



2 month Training Programme for Himalaya Treks

Hello folks,

Hope you are all excited for your upcoming adventure. Now let's take this excitement to the next level. We are sure you all have been doing some level of fitness activities to stay active and fit. But final two months are going to be very crucial in deciding your performance at high altitude; so keeping our goal in mind, here are some advices and guidance for training for high altitude treks.

1st 2nd 3rd 4th weeks: Enhancing basic fitness level.

Stamina training: (Mon – Tues - Wed – Fri - Sat) you can opt for any of the following options. Variations will keep you away from boredom.

- Jogging (45 min)
- Cycling (60 min)
- Hiking/trekking (on Sunday) (with 5-6 kg load on back)
- Step climbing (400 steps; approx. 1 ft.)

Strength training: (Mon – Wed - Fri) after each set take a break of 45 sec before starting a new set.

- Push ups (2 sets of 15)
- Crunches (3 sets of 20)
- Pull ups (2 sets depending on your capacity)
- Squats (2 sets of 25)
- Plank position (2 sets : 30 sec) (Hold your body in plank position for 30 sec)
- Suryanamaskar (12)

Flexibility: Daily

- Stretching (to be performed before and after the session)
- Yog (optional)

Mental preparations:

- Meditation
- Breathing exercises



5th & 6th Weeks: Focus on improving strength

Increase amount of activities by increasing no. of repetitions/sets, time or intensity. Do longer and strenuous treks. (Meditation, breathing exercises to be performed daily.)

Stamina training: (Mon – Tues - Wed – Fri - Sat)

- Jogging (60 min)
- Cycling (90 min)
- Hiking/trekking (on Sunday) (with 8-10 kg load on back)
- Step climbing (600 steps; approx. 1 ft.)

Strength training: (Mon – Wed - Fri) after each set take a break of 1 min before starting a new set.

- Push ups (3 sets of 15)
- Crunches (4 sets of 20)
- Pull ups (3 sets depending on your capacity)
- Squats (3 sets of 25)
- Plank position (2 sets : 30 sec) (Hold your body in plank position for 30 sec)
- Suryanamaskar (15)

Flexibility: Daily

- Stretching (to be performed before and after the session)
- Yog (optional)

Mental preparations:

- Meditation
- Breathing exercises



7th week:

Stamina training: (Mon - Wed – Fri - Sun) *Avoid treks.*

- Jogging (60 min)
- Cycling (90 min)
- Step climbing (600 steps; approx. 1 ft.)

Strength training: (Tues – Thurs) *after each set take a break of 45 sec before starting a new set.*

- Push ups (1 sets of 15)
- Crunches (1 sets of 20)
- Pull ups (1 sets depending on your capacity)
- Squats (1 sets of 25)
- Suryanamaskar (5)

Flexibility: Daily

- Stretching (to be performed before and after the session)
- Yog (optional)

Mental preparations:

- Meditation
- Breathing exercises

8th week:

Recovery period. Reduce all the training and keep it minimum, just to keep in touch. Focus more on Yog and meditation.

Note: This training is exhausting. So care needs to be taken that you also make a good diet plan and have at least 6-7 hrs of sleep at night.

Hope you enjoy your training sessions and wishing you all the very best for journey. 😊