

# HOW TO GET FIT

We suggest incorporating jogging into your fitness routine for preparing for a trek. Jogging targets the key muscles used during trekking, such as your calves, glutes, and hamstrings. Over time, it enhances your stamina gradually. Moreover, jogging is a simple and equipment-free exercise option.

## Fitness Goal

For a comfortable trekking experience, it is essential to complete a **5 km distance within 35 minutes**. Meeting this minimum fitness level is necessary to undertake this trek



**NOTE:** If you are above 45 years old or cannot jog for some issue, we recommend **brisk walking 10 km under 90 min**.

## How to achieve this fitness?

- Start jogging at least 4 days a week
- If you cannot run 5 km immediately, start with 2 km and increase to 5 km over 2-3 weeks.
- Once you're able to run 5 km, increase your pace day by day.
- Gradually increase your pace and bring it down to 5 km in less than 35 mins
- You must be able to run 5 km in 35 mins consistently for at least 2 weeks before the trek.

This trek requires at least 6-8 weeks of preparation. The longer, the better. So plan your trek soon and start preparing.

## Why fitness matters?

Each high-altitude trek presents a unique set of obstacles, including steep ascents and descents, uneven terrain, snow walks, stream crossings, pass crossings, and summit climbs. Even the most straightforward treks encompass some, if not all, of these challenges. Without adequate fitness, trekkers may face difficulties, be prone to injuries, fall behind, or ultimately be unable to complete the trek.

At Trekkers of India, we take immense pride in our trekkers, who rank among the fittest in the country. Those who do not meet the required fitness standards are respectfully redirected. We firmly believe that trekking and fitness are inseparable companions. Without sufficient fitness, the essence of trekking is lost.

## Fitness Chart

Day	Exercise	Three Months Prior	Two Months Prior	One Month Prior
1	Uphill training (Stairs Climbing)	5 minutes (2.5 minutes continuously*2 sets) 1 minute break between each set	6 minutes (3 minutes continuously*2 sets) 1 minute break between each set	8 minutes (4 minutes continuously*2 sets) 1 minute break between each set
	Push Up	5*2 Set (10) (1 minute rest between each set)	5*3 Set (15) (1 minute rest between each set)	10*2 Set (20) (1 minute rest between each set)
	Sit Up	5*2 Set (10) (1 minute rest between each set)	5*3 Set (15) (1 minute rest between each set)	10*2 Set (20) (1 minute rest between each set)
2	Jog	15 minutes (alternate 60 seconds of continuous jogging and 90 seconds brisk walk for 15 minutes)	20 minutes (alternate 3 minutes of continuous jogging and 2 minutes brisk walk for 30 minutes)	30 minutes (alternate 5 minutes of continuous jogging and 2 minutes brisk walk for 40 minutes)
	Crunches	5*2 Set (10) (1 minute rest between each set)	5*3 Set (15) (1 minute rest between each set)	10*2 Set (20) (1 minute rest between each set)



Day	Exercise	Three Months Prior	Two Months Prior	One Month Prior
3	Uphill training (Stairs Climbing)	5 minutes (2.5 minutes continuously*2 sets) 1 minute break between each set	6 minutes (3 minutes continuously*2 sets) 1 minute break between each set	8 minutes (4 minutes continuously*2 sets) 1 minute break between each set
	Push Up	5*2 Set (10) (1 minute rest between each set)	5*3 Set (15) (1 minute rest between each set)	10*2 Set (20) (1 minute rest between each set)
	Sit Up	5*2 Set (10) (1 minute rest between each set)	5*3 Set (15) (1 minute rest between each set)	10*2 Set (20) (1 minute rest between each set)
4	Jog	15 minutes (alternate 60 seconds of continuous jogging and 90 seconds brisk walk for 15 minutes)	20 minutes (alternate 3 minutes of continuous jogging and 2 minutes brisk walk for 30 minutes)	30 minutes (alternate 5 minutes of continuous jogging and 2 minutes brisk walk for 40 minutes)
	Crunches	5*2 Set (10) (1 minute rest between each set)	5*3 Set (15) (1 minute rest between each set)	10*2 Set (20) (1 minute rest between each set)
5	Uphill training (Stairs Climbing)	5 minutes (2.5 minutes continuously*2 sets) 1 minute break between each set	6 minutes (3 minutes continuously*2 sets) 1 minute break between each set	8 minutes (4 minutes continuously*2 sets) 1 minute break between each set
	Push Up	5*2 Set (10) (1 minute rest between each set)	5*3 Set (15) (1 minute rest between each set)	10*2 Set (20) (1 minute rest between each set)
	Sit Up	5*2 Set (10) (1 minute rest between each set)	5*3 Set (15) (1 minute rest between each set)	10*2 Set (20) (1 minute rest between each set)
6	Jog	15 minutes (alternate 60 seconds of continuous jogging and 90 seconds brisk walk for 15 minutes)	20 minutes (alternate 3 minutes of continuous jogging and 2 minutes brisk walk for 30 minutes)	30 minutes (alternate 5 minutes of continuous jogging and 2 minutes brisk walk for 40 minutes)
	Crunches	5*2 Set (10) (1 minute rest between each set)	5*3 Set (15) (1 minute rest between each set)	10*2 Set (20) (1 minute rest between each set)
7	Rest	Rest	Rest	Rest

