



## **MountainVision Pre-Expedition Training**

In preparation for your upcoming MountainVision expedition, we would like to give you direction on the expected level of conditioning you should have prior to your departure.

The first few days of your trek are likely to be relatively low impact with 5-7 hour days of lowland hiking up, at times, steep trails. These trails are generally well established. There will be small 5-10 minute snack and water breaks about every 90-120 mins, weather permitting. We are sticklers when it comes to taking too many breaks, so they will be kept to a minimum if everyone is feeling strong.

If your trip includes a summit, your night will start at around 2am. It will be cold and dark. The route will gain several thousand vertical feet of elevation over the course of 6-8 hours. After the summit celebration it's down, down, down. You will also descend several thousand feet. In total this could be around a 15 hour day. It's good to think of this day as like doing a Colorado 14er that has a long approach (Longs Peak, Shavano, Humbolt and many more). This is why we suggest you do as many 14ers in Colorado as possible. We always schedule pre-trip climb of a local 14er for team members, even if you do not live in Colorado, we urge you join us for one of these valuable weekends.

You should also do some overnight camping, preferably two consecutive nights to get the feel of a longer trip and get used to many of things that go with multi-day camp trips (going to the 'bathroom', sleeping on a therma-rest and drinking out of a liter bottle).

For the those of you that don't live in or near the Rocky Mountains, other options include stair climbing, long runs with as much uphill slope as you can get and some overnight camping.

Please never hesitate to call us with any pre-trip questions or thoughts. We want you to be as prepared and ready for your adventure as you possibly can be.

Jeff and company  
MountainVision Expeditions

## Pre-Trip Training Program

### **9-12 months from departure:**

- ◇ 2-3 hour hikes with moderate elevation gain, carrying approx. 10lbs
  - 2 days per week
- ◇ Overnight hike/camp trip with a minimum of 1 night in tent
  - 1 trip per month

### **6-9 months from departure:**

- ◇ Extended hikes, minimum of 4 hours with significant elevation gain, carrying 10lbs
  - 2-3 days per week
- ◇ Overnight hike/camp trip with a minimum of 2 consecutive nights in tent
  - 1-2 trips per month
- ◇ Mandatory ascent of high peak, preferably >14,000 ft
  - Minimum of 1 ascent per month
- ◇ Gym workout focusing on specific muscle groups:
  1. deltoids
  2. biceps
  3. low back
  4. core-abs
  5. hip flexors
  6. quads
  - Go to the gym 2 days per week

### **3-6 months from departure:**

- ◇ Extended hikes, 4-6 hours with significant elevation gain, carrying 10lbs
  - 2-3 days per week
- ◇ Overnight hike/camp trip with a minimum of 2 consecutive nights in tent
  - 1-2 trips per month
- ◇ Mandatory ascent of high peak, preferably >14,000 ft
  - Minimum of 2 ascents per month
- ◇ Gym workout, see above
  - 2 days per week

### **1-3 months from departure:**

- ◇ Extended hikes minimum 5 hours with significant elevation gain, carrying 10lbs
  - 2-3 days per week
- ◇ Overnight hike/camp trip with 2-3 consecutive nights in tent
  - 1-2 trips per month
- ◇ Mandatory ascent of high peak, preferably >14,000 ft
  - Minimum of 2 ascents per month

-Be creative with your schedule. Have fun with the training...don't look at it as work...it's fun.

-Alternate gym workout days with hiking workout days

-During your hikes, keep slow steady pace with 10 minute breaks approx. every 90 mins

-Train with the gear you plan on using on the trip

-Long runs are good but longer steep walks are better

-Eat healthy. Just because you are training doesn't give you license to eat unhealthy foods

-Calculate your target exercise heart rate <http://www.healthchecksyste.ms.com/heart.asp> and shoot for it whenever training.