

**Comment:**

The endurance phase brings together the foundation and strength phase to increase the endurance capacity of the muscles. Your weights should remain close to what they were in the strength phase, with the addition of 5 reps per set. This program can also be done circuit style to keep training time to a minimum.

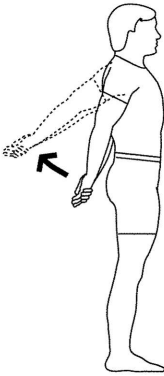
Cardiorespiratory conditioning should increase to 60 minutes on Monday, Wednesday and Friday. Once again, if you are on a treadmill, walking/hiking or stair climbing/stair master for your aerobic mode, you can increase your intensity by adding more weight to the pack.

The long hikes on weekends should be done at a mileage of 6-8 miles, and if possible an elevation gain of 2,500-3,000 feet. Also try to increase the pack weight to a poundage close to what you will be carrying on your trip.

The week prior to your trip, cut out the resistance training and drop back to 3-4 miles at a low intensity for 3 days per week. This will keep the blood flowing, but allow a rest period to ensure you are well prepared for your trip. Flexibility exercises can also be done to a point of mild tension during this week. Good luck, and have a great trip!

James

**Chest and Anterior Deltoid Stretch**

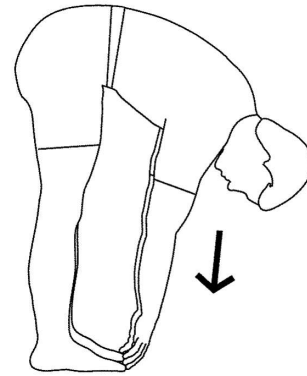


- This stretch is great for people who carry packs.
- Clasp hands together behind your back.
- Gently raise your arms until you feel a stretch throughout the chest and shoulder region.

Perform 1 set of 1 Repetition, M,W,F.

Hold exercise for 20 Seconds.

**Standing Hamstring Stretch**



- This stretches the hamstrings, commonly tight in hikers.
- Stand with legs together, knees straight.
- Gently and slowly lean forward at waist, trying to touch toes.
- Hold stretch and return to start position.

**Special Instructions:**

Keep knees straight.

Perform 1 set of 1 Repetitions, M,W,F.

Hold exercise for 20 Seconds.

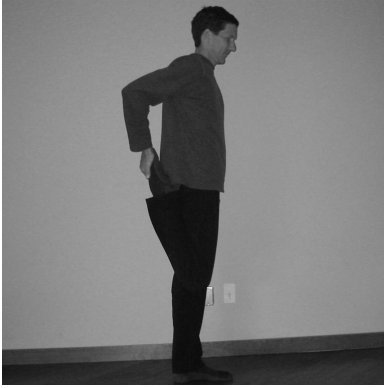
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**Standing Quads Stretch**



- This stretches the quad muscles, also tight in hikers.
- Stand on uninvolved leg, using table or chair for balance.
- Bend knee of involved leg.
- Grasp with hand and gently pull up toward buttocks.
- Hold.
- Switch legs and repeat.

**Special Instructions:**

Keep thigh straight in line with body, do not bend at hip.

Perform 1 set of 1 Repetition, M,W,F.

Hold exercise for 20 Seconds.

**Calf Stretch**

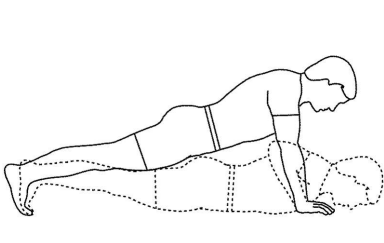


- This stretches the calves, a very tight common muscle in hikers.
- Stand facing wall, hands on wall.
- Step forward with foot of uninvolved leg, leaning hips toward wall.
- Keep rear leg straight with heel on floor.
- Switch legs and repeat.

Perform 1 set of 1 Repetition, M,W,F.

Hold exercise for 20 Seconds.

**Push up**



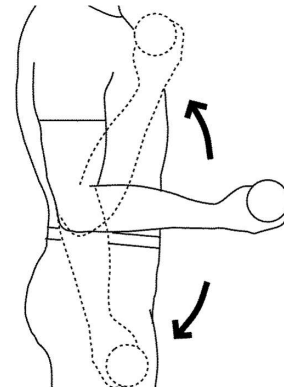
- This exercise works the entire core and upper body, great for strength to carry a pack.
- Begin lying on floor, as shown.
- Push up, extending to straight elbows.
- Maintain a straight back.
- Repeat.

• If unable to complete full push ups, you can do knee push ups and still get the upper body benefits.

Perform 3 sets of 20 Repetitions, M,W,F.

Perform 1 repetition every 4 Seconds.

**DB single Biceps curl**



- This prepares the upper arms for trekking pole use.
- Begin with arm at side, sit or stand, elbow straight, palm up, weight in hand.
- Bend elbow upward.
- Return to starting position.

Perform 3 sets of 15 Repetitions, M,W,F.

Use Lbs.

Perform 1 repetition every 4 Seconds.

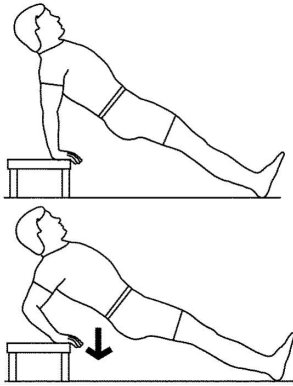
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**Triceps dip**

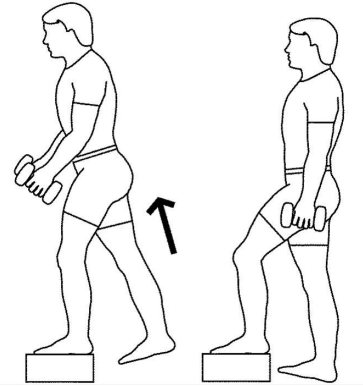


- This is another great exercise that promotes a solid core and really hits the triceps, crucial for trekking pole use.
- Position arms on stable bench as shown.
- Maintain a straight trunk with heels on floor.
- Slowly lower upper body downward.
- Raise back up and repeat.

Perform 3 sets of 15 Repetitions, M,W,F.

Perform 1 repetition every 4 Seconds.

**DB step up**



- Trains the legs for uphill strength.
  - Hold weights in hands, or wear your pack (better sport-specific training).
  - Stand with involved leg up on step.
  - Shift weight over knee.
  - Step up slowly.
  - Step down backwards, leading with involved leg.
- Repeat.

**Special Instructions:**

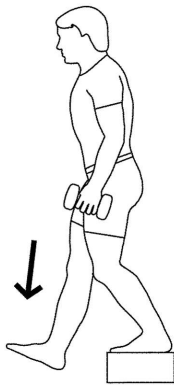
Do not push off with trailing foot. To do this keep ball of foot raised while stepping up.

Perform 3 sets of 20 Repetitions, M,W,F.

Use Lbs.

Perform 1 repetition every 4 Seconds.

**DB step down**



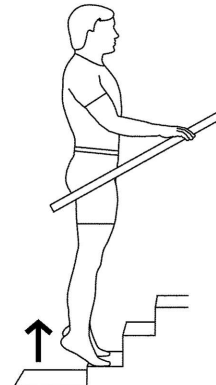
- This trains the lower legs for downhill strength.
- Hold weights in hands, or wear a weighted pack for sport specific training.
- Stand on step with both feet.
- Step down slowly, leading with uninvolved leg.
- Step up backwards, leading with uninvolved leg.
- Repeat.

Perform 3 sets of 20 Repetitions, M,W,F.

Use Lbs.

Perform 1 repetition every 4 Seconds.

**Double heel raise plus**



- This trains the lower legs for uphill strength.
- Add your weighted pack for additional resistance.
- Stand on step with both feet, holding on to banister for balance.
- Push up on balls of foot.
- Return to start position and repeat.

Perform 3 sets of 20 Repetitions, M,W,F.

Use Lbs.

Perform 1 repetition every 4 Seconds.

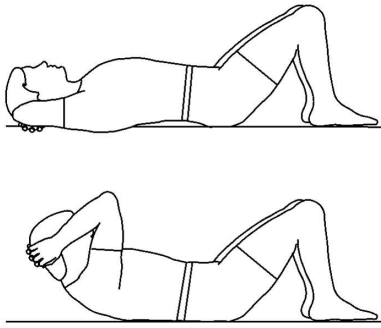
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## Crunch



- Crunches promote a solid core, crucial for posture and breathing while carrying a pack or hiking.
- Lie on back with knees bent, and hands clasped behind neck.
- Raise shoulders up until they clear the floor and return to start position for one set.
- For the other two sets,
- Raise left shoulder toward right knee, return to floor.
- Lift right shoulder toward left knee, return to floor.

Perform 3 sets of 20 Repetitions, M,W,F.

Perform 1 repetition every 4 Seconds.

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