



KILIMANJARO EXAMPLE TRAINING PROGRAM

- This training program focuses on aerobic, flexibility and strength building exercises.
- It is a generic program anyone can use as an example of the types of exercise they should do. It should be adjusted based on your fitness level and specific needs.
- Aerobic exercise builds the cardiovascular system which is key when training to climb Kilimanjaro (a strong cardiovascular system will help you process limited oxygen in a more efficient way).
- Strengthening your muscles will make it easier to perform for 7 - 8 continuous days where you will walk for 5+ hours per day. It will also make it easier to carry your backpack.
- Yoga and stretching reduces the chance of injury and we recommend you do 1 yoga session per week where possible.

	Monday	Wednesday	Friday	Weekend	Optional sessions	Notes	Example resources
Week 1 - 4	Minutes					Focus is to build strength, balance, and a base. This will help prevent injury later.	
Warm up and stretch		5					
Walking:							
3 - 4km per hour (average) pace with 2 - 6kg backpack	40		40	1.5 - 3 hours		Aim to walk in areas with hills. Try and walk down hill as much or more than you walk up hill. Stairs are an alternative to hills.	
On heels, toes lifted (5 x 1 min)	5		5			These exercises are for lower leg development	
On toes, heels lifted (5 x 1 min)	5		5				
Walking stairs or a steep hill (continuously up & down)		15 - 30					
Other exercise:							
Step-up (3 sets x 10 - 30 reps)		15					
Side step-up (3 sets x 10 - 30 reps/leg)							https://www.youtube.com/watch?v=g5RW58fqUXI
Step down (3 sets x 10 - 30 reps)							https://www.youtube.com/watch?v=vTSyTbpaDQ8
Optional sessions:							
Step aerobics (12 - 15 mins)					15		https://www.youtube.com/watch?v=rV-87UCJvoQ
Yoga					20 - 60	Check out some of our yoga favourites via the link to the right.	https://www.youtube.com/playlist?list=PL7CV2UJRQzudXrSKTLfwyqOXe9OxM5mU
Meditation					5 - 35	Download the Smiling Minds App and incorporate meditation in to your day (try 5mins/day) to build mental resilience.	https://www.smilingmind.com.au
Cool down and stretch	10	10	10	10			
Total time	60	45 - 60	60				

	Monday	Wednesday	Friday	Weekend	Optional sessions	Notes	Example resources
Week 5	Minutes					Focus is to rest, flexibility and mental resilience this week.	
Walking:							
3 - 4km per hour (average) with 6 - 10kg backpack		45 - 60		3- 4 hours		Aim to walk in areas with hills. Try and walk down hill as much or more than you walk up hill. Stairs are an alternative to hills.	
On heels, toes lifted (5 x 1 min)		5				These exercises are for lower leg development	
On toes, heels lifted (5 x 1 min)		5					
Other exercise:							
Yoga	20 - 60		20 - 60		20 - 60	Check out some of our yoga favourites via the link to the right.	https://www.youtube.com/playlist?list=PL7CV2UJRQzudXrSKTLfwyqOXe9OxM5mU
Meditation					5 - 35	Download the Smiling Minds App and incorporate meditation in to your day (try 5mins/day) to build mental resilience.	https://www.smilingmind.com.au
Cool down and stretch		10		10			
Total time	20 - 60	65 - 80	20 - 60	10			

	Monday	Wednesday	Friday	Weekend	Optional sessions	Notes	Example resources
Week 6 - 9	Minutes					Focus is to continue to build strength, balance, and aerobic endurance.	
Warm up and stretch		5					
Walking:							
3 - 4km per hour (average) with 4 - 10kg backpack	40		40	3 - 5 hours	2 - 4 hours	Aim to walk in areas with hills. Try and walk down hill as much or more than you walk up hill. Stairs are an alternative to hills.	
On heels, toes lifted (5 x 1 min)	5		5			These exercises are for lower leg development	
On toes, heels lifted (5 x 1 min)	5		5				
Walking stairs or a steep hill with a 4 - 10kg backpack (continuously up & down)		20 - 40					
Other exercise:							
Step-up (3 sets x 10 - 30 reps) with 4 - 10kg backpack		15					
Side step-up (3 sets x 10 - 30 reps/leg) with 4 - 10kg backpack							https://www.youtube.com/watch?v=g5RW58fgUXI
Step down (3 sets x 10 - 30 reps) with 4 - 10kg backpack							https://www.youtube.com/watch?v=vTSyTbpaDQ8
Optional sessions:							
Step aerobics (12 - 15 mins)					15		https://www.youtube.com/watch?v=rV-87UCJvoQ
Yoga					20 - 60	Check out some of our yoga favourites via the link to the right.	https://www.youtube.com/playlist?list=PL7CV2UJRQzudXrxSKTlfwyqOXe9OxM5mU
Meditation					5 - 35	Download the Smiling Minds App and incorporate meditation in to your day (try 5mins/day) to build mental resilience.	https://www.smilingmind.com.au
Cool down and stretch	10	10	10	10			
Total time	60	50 - 70	60				

	Monday	Wednesday	Friday	Weekend	Optional sessions	Notes	Example resources
Week 10	Minutes					Focus is to rest, flexibility and mental resilience this week.	
Walking:							
3 - 4km per hour (average) with 6 - 10kg backpack		45 - 60		2 x 3 - 5 hours		Aim to walk in areas with hills. Try and walk down hill as much or more than you walk up hill. Stairs are an alternative to hills.	
On heels, toes lifted (5 x 1 min)		5				These exercises are for lower leg development	
On toes, heels lifted (5 x 1 min)		5					
Other exercise:							
Yoga	20 - 60		20 - 60		20 - 60	Check out some of our yoga favourites via the link to the right.	https://www.youtube.com/playlist?list=PL7CV2UJRQzudXrxSKTLfwyqOXe9OxM5mU
Meditation					5 - 35	Download the Smiling Minds App and incorporate meditation in to your day (try 5mins/day) to build mental resilience.	https://www.smilingmind.com.au
Cool down and stretch		10		10			
Total time	20 - 60	65 - 80	20 - 60	10			

	Monday	Wednesday	Friday	Weekend	Optional sessions	Notes	Example resources
Week 11 – 14	Minutes					Focus is to continue to build strength, balance, and aerobic endurance.	
Warm up and stretch		5					
Walking:							
3 – 4km per hour (average) with 6 – 10kg backpack	60 – 90		60 – 90	3 – 5 hours	3 – 5 hours	Aim to walk in areas with hills. Try and walk down hill as much or more than you walk up hill. Stairs are an alternative to hills.	
On heels, toes lifted (5 x 1 min)	5		5			These exercises are for lower leg development	
On toes, heels lifted (5 x 1 min)	5		5				
Walking stairs or a steep hill with a 6 – 10kg backpack (continuously up & down)		30 – 45					
Other exercise:							
Step-up (3 sets x 10 – 30 reps) with 6 – 10kg backpack		15					
Side step-up (3 sets x 10 – 30 reps/leg) with 6 – 10kg backpack							https://www.youtube.com/watch?v=g5RW58fgUXI
Step down (3 sets x 10 – 30 reps) with 6 – 10kg backpack							https://www.youtube.com/watch?v=vTSyTbpaDQ8
Optional sessions:							
Step aerobics (12 – 15 mins)					15		https://www.youtube.com/watch?v=rV-87UCJvoQ
Yoga					20 – 60	Check out some of our yoga favourites via the link to the right.	https://www.youtube.com/playlist?list=PL7CV2UJRQzudXrxSKTlfwyqOXe9OxM5mU
Meditation					5 – 35	Download the Smiling Minds App and incorporate meditation in to your day (try 5mins/day) to build mental resilience.	https://www.smilingmind.com.au
Cool down and stretch	10	10	10	10			
Total time	80 – 110	60 – 75	80 – 110				

	Monday	Wednesday	Friday	Weekend	Optional sessions	Notes	Example resources
Week 15	Minutes					Focus is to continue to build strength, balance, and aerobic endurance.	
Warm up and stretch		5					
Walking:							
3 - 4km per hour (average) with 10kg backpack	45 - 60			4 - 6 hours		Aim to walk in areas with hills. Try and walk down hill as much or more than you walk up hill. Stairs are an alternative to hills.	
On heels, toes lifted (5 x 1 min)	5					These exercises are for lower leg development	
On toes, heels lifted (5 x 1 min)	5						
Walking stairs or a steep hill with a 4 - 6kg backpack (continuously up & down)		30 - 45					
Other exercise:							
Step-up (3 sets x 10 - 30 reps) with 6 - 10kg backpack		15					
Side step-up (3 sets x 10 - 30 reps/leg) with 6 - 10kg backpack							https://www.youtube.com/watch?v=g5RW58fgUXI
Step down (3 sets x 10 - 30 reps) with 6 - 10kg backpack							https://www.youtube.com/watch?v=VTSyTbpaDQ8
Optional sessions:							
Step aerobics (12 - 15 mins)					15		https://www.youtube.com/watch?v=rV-87UCJvoQ
Yoga					20 - 60	Check out some of our yoga favourites via the link to the right.	https://www.youtube.com/playlist?list=PL7CV2UJRQzudXrxSKTlfwyqOXe9OxM5mU
Meditation					5 - 35	Download the Smiling Minds App and incorporate meditation in to your day (try 5mins/day) to build mental resilience.	https://www.smilingmind.com.au
Cool down and stretch	10	10	10	10			
Total time	65 - 85	60 - 75	65 - 85				

Week 16	NO TRAINING...I'M IN AFRICA!!!						
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