NEPAL TREKKING TRAINING GUIDE

Click the hyperlink to see a YouTube example of the movement.

Hiking

Nothing is better for training for a trek than trekking! If you're starting from scratch, begin by walking 1/2 mile or mile each day. Progress to the point at which you can walk two or three miles at a brisk pace. Then, switch over to hiking boots and local trails. Start on relatively easy ground and work yourself up to more challenging routes. Consistentcy is key! Every day, try to push yourself a little farther and longer. By the time you depart for Nepal, you should be able to hike 5-7 hours straight for at least two consecutive days. You should also be wearing the daypack you'll have in Nepal with plenty of water and extra weight.

A word about running/jogging. This is clearly a great cardio exercise, but it's also high-impact and can be tough on knees. Running over pavement also works a different set of muscles than trail hiking, so if you want to run, we recommend you do it on a trail!

Body weight exercises

Hiking is great, but you should also add other type of workouts to stimulate your muscles. On days that you're not on the trail, do several sets of 10 or 20 consecutive:

- air squats
- walking lunges
- calf raises

When these begin feeling "easy," do them while wearing your weighted daypack.

Also add some upper-body/abdominal/combo movements like:

- pushups (against wall, on knees, or traditional)
- planks
- bear-crawls
- mountain-climbers
- chair dips

These will condition you for carrying your pack and improve your overall fitness.

Machines

If you have access to them, great machines to use are

- recumbent bicycle
- stairmaster
- eliptical