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2000 ft of elevation gain. 3000-4000 ft of elevation gain. Link to top Week 6: Increase the duration of aerobic activity. Cairn allows you to share your trip plans with friends and family in less than a minute. 2. 2000 ft of elevation gain If no access to hiking substitute: 1 hr 30 min of stairs with 15-25 lb pack. Increase the amount of time spent outdoors hiking and backpacking. Link to top Week 10: Test week to see if you can manage a 5000ft elevation gain 2 days in a row. The basic goal of the plan is to get you in good enough shape to handle 2 days of 5000ft elevation gain each with a pack. The important thing is to get out and try and work out weekly. Sunday Hike with about 5000 feet of elevation gain. Similar to climbing 1 day on Mt. Rainier. Read the article on training tips and creating your own plan, this also explains Maximum Heart Rate and the Borg scale. Return to camp and hike out with full pack. Wight pack with water or small rocks for weight. Link to top Week 8: Easy week to guard against burnout. If doing a loop substitute full pack for day pack. Sunday Rest- Practice knots Link to top Week 7: Add Yoga and Weight training Increase the number of sets and amount of reps on strength training. Shop for gear, practice knots and skills. 20 lb pack. Increase the intensity of aerobic activity. Increase the % of MHR and duration of aerobic activity. Thursday 10 min stretch and warm up 1 hr Cardio @ 75% Avg MHR Run, Bike, Swim Friday 20 min stairs @ 80% Avg MHR Saturday 10 min stretch and warm up 5 hr hike with 15-25 lb pack. Safety contacts then can track you if overdue and you get to see where in the wilderness to find cell coverage. Aim for 1500 steps up and down. . This is just a roadmap, not everyone is the same or has the same needs, tailor it to your needs. Week 5 Warm Up Aerobic Strength Notes Monday 10 min stretch and warm up 1 hr Cardio @ 85% Avg MHR Run, Bike, Swim Tuesday Weight training your pick. Saturday Rest Sunday 45 min cardio at 85% of Sunday 5 hours walk with 15-35 lb package. If your climb is more grueling, you will have to adjust accordingly. Friday from 6 to 8 miles aim for a 10-minute pace. Increase the number of repetitions for strength training. Repeat the same walk as yesterday if your area does not have enough mounts or trails. 3. Friday Rest Sabbath with approximately 5000 feet of lift gain, ³ a package of 55-60 lb. 1. Jump to: Week 1, Week 2, Week 3, Week 4, Week 5, Week 6, Week 7, Week 8, Week 9, Week 10, Week 11, Week 12 Note: This article assumes a basic level of physical state and is based on opinions and experience of the author. You should consult a doctor before starting an exercise program. Week 6 Warming up Notes of strength yesterday³ bica Monday Rest from the weekend on Tuesday 10 minutes ENCHANTMENT N 50 minutes stairs @ 70% avg mhr miÃ© Wednesday 10 minutes and warm up 1 hour 15 minutes cardio @ 75% mhr, bike, swimming Thursday ³ 10 min Stretch and warm up 90 minutes Walking balance exercises Friday rest from the Saturday 4-6 miles walk with a package of 35-45 lb. Week 7 AerÃ bico Warming Notes of strength yesterdayÃ ³ bica Monday training yoga or weights Tuesday 10 minutes of stretching and warming of 60 minutes on stairs @ 70% AVG MHR Balance exercises myÃ© Wednesday 10 minutes Stretching and warming 4 sets of following: Squats (30) Step forward (100 100) Pass ups side left and right (100) steps (100) flexions (25) pull ups (as many as you can) abs (100) board (60 seconds hold) climber mounts (70) Thursday 10 minutes stretch and Warm up 90 minutes walking Friday break Saturday walk and camp at least 2 miles walk with full package. Some things to remember when following this plan: 1. Week 12 Warming Strength notes yesterday³ bica Monday 90 adibus adibus ,otla ebuS !adalacse ed anames ed nif¡Â ... .cte , .cte ,racapme ,opiuqe ne renop acitcarp ,odatardih neib etnetnam ,asnacseD sotunim 03 ed otneimatnelac y otneimaritse ed sotunim 02 selocr©ÃiM RHM GVA .cte ,n³Ãicatan ,atelcicib ,nuR RHM %57-07 a oidraC Link to the upper página 2 ALI Alami here you have an approximate training plan of 6 weeks to put yourself in shape to practice hiking/mountainism. Rest at least 2 days before uploading. WEEK 8 Warm -up notes of Aeróbica Force Monday Rest of the weekend Tuesday 10 min Stretching and heating 60 min cardio @ 85% average mhr mié rcoles 10 min Stretching and heating 4 series of the following: squares (30) front steps (100) Left and right side steps (100) Descending steps (100) Ascending steps (25) Ascending steps (as many as you can do) steps (100) Iron Stretching and heating min 2-2.5 hours of walking Friday 60 min cardio @ 85% average MHR Sã¡bado rest Sunday rest rest Sunday rest Sunday rest Sunday rest Link to week 9: Construction of resistance and intensity of the activity AERÍBICA WEEK 9 HEATING AERÍBIC FORCE NOTES MONDAY 60-80 MIN CARDIO @ 85% AVG MHR TUESDAY 10 MIN STORITION AND HEATING 20 MIN CARDIO @ 85% AVG MHR 3 GAME s of the following: squares (30) front steps (100) left and right side steps (100) Descending steps (100) Ascending steps (25) Ascending steps (as many as you can do) steps (100) iron (60 seconds of waiting) Mounting climbers (70) Sittete free to change the order of cardiovascular and strength training. Urban users can climb stairs as a substitute link to the top to week 11: rest of the uprising/up of last weekend. Leave details about exact stretching, exercises and weight training to follow. When climbing, hiking or running on trails we recommend that you stay safe by downloading the Cairn app. 4.5.1 Set of 10 repetitions of the following: steps Lateral steps Descenting Push Staircons Plank Monta Scales Tuesday Ret Right (40) Bajo steps (40) Steps up (10) Bajo (50) steps (60 seconds) Monta Scales Min Stretching and Heating 30 Min cardio @ 70% 3 Games of the following: Squares (15) steps in front (40) Escalón side Left and right (40) Step downs (40) Push Ups (10) Crunches (50) Plank (60 seconds) Mountain climbers (50) Saturday 10 min stretch and warm up 2-3 hr walk or hike with 15-20 lb pack Sunday Rest Day: Review knots and/or equipment Link to top Week 2: Continue building strength, balance, and a strong base. Introduction on walking longer distance and duration. Take frequent but short breaks and drink plenty of water. Be creative and change out your workout to stay interested. For Safety we recommend you download the Cairn app which lets you easily share your trip plans with friends and family and know exact spots to get coverage in case you have to call 911. Hike multiple days in a row with a heavy pack. Aim for 3500-4500 feet of elevation gain. Balance exercises Friday Rest Day Saturday 10 min stretch and warm up Walk/Run 50% alternating for 1.5 hrs or Hike 3-5hrs with 15-20lb Pack or Snowshoe 1.5-2hrs Sunday Rest Day: Read up on trip, equipment, and skills Link to top Week 4: Emphasis on interval training and endurance. For strength training work on your techniques and motion. Note: We are a bit biased as Cairn was created by some FitClimb members. Preferably 3-4 miles. Increase the amount of elevation gain hiking and backpacking with a pack. This will is a good plan for getting in shape to climb Mt. St. Helens, Mt. Hood, Kilimanjaro, Half Dome (make sure you check this resource if climbing Half Dome), or a 2 day back pack trip with less than 4500ft of elevation gain. Aim for 1800 steps up and 1800 steps down. Wednesday 10 min stretch and warm up Rest Thursday 10 min stretch and warm up 30 min aerobic activity at 85% MHR. Continue to gain endurance and aerobic intensity. One day doing Cardio first and the next time doing strength first. Week 10 Warm Up Aerobic Strength Notes Monday Rest Tuesday 10 min stretch and warm up 60 min stairs @ 75% Avg MHR Wednesday 10 min stretch and warm up 1 hr 45 min Cardio @ 70% MHR Run, Bike, Swim Thursday 10 min stretch and warm 2-2.5 Hours of Ran Taminata. Check out the fitness void for some basic fitness hiking exercises 4. Rcoles 10 minute and heating 45 min cardio @ 85% MHR Carrera, bicycle, swimming 4 games 4 games of the following: squares (20) steps forward (50) Left and right side steps (50) Bajo steps (50) steps above (10) steps above (5-10) Down steps (70) iron (60 seconds) mounting climbers (50) Strength training is You can replace with 45 min yoga Thursday 10 min stretching and heating 1 h 15 min cardio @ 75% mhr run, bike, swim friday 30 min lads @ 85% AVG mhr Sã¡bado 1 stretch 0 minutes and heat 5 hours of walking with walking with The 15-35 lb. WEEK 2 AERÍBIC HEATING FORCE NOTES MONDAY 10 MIN STORM AND HEATING 30 MIN CARDIO @ 70% AVG MHR RUN, Bike, 20 min WALK yoga equilibrium exercises lied rcoles 10 min Stretching and heating 40 min stairs @ 70% AVG MHR 3 games of the following: squares (15) steps forward (40) steps left and right (40) Bajo steps (40) steps above (10) Down steps (50) Iron (60 seconds) Monta Scales % AVG MHR 4 series of the following: squares (15) front steps (40) left and right side steps (40) Descending steps (40) Ascending steps (10) steps (50) Iron (60 seconds) Mounting climbers (50) SHE do 10 min of stretching and heating 3 miles of career or 15 miles of bicycle or 1000 meters of swimming Sunday rest of knots and/or equipment link to the top week 3: Continue the change of strength training to the use in aeromis. Care yourself That he gets well and cooled to avoid injuries. Check out the fitness video for some basic tips Fitness Skip to: Week 2 | Week 3 | Week 4 | Week 5 | Week 6 Note: This article assumes a basic level of aptitude and is based on opinions and experience of the author. Sunday 15 mining in the corn an equilibrium exercises Link at the beginning week 5: al renetnam arap anames al ed lanif le etnarud atcefA .allim onu adac rhm 08 y rhm 07 ertne odnanretlA sallim 4 ed otneimatnelac y sotunim 01 selocr©Ãim osnacsed ed aÃD osnacsed ed setram odnataN ,ekiB ,nuR RHM GVA %56 @ oidraC sotunim 03 aroh 1 otneimatnelac y omreucE sotunim 01 senuL acib³Ãrea aicnetsiser ed satoN otneimatnelac ed otneimatnelaC 4 anameS .dutitla al ed sotcefe sol sarirfus on euq azitnarag on amrof aneub ne ratse euq ed atneuc etaD .esab anu y oirbiliuqe le ,n³Ãiccurtsnoc al ed azreuf al ne artneucne es anames atse arap euqofne lE :1 anameS .samelborp nis orajnamiliK ralacse odup y 8 anames al atsah ³Ãjabart ogima nU .lautca acisÃf n³Ãicidnoc ed levin y osnecsa us ed n³Ãicnuf ne sanames ed orem⁰Ãn le ratsuja edeup n©ÃibmaT >> 6 5 4 3 2 anames amix³Ãrp aL< sopiuqe o/y sodun ed n³Ãisiver :ognimod led osnacsed ed aÃD bl 02-51 noc atanimac o atanimac saroh 3-2 ed otneimatnelac y omart ed sotunim 01 odab¡ÃS)05(sa±ÃatnoM)sodnuges 06(secapaT)05(sehcnurC)01 (senoixelf)04(senolacse)04(ohcered y odreiuqzi selaretal senolacse)04(latnorf senolacse)51(sallidatnes :setneiugis ed sogeuj 3 %07 @ oidrac sotunim 03 otneimatnelac y otneimaritse ed sotunim 01 senreiv le ranimac sotunim 02 RHM % 07 @ sarelacse sotunim 04 otneimatnelac y omart ed sotunim 01 seveuj)05( )sodnuges 06(a±Ãatnom ed senolbat)05(sodijurc)01(senoixelf)04(senolacse)04(ahcered y adreiuqzi al aicah senolacse)04(tnorf spu osaP)51(stauqS :setneiugis ed steS 3 RHM %07 @ oidraC sotunim 02 otneimatnelac y odapucE sotunim 01 selocr©ÃiM osnacsed ed aÃD setraM niatnuoM niatnuoM knalP sehcnurC spU hsuP ojaba aicah oguP odal ed osaP oretnaled osaP spu osaP :etneiugis ol ed senoiciteper 01 ed ogeuj 1 .etnematnel ejabart y ojab ecneimoc ,groB alacse al ed odibicrep ozreufse ed levin le riutitsus edeup ,acaÃdrac aicneucerf ed rotinom nu eneit on iS .edrat s¡Ãm senoisel rineverp a ¡Ãraduya otsE .bl 52-51 ed eteuqap nu noc sarelacse ed sotunim 03 aroh 1 :omsirednes ed otutitsus la osecca yah on iS Music. Sunday 2 miles walk from the dÃa camp with dÃa package. Increase the amount of time spent outdoors walking and backpacking with a package. Week 1 AerÃ bico Warming ³ Notes of endurance on Monday 10 minutes Stretch and warm up 30 minutes Cardio @ 60% AVG MHR Run, bicycle, swimming³ or other. This 12³ week training plan (free) is designed to get .RHM .adiregus RHM al riuges y acaÃdrac aicneucerf al ed rotinom nu renet aduya etnemlaeR .senoisel rineverp arap dadisnetni al ricuder ojoR :21 anameS pot ot kniL tseR ognimoD eip a sotunim 09 odab¡ÃS ¦Â¢Ãcte ,n³Ãicatan ,atelcicib ,nur RHM ed %58-57 la oidrac nim 06 senreiV ¦Â¢Ãcte ,n³Ãicatan ,atelcicib ,nur RHM ed %58-57 la oidrac nim 06 atneilac y otneimaritse nim 01 seveuJ)07(a±Ãatnom ed serodalacsE)n³Ãicneter ed sodnuges 06(albaT)001(sehcnurC)recah sadeup euq sal sadot(spu lluP)52(spU hsuP)001(snwod petS)001(ohcered y odreiuqzi laretal spu petS)001(tnorf spu petS)03(stauqS :etneiugis ol ed sotnujnoc 3 miwS ,ekiB ,nuR RHM %57 @ oidraC nim 54 otneimatnelac y otneimaritse nim 01 selocr©ÃiM osnacseD otneimatnelac y otneimaritse nim 02 setraM anames ed nif led osnacseD eip a nim 03 senuL acib³Ãrea azreuf ed satoN otneimatnelaC 11 anameS .odip¡Ãr s¡Ãm o sotunim sallim 01 a atnupA .bl 02-51 ed eteuqap noc sarelacse ed nim 51 aroh 1 atneilac y aritse nim 01 seveuJ)04(serodalacsE)sodnuges 06(albaT)05(sehcnurC)01(abirra aicah ejupmE)04(snwod osaP)04(ahcered y adreiuqzI laretal spu petS)51(stauqS :etneiugis ol ed sotnujnoc 4 atneilac y otneimaritse nim 01 selocr©ÃiM RHM gvA %57 @ sarelacse nim 57 atneilac y otneimaritse nim 01 setraM eip a nim 01 radaN ,ekiB ,nuR RHM gvA %57 @ oidraC nim 05 atneilac y otneimaritse nim 01 senuL aiboreA azreuF ed satoN otneimatnelaC 3 anameS .dutitla ed otnemua noc odaznava aÃd-itlum orelihcom ed sejaiv o ,cnalB tnoM ,smadA .tM ,kaeP sgnoL ,yentihW .tM ,atsahS .tM ,reiniaR .tM ne radn¡Ãtse satur ed erbmuc a±Ãatnom ed otnetni nu arap amrof ne anosrep

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