

# MOUNT KILIMANJARO TREK TRAINING PLAN



**EPIC CHALLENGE SERIES**



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# TRAINING PLAN TIPS



## TOP TIPS TO KEEP YOU TRAINING

- If you are concerned about your fitness levels or haven't exercised recently, see your GP to confirm that you are fit enough to start this programme.
- Start training well in advance of the event. Fitness can only be built up over long periods of time and should be built up slowly - doing too much too quickly could result in injury.
- Always warm down for 10-15 mins, especially if ending a brisk pace or hilly session.
- Remember to stay well hydrated during sessions; practice fuelling strategies specific to your body's needs particularly during long (2+ hours) sessions.
- Find a training buddy. The distraction and some conversation will help pass the time and you can share the route planning for the longer sessions. Equally if you can source a good local walking club to go out with, this can also help with motivating you towards longer sessions as you have a commitment to meet the group.
- If possible, get off tarmac and walk on grass and trails; it helps to strengthen the muscles and reduces the possibility of injury.
- The only thing that can prepare you for mountain terrain is mountain terrain, and it's important to practice both ascending and descending.
- Where possible, walk up and down stairs instead of using lifts or escalators.
- Walk around wherever possible rather than drive or take the bus/train. E.g. When travelling to work, leave home early and get off the bus/train/underground a stop or two early and walk the rest of the way.
- Make sure that you train in the footwear you will wear on the event. This will ensure you don't get blisters or sore feet when taking on the mountain.



# 5 RULES



## THE KEY TO A HAPPY FINISHER

There are 5 rules to bear in mind when preparing yourself for an event of this nature.

1. **Consistency** is key. Improvement happens when we do the activity repeatedly, but not in a stop/start fashion. Decide how much time is manageable for you on a weekly basis and stick to it.
2. **Rest** is when the transformation happens. We train to break our muscles down, it's when we rest that they rebuild stronger.
3. Don't neglect your **mental game**. Be aware of the sessions that made you stronger. When you went out and walked when you didn't want to, when you carried on a few more kilometres when you were tired - these scenarios make you mentally more able to deal with them next time they arise.
4. Have the right **kit**. If you don't, it'll either be the reason you don't train or training will be uncomfortable and less enjoyable. Don't 'make do'.
5. Train in all **weathers**. You'll be fully prepared for what ever is thrown at you on the day itself.

### Remember this:

No one ever regrets having completed a training session but one often regrets missing one.



Steady = Comfortable breathing / Comfortable conversation / Light sweating / Normal pulse / Type of exercise: walking, jogging, cycling, swimming, rowing, treadmill



Brisk = Increased breathing / Conversation possible / Sweating likely / Raised pulse / Type of exercise: walking or jogging



Vigorous = Heavy breathing / Conversation difficult / Profuse sweating / High pulse / Type of exercise: walking or jogging

# EXERCISES



## TO STRENGTHEN












Exercise	Easy	Harder
Step-ups	Use a bench or steps. Keeping your body upright and facing the step, step up with left leg, straighten and bring up right leg. Step down with left leg first. After 20 repetitions starting with left leg, change over to right leg leading for 20 repetitions.	When you can do 20 on each leg comfortably, repeat with another set of 20 with each leg. Likewise, when you can do 2x20 with each leg, increase to 3x20. When comfortable with 3x20, add light weight (light dumbbell, plastic bottles filled with water, or use your backpack with some weight in). Increase the weight as legs get stronger.
Squats	Stand with feet shoulder width apart. Keeping head upright, slowly bend at the knees till thighs are as near to parallel as possible. If helpful, use the wall or door frame for stability. Repeat 10 times, rest for a minute then repeat.	When you can do 3x10 comfortably, you can add light weight (light dumbbell, plastic bottles filled with water, or use your backpack with some weight in). Never compromise your posture. This exercise is about control, improving flexibility as well as strengthening the leg muscles.
Forward lunges	Standing with feet slightly apart, step forward with right leg and lower your body by bending your left leg till your right thigh and left calf are parallel to the ground. Return to standing by pushing upward on your right leg, still keeping your body upright. Repeat with opposite leg. Do 10 repetitions with each leg. To make this easier, you can use walking poles for stability.	Increase the number of repetitions. When you can do 20 with each leg, consider adding LIGHT weight (light dumbbell, plastic bottles filled with water, or use your backpack with some weight in) .

# SECTION 1

August - September 2019



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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Tips and Comments
WC 19th August	Rest	30 mins steady exercise, plus strengthening exercises 	Rest	30 mins brisk walk, plus strengthening exercises 	Rest	45 mins brisk walk, plus strengthening exercises 	Rest	
WC 26th August	Rest	40 mins steady exercise, plus strengthening exercises 	Rest	40 mins brisk walk, plus strengthening exercises 	Rest	50 mins brisk walk, plus strengthening exercises 	Rest	
WC 2nd Sept	Rest	45 mins steady exercise, plus strengthening exercises 	Rest	45 mins brisk walk, plus strengthening exercises 	Rest	60 mins brisk walk, plus strengthening exercises 	Rest	
WC 9th Sept	Rest	45 mins steady exercise, plus strengthening exercises 	Rest	60 mins brisk walk, plus strengthening exercises 	Rest	90 mins Mountain Terrain	Rest	

# SECTION 2

September - October 2019



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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Tips and Comments
WC 16th Sept	Rest	45 mins steady exercise, plus strengthening exercises 	Rest	60 mins brisk walk (include some hills) 	Rest	2 hours Mountain Terrain	Strengthening exercises	
WC 23rd Sept	Rest	45 mins steady exercise, plus strengthening exercises 	Rest	75 mins brisk walk (include some hills) 	Rest	2 hours Mountain Terrain	Strengthening exercises	
WC 30th Sept	Rest	45 mins steady exercise, plus strengthening exercises 	Rest	75 mins brisk walk (include some hills) 	Rest	3 hours Mountain Terrain	Strengthening exercises	
WC 7th Oct	Rest	45 mins steady exercise 	Rest	75 mins brisk walk (include some hills) 	Rest	3 hours Mountain Terrain	Strengthening exercises	

# SECTION 3

October - November 2019



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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Tips and Comments
WC 14th Oct	Rest	45 mins steady exercise 	Rest	90 mins brisk walk (include some hills) 	Rest	4 hours Mountain Terrain	Strengthening exercises	
WC 21st Oct	Rest	45 mins steady exercise 	Rest	75 mins brisk walk (include some hills) 	Rest	3 hours Mountain Terrain	Strengthening exercises	
WC 28th Oct	Rest	45 mins steady exercise 	Rest	60 mins brisk walk (include some hills) 	Rest	2 hours Mountain Terrain	Strengthening exercises	
WC 4th Nov	Rest	45 mins steady exercise, plus strengthening exercises 	Rest	30 mins steady exercise, plus strengthening exercises 	Rest	Weekend off!	Weekend off!	

# SECTION 4

November - December 2019



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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Tips and Comments
WC 11th Nov	Rest	45 mins steady exercise, plus strengthening exercises 	Rest	30 mins steady exercise including 2x2 mins vigorous exercises  	Rest	2-3 hours Mountain Terrain with >200m ascent	Rest	
WC 18th Nov	Rest	45 mins steady exercise, plus strengthening exercises 	Rest	45 mins steady exercise including 3x2 mins vigorous exercises  	Rest	2-3 hours Mountain Terrain with >200m ascent	Rest	
WC 25th Nov	Rest	45 mins steady exercise, plus strengthening exercises 	Rest	45 mins steady exercise including 4x2 mins vigorous exercises  	Rest	3-4 hours Mountain Terrain with >300m ascent	Rest	
WC 2nd Dec	Rest	45 mins steady exercise, plus strengthening exercises 	Rest	60 mins steady exercise including 5x2 mins vigorous exercises  	Rest	3-4 hours Mountain Terrain with >400m ascent	Rest	















# SECTION 5

December 2019



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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Tips and Comments
WC 9th Dec	Rest	60 mins steady exercise, plus strengthening exercises 	Rest	60 mins steady exercise including 6x2 mins vigorous exercises  	Rest	4-5 hours Mountain Terrain with >400m ascent	Rest	
WC 16th Dec	Rest	60 mins steady exercise, plus strengthening exercises 	Rest	60 mins steady exercise including 6x2 mins vigorous exercises  	Rest	4-5 hours Mountain Terrain with >500m ascent	Rest	
WC 23rd Dec	Rest	60 mins steady exercise, plus strengthening exercises 	Rest	60 mins steady exercise including 6x2 mins vigorous exercises  	Rest	4-5 hours Mountain Terrain with >600m ascent	2 hours Mountain Terrain with >200m ascent	
WC 30th Dec	Rest	45 mins steady exercise, plus strengthening exercises 	Rest	90 mins steady exercise including 8x2 mins vigorous exercises  	Rest	4-5 hours Mountain Terrain with >600m ascent	2 hours Mountain Terrain with >200m ascent	

# SECTION 6

January 2020



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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Tips and Comments
WC 6th Jan	Rest	45 mins steady exercise, plus strengthening exercises 	Rest	90 mins steady exercise including 8x2 mins vigorous exercises  	Rest	6-8 hours Mountain Terrain with 600-1000m ascent	3-4 hours Mountain Terrain with 300-500m ascent	
WC 13th Jan	Rest	45 mins steady exercise 	Rest	60 mins steady exercise including 6x2 mins vigorous exercises  	Rest	6-8 hours Mountain Terrain with 600-1000m ascent	3-4 hours Mountain Terrain with 300-500m ascent	
WC 20th Jan	Rest	45 mins steady exercise, plus strengthening exercises 	Rest	45 mins brisk exercise, plus strengthening exercises 	Rest	90 mins Mountain Terrain	Rest	
WC 27th Jan	Rest	45 mins steady exercise 	Rest	45 mins brisk exercise 	Rest	Weekend off!	Weekend off!	