

Wilderness Skills Conditioning

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I. Physical Requirements for Hiking

II. Guidelines for Aerobic Training

- Walk hills, stairs, hike; step mill, elliptical, incline treadmill
- Sample 8-week cardiovascular conditioning program

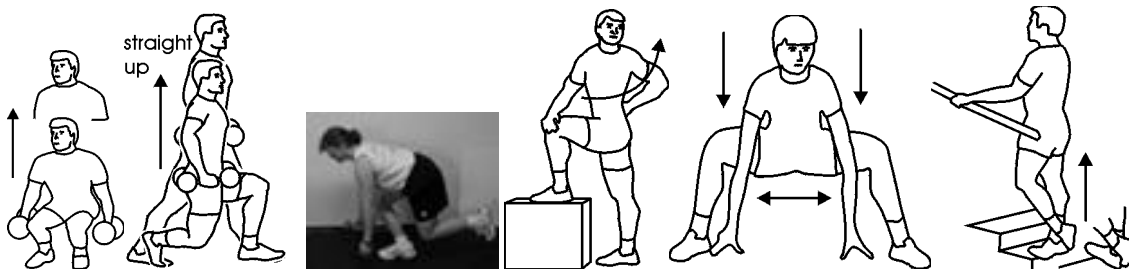
III. Guidelines for Strength Training

- Suggestions: free weights or bodyweight exercises, pack
- Sample 6-week strength program; demo 2 exercises

IV. Guidelines for Flexibility and Hiking-Specific Training

- Restore normal range of motion, alleviate pain--demo 2 stretches
- Carry extra water and dump at the top
- Test gear, clothing, boots on walks before heading to the hills
- Train on uneven terrain to prepare ankles, knees, calves for trails
- Include mid-week workout: hills or stairs with a pack

V. Additional Alpine Resources and Questions



Putting It All Together: 2 Month Hiking Program

Weeks 1-2: Get moving! 3x/wk

- Cardio: 2x20-30 min, 60-70% MHR. Choose walking, jogging, stairs, stairmaster, treadmill, EFX, or hill hiking
- Hike w/10# pack, gain +800-1000 ft.

Weeks 3-4: Develop stronger fitness foundation 3-5x/wk

- Cardio: 2x30-45 min, 65-75% MHR; same modes wks 1-2
- Strength: 2x/wk, full body, 2 sets 8-10 reps, 6-8 exercises
- Hike w/10-15# pack, gain 1000-1200'

Weeks 5-6: Build muscular strength 4-6x/wk

- Cardio: 2x45+ min 65-75% MHR; 1 INT hills 15-20# pack
- Strength: 2x45 min, 3-4 sets 6-8 reps, full body, more weight
- Hike w/15-20# pack, gain 1200-1500'

Weeks 7-8: Increase muscular endurance 4-6x/wk

- Cardio: 3x45-60 min, 65-75% MHR; 1 INT stairs 20#
- Strength: 2x30-45 min, 2-3x12-15 reps, different exercises
- Hike w/20# pack; gain 1500-2000' 5 mi. RT (Tiger)

Train to Climb Mt. Rainier or Any High Peak DVD

This 66-minute, 6-month comprehensive training program will help prepare you for alpine climbs, treks, hikes, scrambles or snowshoe adventures up to 20,000' or higher

Recommended Reading: **The Outdoor Athlete** (2009) by Courtenay and Doug Schurman,

Courtenay Schurman is available for individualized, customized hiking program development, both in-studio (North Seattle) on through on-line **WebTraining**. People interested in becoming new clients at Body Results Inc. can call (206) 200-2050 or e-mail court@bodyresults.com with questions, to subscribe to our free on-line newsletter, or to receive more information.