



## 2 month Training Programme for Himalaya Treks

Hope you are excited for your upcoming adventure. But before you take on the actual challenge, let me tell you an important thing. There is a difference between doing general exercise and training for specific goal. Here, we are intended to pursue our Himalayan Adventure, a specific goal. So it needs training, a methodical training. And that is what we have tried to offer you here. We are sure you all have been doing some level of fitness activities to stay active and fit. But final two months are going to be very crucial in deciding your performance at high altitude. Here is a training module that you can follow on your own.

### **1<sup>st</sup> 2<sup>nd</sup> 3<sup>rd</sup> 4<sup>th</sup> weeks: Enhancing basic fitness level.**

**Stamina training: (Mon – Tues - Wed – Fri - Sat) you can opt for any of the following options. Variations will keep you away from boredom.**

- Jogging (45 min)
- Cycling (60 min)
- Hiking/trekking (on Sunday) (with 4-5 kg load on back)
- Step climbing (400 steps; approx. 1 ft.)

**Strength training: (Mon – Wed - Fri) after each set take a break of 45 sec before starting a new set.**

- Push ups (2 sets of 15 )
- Crunches (3 sets of 20)
- Pull ups (2 sets depending on your capacity)
- Squats (2 sets of 25)
- Plank position (2 sets : 30 sec) (Hold your body in plank position for 30 sec)
- Suryanamaskar (12)



## Flexibility: Daily

- Stretching (to be performed before and after the session)
- Yog (optional)

## Mental preparations:

- Meditation
- Breathing exercises

## **5<sup>th</sup> & 6<sup>th</sup> Weeks: Focus on improving strength**

Increase amount of activities by increasing no. of repetitions/sets, time or intensity. Do longer and strenuous treks. (Meditation, breathing exercises to be performed daily.)

## Stamina training: (Mon – Tues - Wed – Fri - Sat)

- Jogging (60 min)
- Cycling (90 min)
- Hiking/trekking (on Sunday) (with 6-8 kg load on back)
- Step climbing (600 steps; approx. 1 ft.)

## Strength training: (Mon – Wed - Fri) after each set take a break of 1 min before starting a new set.

- Push ups (3 sets of 15)
- Crunches (4 sets of 20)
- Pull ups (3 sets depending on your capacity)
- Squats (3 sets of 25)
- Plank position (2 sets : 30 sec) (Hold your body in plank position for 30 sec)
- Suryanamaskar (15)

## Flexibility: Daily

- Stretching (to be performed before and after the session)
- Yog (optional)



## Mental preparations:

- Meditation
- Breathing exercises

## 7<sup>th</sup> week:

### Stamina training: (Mon - Wed – Fri - Sun) Avoid treks.

- Jogging (60 min)
- Cycling (90 min)
- Step climbing (600 steps; approx. 1 ft.)

### Strength training: (Tues – Thurs) after each set take a break of 45 sec before starting a new set.

- Push ups (1 sets of 15 )
- Crunches (1 sets of 20)
- Pull ups (1 sets depending on your capacity)
- Squats (1 sets of 25)
- Suryanamaskar (5)

### Flexibility: Daily

- Stretching (to be performed before and after the session)
- Yog (optional)

### Mental preparations:

- Meditation
- Breathing exercises

## 8<sup>th</sup> week:

Recovery period. Reduce all the training and keep it minimum, just to keep in touch. Focus more on Yog and meditation.

**Note:** This training is exhausting. So care needs to be taken that you also make a good diet plan and have at least 6-7 hrs of sleep at night.

Hope you enjoy your training sessions and wishing you all the very best for journey. ☺