

OBJECTIVES OF THIS TRAINING PROGRAM:

At the end of this training program:

- You should be able to walk and climb moderate to steep slopes for up to six to eight hours a day, carrying up to fifty pounds of supplies on your back.
- You should be able to recover from a hard day's climbing within an eight to twelve hour period to resume another day of the same physical exertion.
- You should be fit enough to enjoy the mountain without being distracted by over exhaustion and muscle aches.
- You should be able to physically and mentally go the extra mile when called upon for survival reasons.

For the next few months (three), You will need to do a mix of aerobic and strength training. Aerobic exercises will get you fit enough to remain significantly functional in low oxygen. The strength training will help you carry a 20 pound weight while trekking on moderate to steep slopes with minimal strain and wake up the following day fully recovered.

Please visit <http://summitseas.com/mountain-trekking-fitness-3-month-schedule/> for more details

Three Months Prior to Trek

Mondays:	- Aerobics: Jog or swim at least 30 minutes per session - Strength (upper body): 3 sets of 10–15 reps each of pushups and situps
Tuesdays:	- Strength (lower body): 3 sets of 10–15 reps each of squats and lunges - 30 mins Hill and/or stair climbing as an aerobic exercise carrying a backpack with 15 pounds weight such as water (Roughly: 2 Gallons or 7.5 liters). Do this preferably wearing the boots you intend to wear for the Trek (See the packing-list).
Wednesdays:	- Rest
Thursdays:	- Aerobics: Jog or swim at least 30 minutes per session - Strength (upper body): 3 sets of 10–15 reps each of pushups and situps
Fridays:	- Strength (lower body): 3 sets of 10–15 reps each of squats and lunges - 30 mins Hill and/or stair climbing as an aerobic exercise carrying a backpack with 15 pounds weight such as water (Roughly: 2 Gallons or 7.5 liters). Do this preferably wearing the boots you intend to wear for the Trek (See the packing-list).
Saturdays:	- Rest or optional light recreational activities like biking, walking in the park.
Sundays:	- Rest

Two Months Prior to Trek

Mondays:	<ul style="list-style-type: none"> - Aerobics: Jog or swim at least 45 minutes per session - Strength (upper body): 3 sets of 20–25 reps each of pushups and situps
Tuesdays:	<ul style="list-style-type: none"> - Strength (lower body): 3 sets of 25–30 reps each of squats and lunges - 30 mins Hill and/or stair climbing as an aerobic exercise carrying a backpack with 15 pounds weight such as water (Roughly: 2 Gallons or 7.5 liters). Do this preferably wearing the boots you intend to wear for the Trek (See the packing-list).
Wednesdays:	<ul style="list-style-type: none"> - Aerobics: Jog or swim at least 45 minutes per session - Strength (upper body): 3 sets of 20–25 reps each of pushups and situps
Thursdays:	<ul style="list-style-type: none"> - Strength (lower body): 3 sets of 25–30 reps each of squats and lunges - 45 mins Hill and/or stair climbing as an aerobic exercise carrying a backpack with 15 pounds weight such as water (Roughly: 2 Gallons or 7.5 liters). Do this preferably wearing the boots you intend to wear for the Trek (See the packing-list).
Fridays:	<ul style="list-style-type: none"> - Aerobics: Jog or swim at least 45 minutes per session - Strength (upper body): 3 sets of 20–25 reps each of pushups and situps
Saturdays:	- Rest or optional light recreational activities like biking, walking in the park.
Sundays:	- Rest

One Month Leading to Trek

Mondays:	<ul style="list-style-type: none"> - Aerobics: Jog or swim at least 60 minutes per session - Strength (upper body): 3 sets of 20–25 reps each of pushups and situps
Tuesdays:	<ul style="list-style-type: none"> - Strength (lower body): 3 sets of 25–30 reps each of squats and lunges - 30 mins Hill and/or stair climbing as an aerobic exercise carrying a backpack with 15 pounds weight such as water (Roughly: 2 Gallons or 7.5 liters). Do this preferably wearing the boots you intend to wear for the Trek (See the packing-list).
Wednesdays:	<ul style="list-style-type: none"> - Aerobics: Jog or swim at least 60 minutes per session - Strength (upper body): 3 sets of 20–25 reps each of pushups and situps
Thursdays:	<ul style="list-style-type: none"> - Strength (lower body): 3 sets of 25–30 reps each of squats and lunges - 30 mins Hill and/or stair climbing as an aerobic exercise carrying a backpack with 15 pounds weight such as water (Roughly: 2 Gallons or 7.5 liters). Do this preferably wearing the boots you intend to wear for the Trek (See the packing-list).
Fridays:	<ul style="list-style-type: none"> - Aerobics: Jog or swim at least 60 minutes per session - Strength (upper body): 3 sets of 20–25 reps each of pushups and situps
Saturdays:	- Rest or optional light recreational activities like biking, walking in the park.
Sundays:	- Rest

Note:

Should you begin to feel fatigued at any point you can rest a day or two then resume the training. Remember good nutrition is part of the physical training. Eat a well balanced diet, drink plenty of water. Get adequate amounts of protein to help repair and build the muscle and carbohydrates to give you the energy especially for the aerobic exercises.

List of videos Illustrating Exercises.

How to do Sit ups:

<https://www.youtube.com/watch?v=jDwoBqPH0jk&list=PLoJIMQKBgk7cTEu2CsRUXxLQ0FI88PbH8&index=1>

How to do Squats:

<https://www.youtube.com/watch?v=UXJrBgl2RxA&list=PLoJIMQKBgk7cTEu2CsRUXxLQ0FI88PbH8&index=2>

How to do Pushups:

<https://www.youtube.com/watch?v=bJ3Ogh5mFE4&list=PLoJIMQKBgk7cTEu2CsRUXxLQ0FI88PbH8&index=3>

How to do Lunges:

<https://www.youtube.com/watch?v=QF0BQS2W80k&list=PLoJIMQKBgk7cTEu2CsRUXxLQ0FI88PbH8&index=4>