



# ADVENTURE PULSE

YOUR ADVENTURE MANAGEMENT CONSULTANT

## FITNESS GUIDE

### **Annapurna Base Camp**

The trek to the Annapurna Base Camp is one of the highest and most beautiful treks in the world - and in order to get the best experience out of it, it's very important to be in good physical shape!

The trek is steep in some places, and involves long days of walking, but it does not require any technical climbing skills.

Instead, with some basic strength and endurance training, you'll be able to do this trek safely and comfortably - and more importantly, you'll be able to have fun and enjoy every step of the way!

There are three main aspects of training to focus on -

- strength training
- cardiovascular training
- trek preparation

## Strength training

This involves training different muscle groups, so that they can become stronger. There are different exercises for each muscle group, and working them all out 2x-3x a week should be enough to help you get comfortable trekking.

- **Legs / lower body** - exercises like squats, glute bridges, step ups and leg presses with help you develop stronger muscles in the lower body.
- **Core** - Exercises like planks, bicycle crunches and leg raises can help with core stability; Pilates is also a core-intensive type of workout that will help.
- **Upper body** - Bodyweight exercises like push-ups, pull-ups and dips will help develop these muscles. You can also use resistance bands or light weights to develop them further.

## Cardiovascular training

It's vital to do plenty of cardio training before your trek, so that you can get the most out of your experience

- **Running** - This is a recommended form of cardio activity, as it activates a lot of the same muscles as trekking. Being able to run anywhere from 20-30 minutes at a comfortable pace should allow you to get into a good physical state.
- **Cycling / Swimming** - If you have knee issues, or don't enjoy running, you can also opt for cycling and swimming. Being able to cycling 30-50km or swim for 30-40 minutes, thrice a week, should be good to help you with treks like EBC.
- **HIIT training / Crossfit** - Another recommended form of exercise for cardio training - high intensity aerobic exercises like HIIT or Crossfit, 2-3 times a week

The aim is to get your heart rate up, so you do not get winded on long days of trekking.

## Training Hikes

Try to get outdoors and go for a hike on the weekends!

Uphill trails of 4-8 kilometres are will help you get used to trekking. Make it a point to carry a loaded backpack, and walk in your trekking shoes.

## Hiking Alternatives

If you cannot visit local trails often, the next best thing is to simulate trek conditions and inclines.

Climbing stairs, and using the treadmill or stairmaster on an incline, will help prepare you for treks. Make it a point to carry a loaded backpack so that you can get used to the extra weight; and use your trekking boots, so that you can break them in and walk comfortably.

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## Putting it all together

If you're confused with all this information, no need to worry! The most important thing with training is consistency, and staying injury-free. Your training week should ideally have -

Strength training - 3 sessions

Cardio training - 4 sessions

Hiking / alternatives - 1 long session, best on the weekends

Rest and stretching - at least 1 day

An ideal training week would look something like:

| Monday            | Tuesday | Wednesday         | Thursday | Friday            | Saturday                        | Sunday         |
|-------------------|---------|-------------------|----------|-------------------|---------------------------------|----------------|
| Strength + Cardio | Cardio  | Strength Training | Cardio   | Strength Training | Local Trek / Staircase climbing | Stretch + rest |