



PHYSICAL CONDITIONING FOR PEAK 7 ASCENT COURSES

Consistent preparatory training will make the backpacking course much more enjoyable! Aerobic conditioning is of primary importance, since the courses reach an elevation of 7,144 feet. In addition, you will carry a pack weighing up to 30-60 pounds. We recommend that you start a conditioning program 8 weeks prior to course start. If you are starting from scratch, then start walking. If you are already in decent shape then substitute running and adjust the exercise distances to reflect your conditioning. We recommend using this type of progression for whatever aerobic exercises you choose to do.

WEEK ONE:

- 1 mile, 3 times per week.
- At the end of the walk/run do 2-3 sets of 5-10 pushups and 10-15 sit-ups.
- Finish with stretches.

WEEKS TWO-FOUR:

- Add half a mile each week through week 4.
- This will put you at 2.5 miles for each day.
- Increase your pushups and sit-ups by 2-5 reps each week. Finish with stretches. \

WEEKS FIVE-EIGHT:

- Do 2 walk/runs of 2 miles and one longer walk/run of 3 to 3 1/2 miles. Add 1/2 mile to your long run/walk each week.
- At the end of week 8, you will be at 4 1/2 to 5 miles for your long walk/run. Continue to add 2-5 reps to your push-ups and sit-ups.
- Always finish with stretches.
- Another trick to increase your conditioning is to start carrying a pack after week 3. Start with 15-20 pounds and increase the weight by 5 pounds each week. Also after week 3, add hills to one or two of your walk/runs. It will be tough on your knees and Achilles tendons. Slowly work into increased distance, weight, and hills and you will arrive better prepared and without undue injury or soreness.

This conditioning program will help you fully enjoy the Ascent course and you will enjoy spending time in the wilderness as you learn new and exciting skills.



