



TANZANIA: MT. KILIMANJARO

Training Plan

Training Plan

The best exercise you can do to prepare for Mt. Kilimanjaro is trekking. Start training at least three to four months prior to your departure

Early and proper training will allow your body to gradually increase strength, avoid potential injury, and reduce aches and pains on the mountain. In addition to trekking, other forms of aerobic training and weight training should be a part of your overall training plan.

Climbing Mt. Kilimanjaro is about endurance and stamina. You have to be able to walk with a 10-15 lb. backpack for up to 8 hours a day, for seven days. A strong body is essential for this type of trekking. There are a few demanding sections on each day. Summit day will be a minimum of 10-12 hours on your feet.

Legs

Strong, conditioned legs make it easier to walk uphill and downhill for sustained periods of time and protects the knees.

Core

Core strength helps stabilize the entire body and supports the hips, back, and all the muscles in the midsection. This is your center of gravity, where all body movements begin.

Back and Shoulders

Upper body strength prevents fatigue while carrying a weighted backpack.

TANZANIA: MT. KILIMANJARO

Training Plan

Aerobic Fitness

Aerobic strength allows the body to function efficiently with less oxygen. A trained body is more likely to withstand the stress of consecutive days of trekking and camping.

Positive Mental Attitude

A positive attitude will work wonders for you when you are fatigued and out of your comfort zone.

If you've never trekked before, visit a reputable outdoor store. They can assist you in selecting a proper trekking boot to fit your foot. We suggest both a low-rise and a hi-rise waterproof trekking boot. Early training will allow you time to find the best fitting boots.

Lace up your boots and start trekking! Aim for 3-4 treks each week. If you are not trekking, you should be doing aerobic training 3-4 times each week. Begin with a slow pace and gradually increase as your fitness level improves.

Training Suggestions

1. Trek a minimum of 60 minutes per session. Gradually build up the length of time on your feet and distance covered.
2. Set your goal to be able to trek at least 4-6 hours, with moderate elevation changes (1,000ft/305m).
3. As you get stronger, add a backpack and gradually increase the carry weight until you are comfortable carrying a 15lbs backpack.
4. On some training days, shorten the time interval or distance, and increase the pace for a maximum of 30-45 minutes, as hard as you can go; almost to the point of exhaustion!

In the Phoenix area, Camelback and Squaw Peak Mountains are great areas for training treks for this length of time. Time yourself on your favorite trail and try to improve with every workout. You will see improvement!

Alternative outdoor aerobic training

- Hill running
- Road running
- Cycling
- Nordic skiing
- Swimming
- Speed walking



TANZANIA: MT. KILIMANJARO

Training Plan

Indoor aerobic training

- Stairmaster (or a similar machine that resembles stepping up). Begin with 15 minutes, working up to 1-2 hours. Set it to 30 steps per minute.
- Treadmill: Increase the incline for uphill walking
- Exercise bike: Select a hill program
- Jacob's Ladder

Set your goal to increase distance and pace. As you get stronger, wear your boots and backpack when appropriate.

Resistance training: Think strong back, core, legs and buttocks! (Minimum of 2 times per week)

- Deadlift
- Forward and backward walking lunges
- Squats
- Box step ups and step downs
- Standing calve raises
- Pushups/pull-ups
- Sit-ups and planks
- Standing military press
- Core work with a medicine ball
- Farmer's carry

Flexibility – Increased flexibility will reduce stiffness from a long day of hiking. Daily stretching should be included in your training program.

- Hamstrings
- Quads
- Calves
- Shoulder
- Hip flexors
- IT band

Focus on weak areas – Trekking will find your weakest area! The descent, in particular, will put strain on your knees, back, and hips. Include a specific strength program to eliminate problems in these areas.

TANZANIA: MT. KILIMANJARO

Training Plan

Early Training Benefits

- Allows you to try different types of boots and socks to ensure a proper fit that is comfortable and will not give you blisters.
- Allows time to become familiar with your gear. Each climber should know how the gear works and ensure that it fits properly.
- Allows time to take some days off of training to allow the body to recover. Build up to 5 days of training with 2 days of rest.days of rest.

Trekking poles:

Are highly recommended to use on Mt. Kilimanjaro. Use your poles during your training treks.

Consult a personal trainer before beginning any exercise program and/or for specific exercises best suited for your ability level.

Go online to research weight training specific for trekking. This will be helpful to understand the suggested exercises listed above.

Prior to trekking, make sure your backpack and waist belt is properly fitted for your body.

Refer to the K2AT packing list for a complete list of gear for your trek.

The exercises listed above are to be used as a guide to prepare you for your trek. It is up to you to select a program that best suits your ability, lifestyle, and where you live. Feel free to contact Kevin Cherilla at kevin@k2adventures.org with questions relating to your training.

If you reach your training goals, you're ready for the real thing.

For more information:

Kevin Cherilla

kevin@k2adventures.org
602-868-6145

Kristen Sandquist

kristen@k2adventures.org
480-797-2940

Taryn Borges

taryn@k2adventures.org
512-576-2657

