders, Arms
10. Mental preparedness and resilience	Building mental strength and resilience for challenging hikes.	Mind-body connection, Mental focus, Stress management



Consistency over time = results.

Why Consistency Matters:

- body begins to adapt
- minimises injury
- you improve & keep levelling up

Margaret's Journey

Women's Fitness Adventures
Margaret's Journey
Here's what she did



Joined in lockdown.
Based in Cairns
1800km away

Started with the online walks

Used the Functional Fitness videos & classes

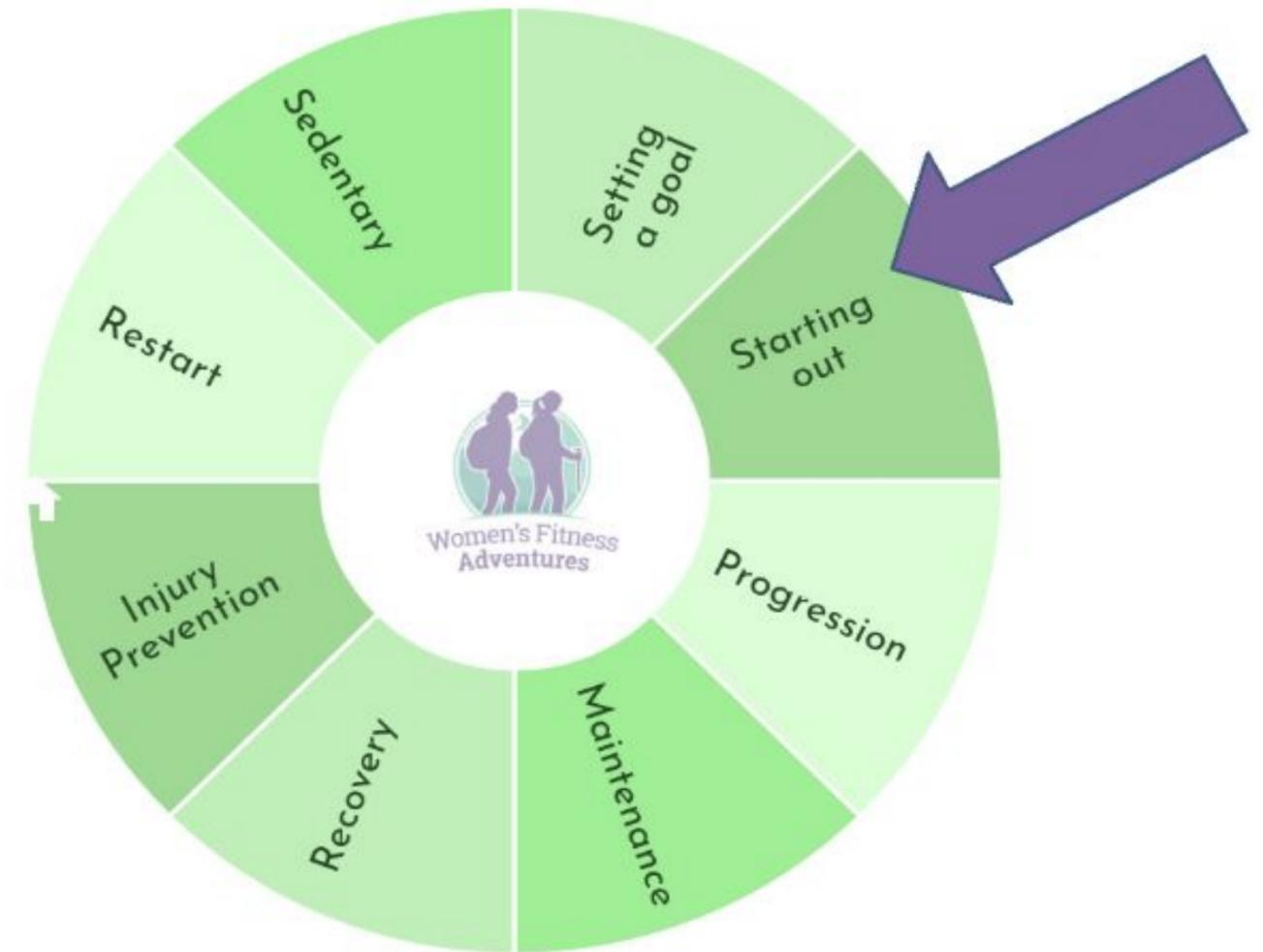
Booked not ONE but two adventures

Completed both adventures within 12 months of joining



The Hiking Fitness lifecycle.

1. Where to begin?
2. How to maintain?
3. Gaining confidence
4. Unexpected time off/injury/illness
5. Training alone
6. Endurance
7. Weather conditions



What's Next?

- Check in via Facebook each week
- Keep DOING and refining your plan
- Get excited about your Plan - picture on the wall, what each day will look like etc.
- Course Portal Materials:
 - PDF - setting SMART goals
 - Do the “bands” FF workout

