

Training Plan

Climbing a mountain is a marathon not a sprint so training should be geared towards endurance and building up those leg muscles. Equally, mental stamina is also important so we advise reading up about the mountain so you know what to expect and preparing yourself with motivational speeches!

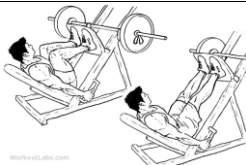

Remember, this training plan is just a guide. Always warm up and warm down, never push yourself too hard or do things outside of your ability always talk to your gym instructor before attempting the exercises.

Top Tips for getting up that mountain!


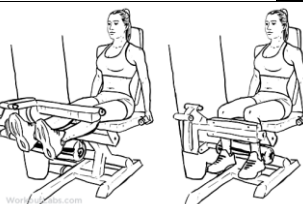
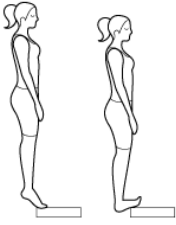
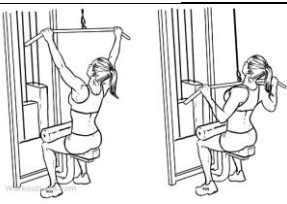
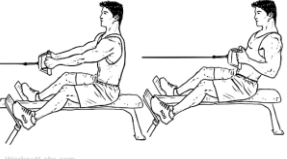
Aerobic exercise

We have asked a gym instructor to come up with a couple of basic routines that you can do to build up your cardiovascular fitness as well as your muscles. Make sure you start slowly, and with weights that you're comfortable with before building up slowly. Make sure you consult your gym instructor before using the equipment.

Workout I

Warm Up	Running Machine (brisk walk)	5-7 minutes
Weights 10 reps/3 sets/60sec rest	Leg Press	
	Weighted box step ups	

Dig Deep **CHALLENGES**

	Leg extensions	
	Leg curls	
	Calf raises	
	Pull Downs	
	Seated Row	
Cardio	Treadmill Intervals	12 minutes 30-60 sec hard work 30-60 sec recovery
	Stepper	12 minutes 30-60 sec hard work 30-60 sec recovery
Warm Down	Stretches	5-10 minutes

Workout 2



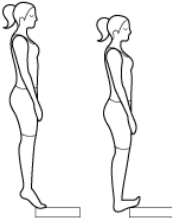
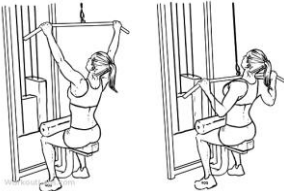
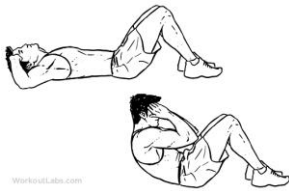
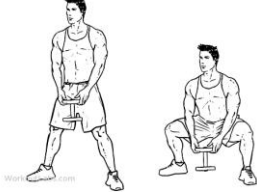

Warm Up	Running Machine (brisk walk)	5-7 minutes
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www.climbforcleanwater.org.uk

Dig Deep (Africa) is a registered charity (No. 1148745) and a registered company limited by guarantee (No. 8034496) in England and Wales.



Dig Deep CHALLENGES

Weights 10 reps/3 sets/60sec rest	Squats	
	Leg extensions	
	Calf raises	
	Pull downs	
HIIT 45 secs rep/15sec break/3 reps	Push ups	
	Sit ups	
	Sumo squats	
	Bum kicks	

	Plank	
Cardio	Treadmill Intervals	6 minutes 30-60 sec hard work 30-60 sec recovery
Warm Down	Stretches	5-10 minutes

Walking and hiking

The best preparation you can do is walking, walking, walking! Getting the feel for hiking on tricky terrain for long periods will do well to prepare you for how it feels. Start small and slowly and build up to walking longer distances with at least 6kg on your back. On average you will be walking 8-15km per day, although your summit night will be longer between 20-32km, depending on which mountain you are climbing. The more walking you do, the more you'll be prepared for that climb!

Mental stamina

Kilimanjaro and Mount Kenya are as much mental challenges as they are physical ones – keeping yourself motivated is important and is a highlight of the challenge for most people! So get prepared – learn about the mountain so you know what to expect, put together a walking playlist and plan what you're going to do at the summit!