



www.GetOutsideAdventures.ca

BACKPACKING/HIKING TRAINING PROGRAM

Training Program Description

The following is a 24session training program focused on hiking. You'll train 4 days a week for 6 weeks. This program is designed to get you ready for backpacking where you would be expected to carry 35-45lbs of weight for 5-10 days.

The focus of this program is on the hiking "power house" – leg strength, core strength, and heart/lungs for hiking uphill. You'll also train upper body movements for full body benefit.

Enjoy!

Required Equipment

Access to a commercial gym is not necessary to complete this program

COMMON QUESTIONS

How long should the sessions take?

Each session should take about 45min. Workouts are not for time. Work briskly, not frantically through the training session

What about stretching?

A general full body-stretching program should be followed after completing each workout. This can be found at physio.jennanodding.com in the handout section

What if I miss a day?

Don't skip the session. Make up the missed workout the following day. Follow the program as prescribed to ensure a safe progression.

Different number of reps?

The first number is for those starting out and the second number is for those with more experience. For example 3/5 push ups = 3 reps for those starting and 5 reps for those with more experience

What weight should I choose?

You should be able to successfully complete each exercise without compromising on form. If your form fails decrease the weight. If you finish the rounds feeling like you could complete another, increase the weight.

How do I perform step up?

Each leg counts as one rep. 100x steps up = 50 each leg. 100x total. Put 10/15lbs in a backpack. The step up height should be no more than 16 inches.

What if I don't have access to rolling hills or mountains?

Incorporate whatever varied terrain is available to you, such as stairwells, short hill, stadium stairs, parking ramps, and sandy dunes. If outdoor locations are not possible to find, or if the weather precludes frequent outdoor training, use cardio equipment. Stair climbers, elliptical machines, and incline treadmills are great alternatives.

What if I don't have access to weights at home?

Water is a great way to add extra weight. 1L of water = 2.2lbs. A 4L milk jug = ~9lbs.

What elevation should I have the treadmill set at?

Variation is the key. You are trying to mimic hiking; the ground is never level. Every 2-5min choose new elevation. Keep it in a range that challenges you.

What if I've never trained in a gym before?

If you are looking for a training program for hiking then you must be adventurous and this will be an adventure. The exercises in this program are the classics, they are not complicated, but can be awkward at first. If needed, you can seek proper instruction from a local physiotherapist, coach, or personal trainer. When first learning the exercises be patient, use light weights, and stick with it! There are many web based sites and resources to find information on performing these common exercises. Use your adventurous spirit and be resourceful.

What if I have more questions?

Contact Jenna, jenna@getoutsideadventures.ca

<p>Day 1</p> <p>Warm up: 3 rounds 15 jumping jacks 5 sit ups 3/5 push ups 10 squats</p> <p>Training: 3 rounds 8 Squats 8 Sit ups 8 Lunges</p> <p>3 rounds 10 jumping jacks 3/5 Push Ups 8 Reverse lunges</p>	<p>Day 2</p> <p>Warm up: 10min walking</p> <p>Training: 3 rounds 15 jumping jacks 10 Single leg hop in place 10 Step ups</p> <p>4 rounds 30sec side plank 30sec side plank 8 Bridges</p>	<p>Day 3`</p> <p>Warm up: 3 rounds 10 Squats 3/5 Push ups 10 sit ups</p> <p>Training: 3 Rounds 10 lunges 6 Sit ups 10 Reverse lunges</p> <p>3 rounds 6/8 Push ups 8 Bridges 10 single leg calf raise</p>	<p>Day 4</p> <p>Hike outside 15lbs pack 2-4 hours</p> <p>Or</p> <p>Use a stair climber for 20min and walk on treadmill for 20min. Use same weight in pack</p>
<p>Day 5</p> <p>Warm up: 3 rounds 15 jumping jacks 5 sit ups 3/5 push ups 10 squats</p> <p>Training: 3 Rounds 10 lunges 6 sit ups 10 Reverse lunges</p> <p>3 rounds 6/8 Push ups 8 Bridges 10 single leg calf raise</p>	<p>Day 6</p> <p>Warm up: 10min walk</p> <p>Training: 3 rounds 15 jumping jacks 10 Single leg hop in place 10 Step ups</p> <p>3 rounds 5 Squats 10sec squat hold 10 jumping jacks</p>	<p>Day 7</p> <p>Warm up: 3 rounds 10 Squats 3/5 Push ups 10 sit ups</p> <p>3 rounds 30sec side plank 30sec side plank 8 Bridges</p> <p>3 rounds 6/8 Push ups 8 Bridges 10 single leg calf raise</p>	<p>Day 8</p> <p>Hike outside 15lbs pack 3-4hours</p> <p>Or</p> <p>Use a stair climber for 24min and walk on treadmill for 24min. Use same weight in pack</p>
<p>Day 9</p> <p>Warm up: 4 rounds 15 jumping jacks 5 sit ups 3/5 push ups 10 squats</p> <p>Training: 4 Rounds 6 Single leg hop in place 10 Step up 6 Single leg bridge</p> <p>4 Rounds 10 jumping jacks 3/5 Push Ups 8 Reverse lunges</p>	<p>Day 10</p> <p>Warm up: 10min walking</p> <p>Training: 3 rounds 15 jumping jacks 10 Single leg hop in place 10 Step ups</p> <p>4 rounds 30sec side plank 30sec side plank 8 Bridges</p>	<p>Day 11</p> <p>Warm up: 3 rounds 10 Squats 3/5 Push ups 10 sit ups</p> <p>Training: 3 Rounds 10 lunges 6 Sit ups 10 Reverse lunges</p> <p>3 rounds 6/8 Push ups 8 Bridges 10 single leg calf raise</p>	<p>Day 12</p> <p>Hike outside 20lbs pack 3-4 hours</p> <p>Or</p> <p>Use a stair climber for 28min and walk on treadmill for 30min. Use same weight in pack</p>

<p>Day 13</p> <p>Warm up: 4 rounds 15 jumping jacks 5 sit ups 3/5 push ups 10 squats</p> <p>Training: 4 Rounds 6 Single leg hop in place 10 Step up 6 Single leg bridge</p> <p>4 Rounds 10 jumping jacks 3/5 Push Ups 8 Reverse lunges</p>	<p>Day 14</p> <p>Warm up: 5min walk 15 jumping jacks 5 min walk</p> <p>3 rounds 20sec of each jump squat squat hold single leg hop in place single leg hop in place lunges 30sec rest</p>	<p>Day 15</p> <p>Warm up: 3 rounds 10 Squats 3/5 Push ups 10 sit ups</p> <p>Training: 3 Rounds 10 lunges 6 Sit ups 10 Reverse lunges</p> <p>3 rounds 6/8 Push ups 8 Bridges 10 single leg calf raise</p>	<p>Day 16</p> <p>Hike outside 20lbs pack 3-5 hours</p> <p>Or</p> <p>Use a stair climber for 30min and walk on treadmill for 40min. Use same weight in pack</p>
<p>Day 17</p> <p>Warm up: 5 rounds 15 jumping jacks 5 sit ups 3/5 push ups 10 squats</p> <p>Training: 4 rounds 6 Reverse lunges 30 sec front plank</p> <p>4 rounds 6/8 Push ups 8 Bridges 10 single leg calf raise</p>	<p>Day 18</p> <p>Warm up: 5min walk 15 jumping jacks 5 min walk</p> <p>3 rounds 20sec of each jump squat squat hold single leg hop in place single leg hop in place lunges 30sec rest</p>	<p>Day 19</p> <p>Warm up: 5 rounds 10 Squats 3/5 Push ups 10 sit ups</p> <p>Training: 4 rounds 6 Lunge 8 single leg hop in place 10 single leg calf raise</p> <p>4 rounds 10 jumping jacks 3/5 Push Ups 8 Reverse lunges</p>	<p>Day 20</p> <p>Hike outside 25lbs pack 3-5 hours</p> <p>Or</p> <p>Use a stair climber for 35min and walk on treadmill for 50min. Use same weight in pack</p>
<p>Day 21</p> <p>Warm up: 5 rounds 15 jumping jacks 5 sit ups 3/5 push ups 10 squats</p> <p>Training: 4 rounds 20sec of each jump squat squat hold single leg hop in place single leg hop in place lunges 30sec rest</p>	<p>Day 22</p> <p>Warm up: 5min walk 15 jumping jacks 5 min walk</p> <p>Training: 3 rounds 5 Squats 5 lunge 5 jump squats</p> <p>2 rounds 30sec front plank 30sec side plank 30sec side plank</p>	<p>Day 23</p> <p>Warm up: 5 rounds 10 Squats 3/5 Push ups 10 sit ups</p> <p>4 rounds 6 Reverse lunges 10 jumping jacks 30 sec front plank</p> <p>4 rounds 5/7 push ups 8 Bridges 10 single leg calf raise</p>	<p>Day 24</p> <p>Hike outside 25lbs pack 5-6hours</p> <p>Or</p> <p>Use a stair climber for 35min and walk on treadmill for 65min. Use same weight in pack</p>