

## TREK FIT.

Hi Jo Sharp here, I will be your fitness leader on the Sharing The French Alps adventure. I am really excited, we are going to share some amazing trekking and non-trekking adventures. The more prepared you are for the treks the more you will be able to immerse yourself in the jaw dropping vistas and picture perfect alps. You definitely don't need to be an elite athlete, but you do need to have some trek fitness. You are going to have loads of fun getting to know your quads as well as having some great conversations with your calves.

The best way to get trek fit is to "walk the walk" and do some treks. Begin, with shorter, less strenuous treks and gradually increase the length and elevation. You should be able to walk 4-5 hours before you leave. You should aim, if possible, for bush trails, as they will have a similar terrain. The uneven surfaces will help strengthen, ankles, knees and your core which will in turn improve your balance.

The treks are going to involve ascending, descending and elevation so gradually include hills and or stairs. Variety is the key. Trekking is endurance not a sprint so aim to build to about 3 long hikes per month and shorter more intense weekly trails. As well as trek training adding some specific leg workouts and core training will also help.

The following programme will hopefully give you some ideas. Before undertaking any fitness programme please be guided by your treating medical practitioners.

Interval training (Tabata, HIIT) is a great way to build fitness and allows you to work at your own fitness level and a variety of exercises can be added.

20 seconds of intense workout followed by 10 seconds of recovery x 8 rounds

Suggested exercises:

Squats

Jump squats

Step ups

Lunges

Jump lunges

Wall sit

Burpee

Plank

You can choose one exercise for a workout or mix it up with all or a couple of exercises. This training is quick (4 minutes) so no excuses, but if you have time, fitness or you build up to longer sessions you can do full rounds of a few exercises or do full rounds of every exercise or any other exercise you prefer. Aim to do interval training workout 3 times per week.

3 shorter intense walks per week build to include hills and or stairs

1 longer walk per week building to 4-5 hours.