



## Training for your expedition

Booking onto an expedition is the easy part. Now you need to prepare and train to give yourself the best summiting chances. Below is a training planner that is designed for people with a reasonable level of fitness, who want to get into very good shape over a ten week period before the expedition. If you have really no training before this, then we most strongly advise you to get medical advice before starting training. Below the table are full explanations of what each training session should involve.

Wk	Phase	Day of the Week						
		Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	Build Up Phase	20 mins running	20 mins running	REST DAY	30 mins running	REST DAY	30 mins running	Climbing wall 2 hr
2	Strength / Power	30 mins running	REST DAY	30 mins running	Cross Country	REST DAY	30 mins running	Climbing wall 2 hr
3	Strength / Power	Cross Country	30 mins running	REST DAY	Cross Country	REST DAY	30 mins running	Climbing wall 2 hr
4	Transition Phase	30 mins running	REST DAY	45 mins running	Cross Country	REST DAY	45 mins running	Climbing wall 2 hr
5	Stamina Phase	REST DAY	Cross Country	Cross Country	45 mins running	REST DAY	Cross Country	Climbing wall 2 hr
6	Stamina Phase	Cross Country	REST DAY	60 mins running	45 mins running	REST DAY	Cross Country	Climbing wall 2 hr
7	Transition Phase	45 min run / 2 hr cycle	REST DAY	Cross Country	45 min run / 2 hr cycle	REST DAY	Cross Country	Climbing wall 2 hr
8	Power / Endurance	REST DAY	45 min run / 2 hr cycle	Cross Country	45 min run / 2 hr cycle	REST DAY	45 min run / 2 hr cycle	Climbing wall 2 hr
9	Power / Endurance	45 min run / 2 hr cycle	REST DAY	Cross Country	45 min run / 2 hr cycle	REST DAY	45 min run / 2 hr cycle	Climbing wall 2 hr
10	Warm Down	REST DAY	45 min run / 2 hr cycle	REST DAY	Cross Country	REST DAY	45 min run / 2 hr cycle	REST DAY

## Notes for the 10 Week Training Planner

### RUNNING...

The table above indicates runs of varying times (20 to 60 minutes). These are the actual times you should be running for, and do not include warm up and warm down periods. These add 20 minutes to each end of the session (see notes below for further details). Running is running, not jogging or speed walking. The aerobic demands of the muscle groups when running are far higher than for jogging or walking, and so better simulate the muscles cravings for oxygen at altitude. Failure to run at a decent speed is only cheating yourself. If you cannot keep up with this schedule, then get medical advice. The running should be on an even, fairly flat surface such as a pavement or playing field. If you do not like road running, then you can opt for footpaths which are softer, and cause less impact stresses. From week seven, you will notice that there is a choice of running for 45 minutes or cycling for 2 hours. This is to allow for those concerned about their joints or causing muscle damage. Like running, the cycling must be at a decent speed, not just at a cruising speed. Mountain biking is less aerobically beneficial than road biking, which requires a more even aerobic output, similar to long mountaineering ascents.

### CROSS COUNTRY...

The point of the cross country runs are to exercise different muscle groups, to improve your stamina, and to provide some variety in your training in order to keep up your motivation. Each cross country run should be 30 to 45 minutes long, and should be over as varied terrain as is possible for you. If you live in an inner city, you can run along canals, through parks, and round playing fields. If you live in the countryside, or have easy access to it, then run through woods, along footpaths and bridleways. These runs are highly enjoyable, and are a treat in the midst of harder training.

### **WARMING UP & STRETCHING...**

To warm up you should first walk briskly for about ten minutes in order to loosen up. Then you should stop and stretch each muscle group. Start by rolling your head in big circles in both directions. Then do the same for your shoulders. Next swing your arms in circles, first forwards, then backwards. Hold your arms in front of you and swing them back and level with your shoulders, and back a bit further. Then put your hands on your hips and rotate your hips as far as possible from side to side in a circular motion. Next slide your arms down the side of each leg whilst not bending forward. To stretch your legs, touch your toes, and hold the position for 10 seconds each time. Then to loosen your quads (thigh muscles) do several controlled squats and straightens to your full height. Finally lift each foot of the floor and rotate the ankle in circles, both ways. These stretches will have exercised every muscle group. If any groups were especially stiff then warm them up further. After the stretches you should walk briskly for another few minutes to get your body temperature up slightly to protect the muscles, then start your run. After the run you should walk for at least ten minutes to cool down slightly, then repeat the stretches, concentrating on the leg stretches.

### **CLIMBING WALL...**

As outlined before, this is more an extra to your training programme than part of it. Climbing walls do little for you apart from building up flexibility, finger and muscle strength. They do not build up your aerobic fitness. Apply the same warm up and stretching principles for using a climbing wall, as well as warming down. Failure to do this could cause tendon / ligament damage which could severely influence your course. Most good climbing walls have instructors who can advise you on suitable training for improving your wall technique. Remember that good technique on a wall does not equate to good performance outside on real rock, and so use the wall as a training tool rather than a real measure of level of skill.

### **REST DAYS ...**

A day of rest does not mean undoing all the good of the training days. Eat good food, rehydrate yourself, and still do all the stretching, as there is a tendency for muscles to get stiff when they aren't used. Perhaps the best description for this day is active rest, as it is best for your body to keep doing something, be it a long walk with the dog, or even a day shopping. Watching the TV all day and being a couch potato really won't help. For those who enjoy using gyms, the active rest days are a good day to go to the gym for strength and toning exercises.

### **SCHEDULE CHANGES...**

The schedule above is an ideal, but of course we accept that you have busy lives and other commitments, which will impact on the training. If you have to miss a session, then you must catch up before the end of the week. An ideal day for this is on the Sunday instead of going to the climbing wall. We cannot enforce this schedule on you any more than saying that you paid for the trip, and you are wasting your money by arriving with low fitness. We won't allow you to attempt a climb if we think that you are not fit enough to be safe on it. We can't say any fairer than that. Get those trainers on!!!

### **THE USE OF GYMS...**

Many people arrive on expeditions having done all their training inside in a gym, and then they wonder why they struggle on the expedition. Even on a good treadmill or rowing machine it is very hard to simulate training outside, and the effects are different. For example outside you have air blowing past you, so can regulate your heat and avoid dehydrating. Also you encounter different terrain, even if it is pavements and roads. In the gym you cannot judge your speed well, and it is easy to dehydrate, causing muscle fatigue and lack of motivation. If you are a dedicated gym user, perhaps the best compromise is to only use the gym when there is bad weather outside.

**Your Notes:** .....

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