

## TRAINING AND FITNESS RECOMMENDATIONS

Fitness on any backpacking trip is crucial to its success. Fitness will enable you to complete the trip and actually enjoy it. Fitness is not something you can just acquire overnight, it takes time, effort, and dedication to see results.

Here's what our fitness recommendations say in the MOHAB Leader's Guide: Your fitness will be tested on this trip, so preparing in advance is critical. The following fitness regimen is recommended:

- 6 months prior: day hiking on steep hills twice a week for at least one hour per session (foundational conditioning). 20 push-ups per day, 1-2 pull-ups per day.
- 4 months prior: day hiking on steep hills twice/week with a 20-pound pack for at least one hour/session (strength training). 30 push-ups per day, 2-3 pull-ups per day.
- 3 months prior: day hiking on steep hills twice/week with a 30-pound pack for at least one hour/session (strength training). 30+ push-ups per day, 3-5 pull-ups per day.
- 2 months prior: day hiking on steep hills once/week with a 30-pound pack for at least three hours/session (distance, endurance, and **foot conditioning**). 50 push-ups per day, 5+ pull-ups per day.

When training your fitness for backpacking you will want to train often. Get outside with a pack a couple of times per week and try to get in a lot of elevation change. You want your training to mirror the type of activity you are training for so we'll start there.

Backpacking is a relatively lowheartrate, longduration sport. While backpacking you will be expected to be on your feet all day carrying a pack. This understanding is the foundation for your training. You want to develop your muscles to be able to function for a long time at a low heart rate. Interval training is not for the backpacker. If you feel your heart racing dial it back some; you're either going too fast or your elevation change is too extreme.

The best thing you can do to improve your backpacking fitness is just to get outside often with a pack and walk around. No need for running or other high-intensity work. Train your legs to respond to hours of lowintensity stimulus.