



**R A R E E A R T H**  
**A D V E N T U R E S**

## Mountain Training Plan (MTP)

Dear Climber,

Congratulations! At this stage in your endeavor, you have been concentrating on raising funds for Climb for Hope and most likely doing some heavy research regarding Mount Adams. You've probably already progressed to the point where you have taken up a training plan to ensure your summit attempt is a success.

The allure of the mountain will start to overtake your everyday thoughts. With this in mind, we would like to take some time to harness that energy/drive by describing the training plan that your trip leaders will begin to use. If you aren't on a training plan, this is a good foundation to start with and modify as you see fit. Some of you may find this training plan a bit too aggressive, while some of you may find that this is not enough. Our intent is to provide a benchmark of where you should be...whether you are climbing a big mountain for the first time or have experience climbing mountains.

### Training Objectives

1. Be able to climb moderate snow, ice, and rock slopes for 6-10 hours carrying approximately 40 pounds of weight in your pack.
2. Be able to descend, rest, recover and potentially assist guides in the event an emergency arises within the party on the mountain.
3. Be able to physically and mentally tap into energy reserves in the event of a survival situation.

### Training Plan

Month 1 (May13): Endurance and Strength Conditioning

Month 2 (June13): Maintenance and Health

Month 3 (July13): Tune up and Mental Prep

### MENTAL ANCHOR-POINT:

Contrary to popular belief, Mount Adams is not just merely a hike or a 'leisure' climb. The mountain is dangerous! From the beginning, your body will be environmentally and physiologically challenged. Don't take your training lightly and over the next three months we are all going to focus on ensuring that you make it to the top of one of the most rewarding mountain summits on the North American continent.

**MONTH 1**  
**MAY, 2012**

**Endurance & Strength Conditioning**

GOAL: If you have already been following a workout routine, focus on pushing your workouts out to five days per week with only one rest day. Sessions should last a minimum of one hour. For those of you who haven't been following a workout routine, it's important to start getting on a routine that incorporates a mixture of exercises as well as routines. For both, at least one day must be dedicated to a "stress" workout.

Essential Elements:

- 1) Cardiovascular Training: Hiking, Biking, Running, Stair-master, and Swimming. Keep your heart rate at roughly 50-70% of your maximum rate for extended periods of time. Length of exercise time should be around 30-60 minutes. Towards the end of the month, try to incorporate your 40 pound pack into your workouts.
  
- 2) Strength Training: Designed to increase strength in your back, shoulders, abdominals. Exercises include: Abdominal crunches, pull/chin-ups, push-ups, mountain climbers, and burpees.
  
- 3) Stress Workouts (Tabata Style): Designed to train mental focus as well as gaining an "edge" on your physical abilities. 30 minute workout total. 4-minute intervals followed by 2 minutes of rest (5 evolutions). Over the span of each 4-minute interval, you will perform an exercise for 20 seconds as fast and intense as you can followed by 10 seconds rest, and repeat until the 4-minutes are up. Use a timer to keep track of time.  
Example: <http://www.youtube.com/watch?v=mQp8q1aDKA4>
  
- 4) Stretching: Begin and end your routine with approximately 5-10 minutes of stretching. Focus on your breathing and don't be surprised if you start to sweat again. When you breathe long relaxed breathes, your body begins to "workout" again but in a good way. Let your body metabolize and relax through each stretch.

Example Week:

- Monday:** Run for 30-45 minutes. You should be able to maintain a conversation for most of the run. Strength Train (3 sets): Crunches (45), Pull/Chin-ups (15), Push-ups (as many as you can do).
- Tuesday:** Run or Bike 45 minutes. No strength train. Make this a workout!
- Wednesday:** Rest and Hydrate and Stretch
- Thursday:** Stress Workout in the AM. Pack Walk in the PM, 15 minutes.
- Friday:** Repeat Mondays workout.
- Saturday:** Extended hike/walk for fun
- Sunday:** Rest and Hydrate and Stretch

NOTE: You will be sore but rest assured you will work through the soreness by the end of the month. This is a crucial month as we will work to maintain your conditioning, endurance, as well as wellness.

**MONTH 2**  
**JUNE, 2013**

**Maintenance & Health Conditioning**

GOAL: As you begin month 2, you may notice changes to your physiology. Consider starting a multi-vitamin and mineral routine to ensure your body is getting the proper amounts. Concentrate on eating proportional and healthy meals with lots of water. Even though your workouts will increase, you should feel the soreness start to diminish to a point where even your hardest workouts yield little soreness the next day. You will be adding an extra work-out this month.

Essential Elements:

- 1) Cardiovascular Training: Hiking, Biking, Running, Stairmaster, and Swimming. Keep your heart rate at roughly 60-80% of your maximum rate for extended periods of time. Length of exercise time should be around 45-60 minutes. 40 pound pack is in your workouts.
- 2) Strength Training: Designed to increase strength in your back, shoulders, abdominals. Exercises includes: Abdominal crunches, pull/chin-ups, push-ups, mountain climbers, and burpees.
- 3) Stress Workouts (Tabata Style): Designed to train mental focus as well as gaining an “edge” on your physical abilities. 30 minute workout total. 4-minute intervals followed by 2 minutes of rest (5 evolutions). Over the span of each 4-minute interval, you will be perform an exercise for 20 seconds as fast and intense as you can followed by 10 seconds rest, and repeat until the 4-minutes are up. Use a timer to keep track of time.
- 4) Stretching: Begin and end your routine with approximately 5-10 minutes of stretching. Focus on our breathing and don't be surprised if you start to sweat again.
- 5) Health: Schedule an appointment with your Doctor approximately the 2nd or 3rd week of this month. Have your physician look over your health as well as any physical ailments.

Example Week:

**Monday:** Run for 45-60 minutes. You should be able to maintain a conversation for most of the run. Strength Train (5 sets): Crunches (60), Pull/Chin-ups (25), Push-ups (as many as you can do).

**Tuesday:** Run or Bike 60 minutes. Strength train.

**Wednesday:** Rest and Hydrate and Stretch

**Thursday:** Stress Workout in the AM. Pack Walk in the PM, 30 minutes.

**Friday:** Repeat Mondays workout.

**Saturday:** 4-hour hike minimum----push it and test your gear!!!!!!!!!! IMPORTANT!!!!!!

**Sunday:** Rest and Hydrate and Stretch

**MONTH 3**  
**JULY, 2013**  
**Tune-up & Mental Preparation**

GOAL: We are not going to lie....Month 3 will be your most hectic month. For the last few months you have been meeting fundraising and training benchmarks. It's important to stay disciplined! Your hard work has yet to be paid off and you will need to keep pushing! This month you will be incorporating visualization drills as well as 'night drills' into your weekly routine. Your workouts will be geared toward you working on your weaknesses but don't overdo it.

Essential Elements:

- 1) Cardiovascular Training: Length of exercise time should be 60 minutes, five days a week.
- 2) Strength Training: Three Days a week.
- 3) Stress Workouts (Tabata Style): Two Days a week.
- 4) Stretching: Begin and end your routine with approximately 5-10 minutes of stretching. Focus on our breathing and don't be surprised if you start to sweat again.
- 5) Visualization Drills: Twice a day, everyday...Spend 5-10 minutes visualization yourself walking up a knife ridge where the terrain is a mixture of rock, ice, and snow. Picture yourself breathing rhythmically as you take a slow and deliberate step. Visualize where you will be placing your mountain axe and focus on maintaining proper space between you and the person in front of you. Thinking about your posture and balance as the high-winds hit you from the front/back/sides.
- 6) Night Drills: Preferably completed outside in the cold. Using your headlight, develop your equipment skills by getting various items out of your pack and drilling it's use. Design a system of organization for your pack items and exercise it. Practice putting on your crampons, applying a pressure bandage with gloves on, setting up a pack stove, adding layers, etc. Doing this drill in high-winds and snow storms make great practice sessions. At altitude, even the simplest of tasks can be cumbersome.

Example Week:

- Monday:** Run for 60 minutes. Strength Train (4 sets): Crunches (60), Pull/Chin-ups (25), Push-ups (as many as you can do).
- Tuesday:** Pack Walk---fast pace--60 minutes. Strength train.
- Wednesday:** Rest and Hydrate and Stretch
- Thursday:** Stress Workout in the AM. Pack Walk in the PM, 45 minutes.
- Friday:** Pack walk for 1.5 hours.
- Saturday:** 4-6hour hike minimum----push it and test your gear!!!!!!!!!!!! IMPORTANT!!!!!!
- Sunday:** Stress Workout, Rest, Hydrate and Stretch