

12 WEEK TRAINING PROGRAMME



**CHALLENGE
YOURSELF**

12 WEEK TRAINING PROGRAMME

Since failure to summit is far more likely to happen due to exhaustion as a result of inadequate training, not due to altitude related causes, we urge you to commit to this training programme, in order to make the most of your summit attempt.

Please note: not every element of our training regime is mountain specific.
There are two aspects:

a) Cardiovascular training

Strengthens the heart and lungs to cope with the rigours of high altitude expedition.

b) Endurance training

Geared towards conditioning you for walking uphill over long distances.

Remember:

CHALLENGE YOURSELF!

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	 Jog - 2 miles	Rest	 Jog - 3 miles	 Swim - 8 lengths	Rest	 Jog - 3 miles	Rest
WEEK 2	  Jog - 3 miles Swim - 12 lengths	 Jog - 5 miles	 Jog - 3 miles Best effort (timed)	  Swim - 12 lengths Jog - 3 miles	 Hill training - 7 reps	 Jog - 3 miles Best effort (timed)	Rest
WEEK 3	  Swim - 12 lengths Jog - 3 miles	 Jog - 5 miles	 Jog - 3 miles Best effort (timed)	  Swim - 12 lengths Jog - 3 miles	 Hill training - 9 reps	 Jog - 3 miles Best effort (timed)	Rest
WEEK 4	  Jog - 5 miles Swim - 15 lengths	 Circuits - 20 minutes	Rest	 Interval training - 3 miles	 Swim - 15 lengths	Rest	Rest

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

WEEK 5



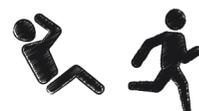
Jog - 5 miles
Swim - 15 lengths



Circuits - 20 mins
Hills - 10 reps



Jog - 4 miles
Swim - 15 lengths



Circuits - 20 mins
Jog - 4 miles



Circuits - 20 mins
Jog - 4 miles



Jog - 3 miles
Timed run - 1.5 miles

Rest

WEEK 6



Jog - 4 miles
Circuits - 20 mins



Swim - 17 lengths
Hills - 12 reps



Jog 1 - 3 miles
Jog 2 - 4 miles



Swim - 20 lengths



Swim - 20 lengths



Jog - 4 miles
Circuits - 20 mins

Rest

WEEK 7



Swim - 18 lengths
Jog - 4 miles



Jog - 5 miles

Rest



Jog - 5 miles
Circuits - 20 mins



Jog - 5 miles

Rest

Rest

WEEK 8



Swim - 20 Lths
Jog - 4 miles
Circuits - 20 mins



Hills - 15 reps
Jog - 4 miles



Hillwalk - 12 kg rucksack - 6 miles



Jog - 3 miles



Swim - 25 lengths
Jog - 6 miles



Hillwalk - 12 kg rucksack - 10 miles

Rest

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

WEEK 9



Hills - 15 reps
Jog - 4 miles



Circuits - 20 mins
Jog - 3 miles



Swim - 30 lengths

Rest

Rest



Hillwalk -
12 kg rucksack
- 10 miles

Rest

WEEK 10



Jog - 5 miles



Swim - 30 lengths

Rest



Timed run -
1.5 miles
Circuits - 20 mins

Rest



Hillwalk -
12 kg rucksack
- 10 miles

Rest

WEEK 11



Jog - 5 miles
Circuits - 20 mins



Jog - 3 miles



Hillwalk -
15 kg rucksack
- 5 miles



Jog - 5 miles

Rest



Hillwalk -
15 kg rucksack
- 20 miles

Rest

WEEK 12



Hillwalk -
15 kg rucksack
- 5 miles



Timed run -
1.5 miles

Rest



Fast run - 3 miles



Jog - 8 miles

Rest

Rest

END

KEY TO EXERCISES



JOG

The best cardiovascular exercise, but high impact, with an increased risk of injury. Make sure you stretch and warm up before each session. Jog at a pace which allows you to maintain a short-sentenced conversation with a partner. If injury seems inevitable, substitute with cycling or swimming.



TIMED RUN

Try to find a 1.5 mile (2.4 km) course with some rises and falls, but no big hills. Warm up well and aim for the best time you're capable of. Note your time. As you progress through the programme, you should see your time reduce, proving increased cardiovascular strength.



HILL TRAINING

Find an incline that's long enough to sprint up for a minute (if you're capable of doing this). One repetition is an ascent and descent with no breaks. If you jog down, take small strides and do not lock your knees. Keep your rest time between repetitions to a minimum.



SWIM

A useful non-impact cardiovascular exercise with the added benefit of strengthening your shoulders for load bearing. If you experience pains or niggles when you jog substitute some jogging sessions for swimming. If you thoroughly dislike being in water or can't swim cycling is a good low-impact alternative but is difficult in bad weather and carries peculiar risks of its own.



CIRCUITS

Strengthens the midriff and shoulders and minimises risk of neck strain, and shoulder and neck injuries caused by carrying your day sack.

A typical circuit session might consist of: 25 press ups; 35 sit ups; 15 dips; 5 pull ups; 20 press ups; 30 sit ups; 12 dips; 4 pull ups; 15 press ups; 25 sit ups; 8 dips; 3 pull ups.



INTERVAL TRAINING

Vigorous and effective form of cardiovascular strength training. It's a run punctuated with short periods of intensive output. Jog at moderate pace for 5 minutes, then sprint for 20 seconds exactly; jog for 3 minutes moderately, then run hard for 1 minute; jog 4 minutes, sprint 30 seconds; jog 8 minutes, run hard 2 minutes; jog 5 minutes, sprint 30 seconds, etc.

Hard work, but pays excellent dividends.



HILLWALKING

Essential Kilimanjaro training. Keep moving at a good pace with only short breaks now and then. Take plenty of water and take a little sip often. Our programme deliberately has you carrying more weight than you'll carry on Kilimanjaro, exaggerating the sense of fatigue you'll experience at high altitude.