



## ATTITUDE AND MENTAL PREPARATION

Have fun and enjoy the adventure of preparation while training for your course! This is an excellent opportunity to get fit either outdoors or in your own home. Your attitude may be the single most important key to success on course. Plan to be patient, to persevere, to expand your limits and to have a memorable adventure! **Your attitude of commitment and willingness to try new things are two of the most important contributions you can bring to your course. Prepare yourself to take on new challenges and try new activities.**

## FITNESS AND TRAINING

We hear a lot from participants who return from courses that the physical challenge was harder than they thought. Travelling long distances with a heavy pack often at high elevations is hard! Your success, as well as the success of the entire group, is dependent upon each participant arriving for course physically fit!

- You do not have to be an athlete to participate on an Outward Bound course
- You do need to be physically capable and active
- You can succeed if you start early, and work consistently towards your training

**Note:** We strongly suggest that applicants with any of the following conditions consult with their physician to establish an exercise program: high blood pressure, a family history of heart disease, obesity, diabetes, smoking (more than one pack a week) or a prolonged sedentary lifestyle.

**THE BEST EXERCISE THERE IS** the one you'll do, so choose one you enjoy! Try to enlist a friend or family member to join you. Some general rules are: enjoy yourself; mix up your training so you aren't doing the same thing every day (jog, swim, bike...); don't hurt yourself; slowly increase the intensity of your regimen every week and take at least one day off a week. Exercising five times a week is optimum physical preparation for your course.

## COURSES WITH ROCK CLIMBING

Climbing indoors at your local rock climbing gym is the best way to prepare for climbing outdoors. If climbing at a gym is not available, substitute pull-ups, sit-ups and strength training with weights.

## COURSES WITH BACKPACKING

Hike with a weighted backpack. Start with 20-30 lbs., and then build to 50+ lbs. If you do not own a backpack, you may be able to borrow one from a friend, family member or rent one from an outdoor sporting goods store. If none of these options are available, try a smaller "book bag" style backpack with approximately 15 lbs. in it. Start out hiking just a couple of miles on hilly terrain or stairs and increase your intensity and mileage as you gain strength and endurance. On course, you can expect to carry a backpack that weighs approximately 40 to 55 lbs., and you may be hiking for distances of five to 15 miles per day.

See suggestions and a sample program on the next page.



## SUGGESTIONS TO GET YOU GOING!

- **Home:** Free YouTube Classes. Some favorite classes are: Blogilates, Scolo Dondo, PopSugarFitness. Jumping rope, running in place, climbing apartment stairs
- **Gym:** Stair climber, stationary bicycles, rowing machines, aerobic classes, team sports or swimming.
- **Outdoors:** Running, power walking, playing sports. Hilly terrain is great. If hills are not available to you, integrate a section of stairs (buildings, stadium bleachers).
- **Interval Training:** A system of increasing cardiovascular fitness by alternating brief periods of increased output (30 seconds – 2 minutes) with periods of recovery. This can be running sprints, hill repeats, or using an interval setting on an indoor trainer. Be sure to warm up and cool down surrounding your interval repetitions.
- **Strength Training:** Supplement the above with weight training or bodyweight only exercises which can be completed almost anywhere like: sit-ups, push-ups, squats, lunges. Focus on building strength in your legs and supportive muscles of the back, shoulders and stomach.

## SAMPLE EIGHT WEEK FITNESS PROGRAM OUTLINE

The program outlined below is appropriate if you enrolled eight or more weeks prior to your course start. If you don't have the full eight weeks to train, adjust this program accordingly. Take this conditioning program seriously; getting in good shape before your course will significantly reduce the chance of injury and increase your opportunities for enjoyment.

<b>WEEK ONE</b> Day 1, 3, 5: 20-30 minutes of aerobic fitness training (1 day of intervals- 6 repetitions) Day 2, 4, 6: 10 minutes of stretching and 10 minutes of light weights Day 7: Rest	<b>WEEK TWO</b> Day 1, 3, 5: 20-30 minutes of aerobic fitness training (1 day of intervals- 6 repetitions) Day 2, 4, 6: 10 minutes of stretching and 15 minutes of light weights Day 7: Rest
<b>WEEK THREE</b> Day 1, 3, 5: 25-35 minutes of aerobic fitness training (1 day of intervals- 8 repetitions) Day 2, 4, 6: 10 minutes of stretching and 20 minutes of light weights Day 7: Rest	<b>WEEK FOUR</b> Day 1, 3, 5: 30-40 minutes of aerobic fitness training (1 day of intervals- 8 repetitions) Day 2, 4, 6: 15 minutes of stretching and 20 minutes of light weights Day 7: Rest
<b>WEEK FIVE</b> Day 1, 3, 5: 35-45 minutes of aerobic fitness training (1 day of intervals- 8 repetitions) Day 2, 4, 6: 15 minutes of stretching and 25 minutes of light weights Day 7: Rest	<b>WEEK SIX</b> Day 1, 3, 5: 40-50 minutes of aerobic fitness training (1 day of intervals- 8 repetitions) Day 2, 4, 6: 15 minutes of stretching and 25 minutes of light weights Day 7: Rest
<b>WEEK SEVEN</b> Day 1, 3, 5: 45-60 minutes of aerobic fitness training (1 day of intervals- 10 repetitions) Day 2, 4, 6: 15 minutes of stretching and 30 minutes of light weights	<b>WEEK EIGHT</b> (TAPER OFF ONE WEEK BEFORE COURSE) Day 1, 3, 5: 30 minutes of aerobic fitness training (1 day of intervals- 6 repetitions) Day 2, 4, 6: 10 minutes of stretching and 10 minutes of light weights