




SUMMIT STRENGTH

COUCH TO SUMMIT PROGRAM:

THE SIMPLE
PLAN TO GET YOU
FIT, STRONG AND
RESILIENT
FOR THE TRAIL



SUMMIT STRENGTH

If you are reading this, some of these statements might sound familiar to you:

- 1) You have a significant hike in your sights
- 2) You understand that if you want to physically complete this adventure (and stay safe!) you need to take your training seriously
- 3) You are unsure, confused and even frustrated about what you should be doing to get ready!

And if this sounds like you, don't worry, you are not alone!

Unfortunately, the majority of information out there on physical preparation for hikers is (to be brutally honest) absolutely rubbish.

And it leads so many aspiring adventurers just not having any idea about what they need to do to best prepare for their upcoming challenges.

But we are here to change that!

The following program was created to give aspiring hikers some clear, safe and effective direction in their preparation.

While we will be the first to say that a pre-made program will never be appropriate for every person or situation - this is a big step up from most of the programs out there!

And for those of you who are serious about doing everything possible to succeed on the trail, check out the last page.





THE PROBLEM WITH MOST HIKING TRAINING PROGRAMS

Traditional training programs for hikers usually go one of two ways:

Too Basic

Many of the programs being offered are incredibly basic. They are usually written by either inexperienced trainers, or even worse, by employees of the hiking companies who are 'fitness enthusiasts'.

This is a major problem, as exercise prescription is a complex skill to learn.

This often leads these programs having massive blind spots when it comes to injury prevention, time efficiency and practicality.

Not to mention, the rates of overuse injuries from these programs are phenomenal...

Too Complex

On the other side of the spectrum are the programs which are just WAY too complex...

There are training zones you need to figure out, thresholds you need to calculate, volumes you need to keep track of, percentage of maximum strength you need to determine... for those who loves numbers this is great! But for those who just want to get in and get the work done, this is all a bit much...

While either of these options can work for some, they are definitely not the majority. And this often leads aspiring hikers to simply go to their local gym, jump into a generic exercise class or work with a random trainer.

And while these things can help, they are definitely not an optimal solution to your very specific goal.

A BETTER APPROACH TO HIKING TRAINING

This program is the solution. It is designed to fit in the middle of these two extremes.

To give an hikers all they need to get them fit, strong and resilient for the trail - while keeping things as simple and uncomplicated as possible.

To eliminate the need for them having to learn dozens of new exercises. To have to spend hours researching new trails to train on. Or even waste time worrying if they are doing the right things.

Now to be clear, this is not the 'best' preparation program. Nor is is the most comprehensive. Or the most exciting.

BUT...

This is the simplest plan possible, which will cover all your bases on the trail.

Inside the program, there are three types of workouts to be completed each week:

- Strength
- Cardio
- Hiking

By completing these workouts consistently, over 12 weeks, you can be sure you will be ready for a safe, enjoyable and successful adventure!





WORKOUT #1: STRENGTH

Strength training is so incredibly beneficial for hikers. It is absolutely amazing for things like:

- Injury prevention (particularly things like knee or lower back pain)
- Making elevation easier
- Reducing fatigue on the trail

A common complaint around strength training for hikers is that they don't want to have to go to a gym... but if this is you, don't you worry!

The exercises included can be done absolutely anywhere. There is no need for equipment, gyms or anything.

But it will be incredibly effective at getting you mountain strong!

To keep things simple, the exercises included all progress into each other. You will only have to learn one basic 'movement pattern', which will be progressed slightly over the program to ensure the body is constantly adapting and improving.

Strength workouts are to be completed twice a week.

If the exercises feel too easy 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 backpack etc)



A SHORT NOTE ON STRENGTH TRAINING

Traditionally weights has been over looked by hikers around the world.

And there are a lot of myths around strength training that do not seem to go away.

Things like 'weights will make me bulky' or 'weights are bad for your joints' are things that we hear every day.

But the simple fact is; **a well thought out and applied strength training program can be one of the most beneficial things a hiker can do.**

When you are strength training as a hiker, you are not training for bigger muscles.

Instead, you are training to improve our 'neuromuscular coordination' - which is essentially the connection between your brain and your muscles.

By developing this, you can allow your body to engage more of the available muscles fibers for any given task.

And this leads to the benefits of:

- *Improved muscle strength and power
- *Reduced risk of injury
- *Improved movement economy

In the following program, the given strength sessions are designed to:

- ***Improve single leg strength**
- ***Develop foot, knee and back stability**
- ***Increase coordination and balance**

By improving these you can greatly increase your hiking strength and ensure you have a safe, comfortable and successful adventure.



WORKOUT #2: CARDIO

Unfortunately not many of us have the luxury of going out and hitting the trail multiple times a week...

So to compensate for this, the program includes specific 'cardio' sessions. These are very important to complete to help develop aerobic fitness and prepare the body for long periods of exercise.

While there are many ways to go about this, the aim of the game for this program is efficiency and specificity.

These workouts are specifically designed to improve particular elements of fitness for the trail, in the shortest amount of time.

This is done through a combination of :

- Loaded pack walking
- Stair climbing
- Hill intervals

While many traditional programs recommend these methods of training, very rarely do they apply an effective structure or progression scheme.

Each of the cardio workouts 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!



HIKING TRAINING MYTH: HIIT TRAINING

A common misconception is that High Intensity Interval Training (HIIT) is a great way to train for a hike.

And while this type of training can be great for general fitness and weight loss, it is not an amazing approach for hikers.

This is for two reasons;

- It trains the completely wrong energy systems for hikers
- It often carries an unnecessarily high risk of discomfort or even injury

The issue with HIIT is that it gives us the illusion of performance.

At first it will work really well and you will see a rapid improvement in fitness and performance..

Then, after about a month, everything starts to slow down. So you listen to the instructor and decide to push yourself harder. To leave everything on the gym floor. And it worked before right? But this is the trap.

Instead of keeping the improvements coming, you will begin to regress. The body will get tired. And you will be sore. But you keep on pushing. And this is the road to injury, illness and eventual failure...

So be warned!

For hikers, this should be used in SMALL doses. And instead, focus on the basics of aerobic development and strength training.



WORKOUT #3: HIKING

No trail preparation plan would be complete without some hiking!

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

This is also an important place to practice using any new gear or trying out any nutrition you are planning on using,

It is highly recommended you use trekking poles for these workouts, as they have a number of incredible benefits for just about everyone.

As this program has been designed to be as simple as possible, you will only need to research three different hiking trails to train on. You are more than welcome to add some more variation here, but it is not strictly necessary.

If you genuinely can't go hiking, you can replace this with walking around your neighbourhood (or treadmill walking if the weather is too bad).

PUTTING IT ALL TOGETHER

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

The sample training plan, will be very effective for someone preparing for an adventure such as Everest Base Camp, Mt Kilimanjaro, The Inca Trail or Kokoda.

However, this program is NOT designed for someone who has a history of injury or pain. If this is you, please consult a physiotherapist/physical therapist.

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

None of these considerations are within the scope of this program. And 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.

On top of this It is also recommended you include some additional mobility/recovery work on your off days.

Happy training!



SUMMIT STRENGTH

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) There isn't any equipment required in the workouts. The only thing you will need is a pack and some waterbottles (for weight).

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. If you don't want to carry a foam roller with you - a metal water bottle works just as well.

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 getting hikers fit, strong and resilient for their adventures.

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 hundreds of successful adventurers all around the world, we have the first-hand experience with what it takes to ensure you are feel comfortable, capable and confident, no matter what the trail might throw at you.

Need Extra Help?

This program is a good start into the world of hiking 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.

If you want to learn more about how we help hikers, all around the world, get fit, strong and resilient for their adventures, then you can follow the link below to learn about our training:

ONLINE TRAINING FOR HIKING

We hope you enjoy the program.

Happy hiking!