

12 WEEK TRAINING PROGRAMME



**CHALLENGE
YOURSELF**

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Since failure to summit is far more likely to happen due to exhaustion as a result of inadequate training, not due to altitude related causes, we urge you to commit to this training programme, in order to make the most of your summit attempt.

Please note: not every element of our training regime is mountain specific.
There are two aspects:

a) Cardiovascular training

Strengthens the heart and lungs to cope with the rigours of high altitude expedition.

b) Endurance training

Geared towards conditioning you for walking uphill over long distances.

Remember:

CHALLENGE YOURSELF!

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	 Jog -2 miles	Rest	 Jog -3 miles	 Swim -8 lengths	Rest	 Jog -3 miles	Rest
Week 2	  Jog -3 miles Swim -12 lengths	 Jog -5 miles	 Jog -3 miles Best effort (timed)	  Swim -12 lengths Jog -3 miles	 Hill training - 7 reps	 Jog -3 miles Best effort (timed)	Rest
Week 3	  Swim -12 lengths Jog -3 miles	 Jog -5 miles	 Jog -3 miles Best effort (timed)	  Swim -12 lengths Jog -3 miles	 Hill training - 9 reps	 Jog -3 miles Best effort (timed)	Rest
Week 4	  Jog -5 miles Swim -15 lengths	 Circuits -20 minutes	Rest	 Interval training -3 miles	 Swim -15 lengths	Rest	Rest

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 5	 Jog -5 miles Swim -15 lengths	 Circuits -20 mins Hills -10reps	 Jog -4 miles Swim -15 lengths	 Circuits -20 mins Jog -4 miles	 Circuits -20 mins Jog -4 miles	 Jog -3 miles Timed run - 1.5miles	Rest
Week 6	 Jog -4 miles Circuits -20 mins	 Swim-17 lengths Hills- 12reps	 Jog 1-3 miles Jog 2-4 miles	 Swim -20 lengths	 Swim -20 lengths	 Jog -4 miles Circuits -20 mins	Rest
Week 7	 Swim -18 lengths Jog -4 miles	 Jog -5 miles	Rest	 Jog -5 miles Circuits -20 mins	 Jog -5 miles	Rest	Rest
Week 8	 Swim -20 Lths Jog -4 miles Circuits -20 mins	 Hills -15reps Jog -4 miles	 Hillwalk - 12kg rucksack -6 miles	 Jog -3 miles	 Swim -25 lengths Jog -6 miles	 Hillwalk - 12kg rucksack -10miles	Rest

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 9	  Hills - 15 reps Jog - 4 miles	  Circuits - 20 mins Jog - 3 miles	 Swim - 30 lengths	Rest	Rest	 Hillwalk - 12kg rucksack - 10 miles	Rest
Week 10	 Jog - 5 miles	 Swim - 30 lengths	Rest	  Timed run - 1.5 miles Circuits - 20 mins	Rest	 Hillwalk - 12kg rucksack - 10 miles	Rest
Week 11	  Jog - 5 miles Circuits - 20 mins	 Jog - 3 miles	 Hillwalk - 15kg rucksack - 5 miles	 Jog - 5 miles	Rest	 Hillwalk - 15kg rucksack - 20 miles	Rest
Week 12	 Hillwalk - 15kg rucksack - 5 miles	 Timed run - 1.5 miles	Rest	 Fast run - 3 miles	 Jog - 8 miles	Rest	Rest End

KEY TO EXERCISE



JOG

The best cardiovascular exercise, but high impact, with an increased risk of injury. Make sure you stretch and warm up before each session. Jog at a pace which allows you to maintain a short-sentenced conversation with a partner. If injury seems inevitable, substitute with cycling or swimming.



TIMED RUN

Try to find a 1.5 mile (2.4 km) course with some rises and falls, but no big hills. Warm up well and aim for the best time you're capable of. Note your time. As you progress through the programme, you should see your time reduce, proving increased cardiovascular strength.



HILL TRAINING

Find an incline that's long enough to sprint up for a minute (if you're capable of doing this). One repetition is an ascent and descent with no breaks. If you jog down, take small strides and do not lock your knees. Keep your rest time between repetitions to a minimum.



SWIM

A useful non-impact cardiovascular exercise with the added benefit of strengthening your shoulders for load bearing. If you experience pains or niggles when you jog substitute some jogging sessions for swimming. If you thoroughly dislike being in water or can't swim cycling is a good low-impact alternative but is difficult in bad weather and carries peculiar risks of its own.



CIRCUITS

Strengthens the midriff and shoulders and minimises risk of neck strain, and shoulder and neck injuries caused by carrying your day sack.

A typical circuit session might consist of: 25 press ups; 35 sit ups; 15 dips; 5 pull ups; 20 press ups; 30 sit ups; 12 dips; 4 pull ups; 15 press ups; 25 sit ups; 8 dips; 3 pull ups.



INTERVAL TRAINING

Vigorous and effective form of cardiovascular strength training. It's a run punctuated with short periods of intensive output. Jog at moderate pace for 5 minutes, then sprint for 20 seconds exactly; jog for 3 minutes moderately, then run hard for 1 minute; jog 4 minutes, sprint 30 seconds; jog 8 minutes, run hard 2 minutes; jog 5 minutes, sprint 30 seconds, etc.

Hard work, but pays excellent dividends.



HILL WALKING

Essential Everest Base Camp training. Keep moving at a good pace with only short breaks now and then. Take plenty of water and take a little sip often. Our programme deliberately has you carrying more weight than you'll carry on Everest, exaggerating the sense of fatigue you'll experience at high altitude.