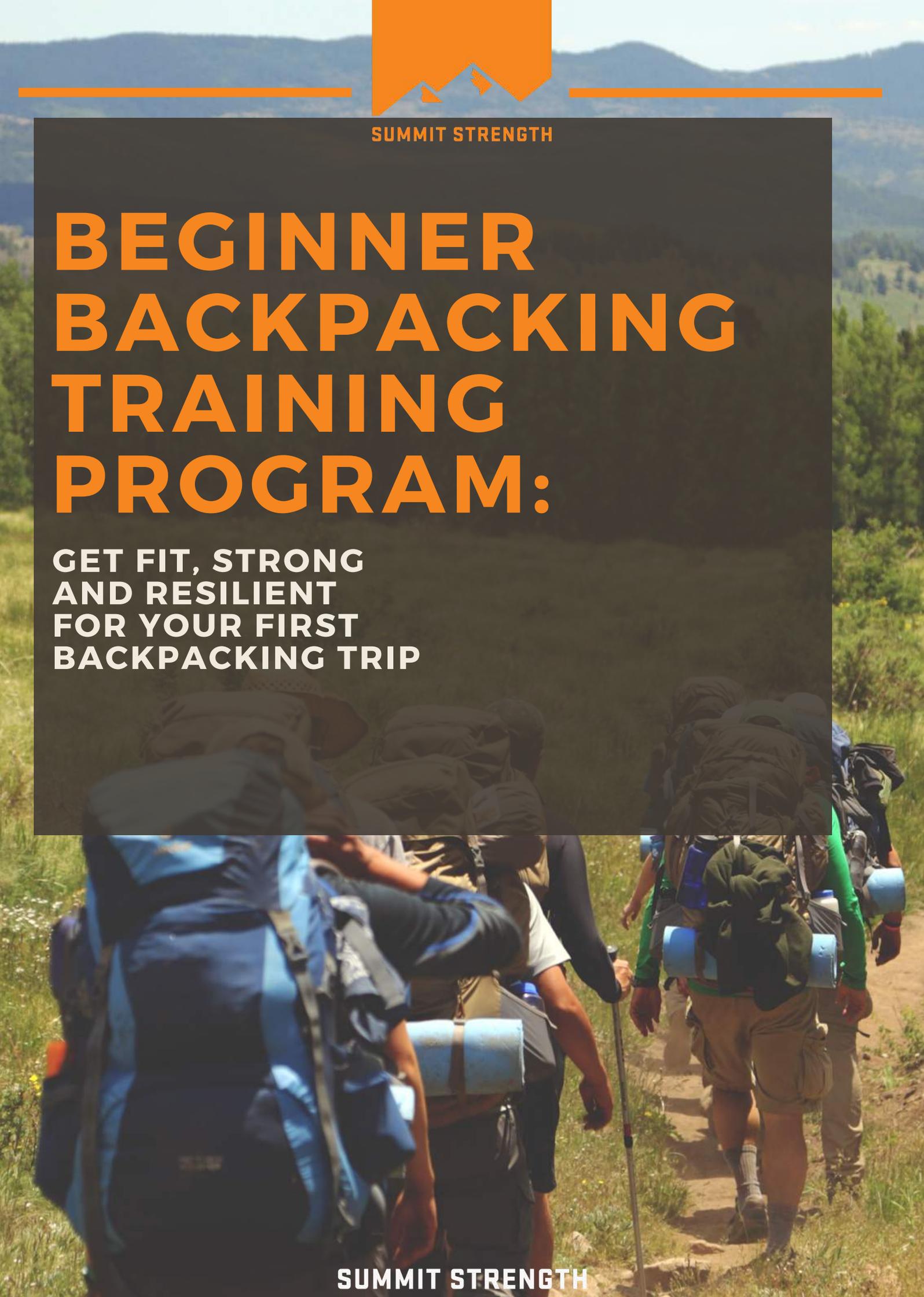




SUMMIT STRENGTH

BEGINNER BACKPACKING TRAINING PROGRAM:

GET FIT, STRONG
AND RESILIENT
FOR YOUR FIRST
BACKPACKING TRIP



SUMMIT STRENGTH

If you are reading this, you:

- 1) You have a backpacking or hiking adventure in your sights
- 2) You know that physical preparation for this adventure is important and want to know how best to go about this
- 3) You are currently a bit confused or overwhelmed about what you need to be doing

If you are in this situation, do not stress!

Unfortunately, so many hikers and backpackers out there are in the same boat. And after spending hours trawling the internet for some help with their training, they end up feeling more frustrated than ever...

So the intention behind this program is to relieve that frustration.

To give aspiring backpackers some simple, practical and effective direction for their training.

So you can be confident, you are doing the right things in your training to ensure a safe, enjoyable and successful backpacking trip.

While we will be the first to say that a pre-made program will never be appropriate for every person or situation - this will be a good start for many people.

And if you are serious about doing everything possible to succeed on the trail, check out the last page.





WORKOUT #1: STRENGTH

Strength training is essential for someone considering a backpacking trip.

Its benefits include:

- **Injury prevention** (particularly for things like foot, knee and back back pain)
- **Making a heavy pack feel much easier**
- **Reducing fatigue over multi-day hikes**
- **Making elevation gain and loss more comfortable**

The exercise included in this program s can be completed in the gym, in a local park or at home. There is minimal equipment necessary (see the FAQ section) and the workouts have been created to be as time efficient as possible.

In addition to strength development, these workouts incorporate core and mobility training as well - ensuring you are covering all the necessary bases to prepare you for a full pack hike.

Strength workouts are to be completed twice a week.

If the exercises don't feel challenging enough, you can either:

- Add a pause during each repetition (e.g. 2 second pause at the bottom of a squat or top of a hip thrust)
- Slow down the eccentric (lowering) portion of each repetition (e.g. count to 4 seconds when lowering a split squat)
- Add some weight (with a dumbbell ,barbell, loaded backback etc)



STRENGTH TRAINING MYTH: ENDLESS REPS FOR HIKERS

Traditionally hikers tend to stick to high repetition strength training.

Meaning, they prefer to perform a low difficulty exercise for lots and lots of repetitions.

The idea behind this is that training 'muscular endurance' will best simulate the demands of the trail.

This type of training is no doubt important...

However, an equal amount of time should be dedicated to higher load, low repetition strength training.

This type of training develops 'muscular strength' and will see the best results in:

- *Reduced injury risk
- *Improved movement economy
- *Making elevation easier

Note: this type of training will not make you 'bulky' or cause you to put on extra kilos which you have to carry on the trail... muscle size is quite difficult to increase.. rather, this training is mainly developing the connection between your brain and the muscles - which can have some substantial effects on your strength.

In the following program - you will spend half your training time working on 'muscular endurance' and half on 'muscular strength'. Through this, you will get the best of both worlds and ensure you are covering all the necessary bases for successful preparation.

* The exercises prescribed have been chosen to be as simple as possible. However, if you are not confident performing these movements (after watching the instructional video) it is highly recommended you work with a professional.





WORKOUT #2: CONDITIONING

For most of us out there, it is simply not practical to hit the trail multiple times a week...

So to combat this, the following program includes targeted conditioning sessions each week.

These workouts are designed to help improve specific aspects of hiking fitness which will help you on your backpacking adventure (while being as time-efficient as possible).

Inside the following program, this is done through:

- Loaded pack walking
- Stair intervals
- Hill repeats

Each of the conditioning sessions supplied give specific work and rest periods to follow.

Try your best to follow these recommendations as there is a fair bit of science behind them!

If you want to fit in any additional conditioning into your week, it is recommended you add in some long, steady state exercise (e.g. walking, cycling, swimming etc), performed for 30-60 minutes, at an intensity in which you can breathe through your nose.



TRAINING FOR HIKING MYTH: HIGH INTENSITY INTERVAL TRAINING

A common recommendation around training for backpacking and hiking is High Intensity Interval Training (HIIT).

This type of training involves short periods of super high intensity exercise interspersed with short rests.

While there is no doubt this type of training can be beneficial for general fitness and weight loss, it is not a great approach for backpackers...

This is for two reasons;

- It develops very different energy systems to what is required on the trail
- It carries an unnecessarily high risk of injury

To get the best benefits of cardiovascular training, hikers and backpackers should stick to lower intensity, sustained exercise (e.g. walking, hiking) as well as hiking specific interval training.

If, after reading this, you still want to include HIIT in your training, then please:

- Ensure it is only a small percentage of your total training week
- Substitute out 'high impact' exercises such as burpees, box jumps and lunge jumps
- If you feel ANY aches, pains or niggles in your feet, shins, knees or back - stop and reevaluate your training.



WORKOUT #3: HIKING

No backpacking training plan would be effective if you weren't spending some time on the trail!

This is essential to prepare the body for the undulating, uneven and unstable nature of the trail.

On top of this, it is the perfect time to test run any gear you are using, to get used to carrying a full pack and try out any nutrition and food you are planning on using.

During these workouts, it is highly recommended that you use trekking poles. These have [so many incredible benefits](#) for backpackers and hikers - so don't leave home without them!

Inside the training plan, there are recommended distances and pack weights for your training.

These distances may need adjusting, depending on the difficulty of your upcoming adventure.

if you are adjusting this, please ensure it follows a similar structure to the progression each week. This is essential to minimise the risk of injury as well as ensure you are constantly improving your trail fitness.

If it is simply not practical to get out hiking (due to time commitments or weather) treadmill walking can also be substituted here.

YOUR 12-WEEK TRAINING PLAN

To see how all this information goes together, you can download the sample training plan below.

This example workout plan will be very effective for someone who is planning on stepping up to their first multi-day backpacking trip.

However, to be very clear, this plan has NOT been created for someone who is currently (or previously) suffering from injury or pain. If this is you, please talk to a health care professional.

It is also NOT designed for someone who is brand new to exercise, who is overweight or even those who are incredibly time poor.

Unfortunately, none of these considerations are within the scope of this program. If you are in any of these categories, it is highly recommended you work with a professional to get some tailored advice.

To find your workouts - please click the hyperlink for the full instructions for each session. Inside the strength workouts, each exercise has a YouTube link attached for to a demonstration.

Happy training!



Sample Training Plan

WEEK 1-4

Monday:	<u>Strength</u>
Tuesday:	<u>Rest/Mobility</u>
Wednesday:	<u>Cardio</u>
Thursday:	<u>Rest/Mobility</u>
Friday:	<u>Strength</u>
Saturday:	<u>Hiking</u>
Sunday:	<u>Rest/Mobility</u>

Click The Links To Download Workouts

Sample Training Plan

WEEK 5-8

Monday:	<u>Strength</u>
Tuesday:	<u>Rest/Mobility</u>
Wednesday:	<u>Cardio</u>
Thursday:	<u>Rest/Mobility</u>
Friday:	<u>Strength</u>
Saturday:	<u>Hiking</u>
Sunday:	<u>Rest/Mobility</u>

Click The Links To Download Workouts

Sample Training Plan

WEEK 9-12

Monday:	<u>Strength</u>
Tuesday:	<u>Rest/Mobility</u>
Wednesday:	<u>Cardio</u>
Thursday:	<u>Rest/Mobility</u>
Friday:	<u>Strength</u>
Saturday:	<u>Hiking</u>
Sunday:	<u>Rest/Mobility</u>

Click The Links To Download Workouts

FAQ'S

Q) Will I Need To Buy Equipment?

A) here are two piece of equipment which will be necessary for these workouts. A set of [mini bands](#) and a thicker [power band](#) ([any brand will do](#)).

Q) I feel a bit of pain during one of the workouts...

A) When this happens STOP. There is no reason to push through pain at any time. If you do experience this, please go and see a physiotherapist to help.

Q) Should I warm up before cardio and hiking?

A) We highly recommend you follow the same warm up routine as your strength sessions for your cardio and hiking. This will be a great way to prepare your body to exercise and reduce any likelihood of pain or injury.

Q) Do I use weights for the exercises?

A) For a beginner level - body weight will be enough for each exercise. However, if this is too easy, feel free to add additional weight wherever you like.

Q) How do I know if I am doing an exercise right?

A) All of the strength workout exercises come with a YouTube video description attached. If you are still not sure, it is highly recommended you work with an exercise professional.



ABOUT SUMMIT STRENGTH

Summit Strength is an online personal training service specialising in [training for hiking](#), backpacking and mountaineering.

With a background in sport science and strength and conditioning, it is our mission to provide the very best coaching, advice and support for anyone with an adventure aspiration.

In our experience coaching dozens of successful adventurers all around the world, we have the first-hand experience with what it takes to guarantee success on the trail.

These clients have included first time trekkers all the way to lifelong mountaineers - and its our job to help every one of them be fully prepared.

We are the difference between completing your adventure and turning back half way.

Need Extra Help?

This program is a good start into the world of backpacking preparation, but we could never imagine that we could cater for every situation.

In the event, you'd like a more tailored plan, are concerned about training around a specific issue or simply want something a bit more comprehensive, please don't hesitate to reach out.

Here is our contact information below and a button which will direct you to some information about our online personal training service - The Online Summit Program.

Contact Details:



0410 028 065



[SummitStrength.au](https://www.instagram.com/SummitStrength.au)



[SummitStrength.au](https://www.facebook.com/SummitStrength.au)



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www.summitstrength.com.au

Interested in the Online Summit Program?

Follow the link below!

[LEARN MORE](#)

We hope you enjoy the program.
Happy backpacking!