

Training Plan for High Altitude Treks

This training plan is designed to help with the physical preparation for a multi-day high altitude trek. Preferably, a more comprehensive plan will also include hiking, as has been suggested and getting in the right kind of nutrition. This is important to ensure that the body is able to cope with the additional work load and recover. To keep it simple, a balanced diet of healthy fats, protein and carbohydrates work well. Some supplements such as Magnesium, Potassium, Vitamin D3 etc are also helpful. Finally, before starting any training plan it is important ensure medical suitability and full recovery from any existing injury.

Key Goals of this Training Plan

1. To build aerobic capacity through training in the right heart rate zones and at the right volume.
2. Development of core and lower body strength to ensure safe, injury free trekking and physical recovery on the trek.
3. To progressively build trekking specific strength endurance.

NOTE :

This Training Plan often uses the term MAF : Maximum Aerobic Function.

You can calculate this by using the formula $180 - \text{Age}$.

For E.g. for a 40 year old, their MAF is $180 - 40 = 140$.

All aerobic workouts should be under this Heart Rate – as Specified. As you progress through the plan consistently the aerobic threshold will improve in the form of pace and time for similar workouts.

Week 1 to 4 – Weekly Plan

Day 1 – Core & General Strength Workout X 2 Rounds

Core routine

Refer to the file – Scott’s Killer Core Routine for the exercises. All are to be done.

Do 6-8 reps of each ; For time based exercises hold for 6-10 seconds.

This video can help with a description of the core routine exercises .

<https://www.uphillathlete.com/how-to-do-core/>

General Strength

10 Box Step Up (16-18 inches)

10 Step Down/Heel Touch (8 inches)

10 Bent Over Rows

10 Split Squat

10 Seated Tricep Dips

Rest for 60 seconds before you move to the next exercise in the order listed above.

This video can help with a description of the Box Steps & Heel touch:

<https://www.uphillathlete.com/strength-demo-box-step-up-and-heel-touch/>

Day 2 – Recovery Day (Walk)

Day 3 – Aerobic Base Run - 45 mins

Run if you can or run and walk in intervals allowing the heart rate to reach the MAF but not beyond it.

Day 4- Recovery Day (Walk)

Day 5 – Stair Climb, Hike, Step Ups at MAF

10 Floors X 5 rounds : Rest every 10 floors for under a minute; OR

If Hiking : 60 minutes with vertical gain of 500 feet; OR

For Step Ups : 100 Step Ups X 3 rounds

Day 6 & 7 – Active Rest Days

Swim / Bike / Walk

Week 5 to 8 – Weekly Plan

Day 1 – Core & General Strength Workout X 2 Rounds

Core routine

Refer to the file – Scott’s Killer Core Routine for the exercises. All are to be done.

Do 6-8 reps of each ; For time based exercises hold for 6-10 seconds.

This video can help with a description of the core routine exercises .

<https://www.uphillathlete.com/how-to-do-core/>

General Strength:

10 Box Step Up (16-18 inches)

10 Step Down/Heel Touch (8 inches)

10 Bent Over Rows

10 Split Squat

10 Seated Tricep Dips

Rest for 60 seconds before you move to the next exercise in the order listed above.

This video can help with a description of the Box Steps & Heel touch:

<https://www.uphillathlete.com/strength-demo-box-step-up-and-heel-touch/>

* For this phase of training add resistance, by wearing a bag with max 3 kg weight.

Day 2 –Recovery Day (Walk)

Day 3 – Aerobic Base Run/Interval Run - 60 mins

Run if you can or run and walk in intervals allowing the heart rate to reach the MAF but not beyond it.

Day 4- Run & Step up under MAF

For 30 minutes at a moderate pace repeat the following routine:

Run 2 minutes

40 X step ups

Day 5 –Recovery Day (Walk)

Day 6 – Stair Climb, Hike, Step Ups at MAF

10 Floors X 7 rounds : Rest every 15 floors for under a minute; OR

Hiking : 60 minutes with vertical gain of 500 feet; OR

For Step Ups : 100 Step Ups X 4 rounds

Day 7 – Active Rest Day

Swim / Bike / Walk

Week 9-12 – Weekly Plan

Day 1 – Core & General Strength Workout X 2 Rounds

Core routine

Refer to the file – Scott’s Killer Core Routine for the exercises. All are to be done.

Do 8 reps of each ; For time based exercises hold of 10 seconds.

This video can help with a description of the core routine exercises .

<https://www.uphillathlete.com/how-to-do-core/>

General Strength:

10 Box Step Up (12-16inches)

10 Step Down/ Heel touch (8 inches)

10 Bent Over Rows

10 Split Squat

10 Dips without reaching failure

Rest for 60 seconds before you move to the next exercise in the order listed above.

This video can help with a description of the Box Steps & Heel touch:

<https://www.uphillathlete.com/strength-demo-box-step-up-and-heel-touch/>

* For this phase add resistance, by wearing a bag with max 5 kg weight.

Day 2 – Recovery Run/Jog / Walk – 40 mins

This should be an easy run, jog or brisk walk on a flat surface. Your Heart Rate should be well below (15 beats) of your MAF For E.g. for a 40 year old this workout should be under 125 beats.

Day 3 – Aerobic Base Run / Interval Run - 60 mins

Run or run and walk in intervals keeping your heart rate at MAF

Day 4- Core & General Strength workout (Repeat Day 2 routine)

Day 5 – Stair Climb, Hike, Step Ups - at AET

10 floors X10 times ; Rest under a minute every 20 floors

Hiking : 90 minutes with vertical gain of 700 feet

For Step Ups : 100 X 5 rounds