

# EXODUS FITNESS GUIDE

**EXERCISE AND NUTRITION  
RECOMMENDATIONS FOR ALL  
LEVELS OF OUR WALKING AND  
TREKKING ADVENTURES**

WALKING & TREKKING



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ADVENTURE TRAVELS

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## HOW TO PREPARE FOR AN EXODUS WALKING OR TREKKING ADVENTURE

For the majority of our adventures, if you are active and in good health, just getting outdoors and walking for extended periods of time on hilly trails should be sufficient. That said, it will enhance your experience if your fitness level matches that of your chosen adventure. Following a few training recommendations, such as those in this guide, is an easy way to ensure you get the most from your trip.

Whether you already have a fitness routine or are starting from scratch, we have plenty of suggestions to help you prepare, as well as fitness plans to follow, based on our Activity Level gradings. But remember, there is no need to be overwhelmed or stressed if you cannot follow a training plan; just do what you can in the time you have available.



*The Exodus Team*

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ADVENTURE TRAVELS

**PLEASE NOTE:** If you have a heart condition, high blood pressure, diabetes, asthma, epilepsy, joint or muscular issues, please seek professional medical and training advice before using this guide.

# PREPARATION BASICS

## OUR FITNESS PLANS

### LEVEL A

Suitable for Activity Level grades 1, 2 or 3. See page 6



### LEVEL B

Suitable for Activity Level grades 4, 5 or 6. See page 8



### LEVEL C

Suitable for Activity Level grade 7. See page 10



## 1. CARDIO

Some form of cardiovascular (cardio) or aerobic exercise will be necessary to condition your heart and lungs and build up stamina for long days on the trails. If you already enjoy swimming, cycling, running, or rowing, then increasing your time or intensity in these activities will be worthwhile training. Nevertheless, the most appropriate cardio preparation is to walk, progressively increasing the distance and intensity by incorporating hills and a faster pace. Remember, the pace on the actual trip should seem slow and comfortable, especially at higher altitudes.

**Use your trip kit.** Training walks are even more useful if you wear the gear you will take on your adventure. Good quality boots, a durable waterproof jacket, comfortable layered walking clothing and a fitted backpack are all essentials. Carrying a CamelBak or water bladder is also an efficient way to keep hydrated during outdoor cardio.

**Hiking poles.** Adjustable hiking poles offer various benefits, including for pre-existing joint and spine conditions, carrying heavy packs, steep descents, advancing age, and maintaining balance on uncertain terrain. Ensure you feel comfortable with them by using the correct technique: holding them close to the body's line of fall and adjusting to a height where your hands are lower than the elbow.

## BEFORE AND AFTER TRAINING

### WARM UP

Before your main exercise session remember to do 5-10 minutes of any easy cardio exercise to raise your pulse slowly. This gets the blood flowing to your muscles so your body will not be shocked with too much work too soon.

### COOL DOWN

At the end of your cardio session, slow down your heart by gradually decreasing the speed and intensity to the point where your breathing returns to normal. Then perform stretches.

### STRETCHES

Stretches for muscles used in your walks and exercise routines are important to reduce injuries and encourage flexibility for your walking/trekking trip.

See *Basic Stretches* page 10

### REST, RECOVERY & TAPERING

It is critical to rest after several days of exercise. Never do two days of strength sessions in a row and always have a rest day after your long cardio session.

A sports massage can help with recovery. Five to seven days before your adventure begins, taper your training by reducing the length and intensity of your exercise to minimum levels. This reduction and rest phase allows your body to recover and re-energise, ensuring you are in the best possible shape for your trip.

## 2. STRENGTH EXERCISES

Strength (or resistance) exercises will help to prepare the main muscles used during your trip. Walking over uneven or hilly terrain works muscles not used in everyday life, as there are more up, down and sideways movements than you would typically experience. Simple bodyweight exercises can help to improve your leg, back and core muscles if you are fairly new to strength training. Using gym equipment and heavier loads are recommended for Tough adventures.

**Slow and steady.** Try to keep resistance exercise movements controlled and steady, aiming to complete the recommended number of repetitions followed by a 1-2 minute rest before moving on to another set of repetitions of the same or different exercise. For all strength exercises, please take care not to flex the spine or round the shoulders. Maintain a good posture by keeping your eyes focused on the horizon, shoulders back and chin and chest proud. Tightening your stomach muscles should help to keep your posture strong during these exercises.

## 3. LIFESTYLE FITNESS

Look to make use of everyday activities that will help condition your legs, core and back. Ignore the escalator and take the stairs or walk home carrying your groceries. Mow the grass, pull weeds or do housework with more intensity. Allow time to power walk to the office or the shops when there is an opportunity. Remember to always bend your knees and not flex your lower back too much.



#### 4. HOW MUCH PREPARATION?

The level you work at and the effort you make will depend on both your existing cardio fitness and the Activity Level of your adventure. Based on these, choose the most suitable of our three fitness plans. Generally, our easier adventures need only a little effort and preparation, while Challenging or Tough adventures will likely require you to push yourself harder. The cardio exertion table shown below will help to ensure that you are putting the appropriate amount of effort into the training sessions as specified in your chosen plan. As your fitness improves and the same exercises become easier, attempt to progress your training by increasing pace, duration or gradient.

#### CARDIO EXERTION LEVELS

EXERTION	FEELS LIKE	TYPICAL ACTIVITY BY FITNESS PLAN	
<b>Little</b>	You can easily carry on a conversation and breathing is normal.	Stretching exercises for all plans (see page 12).	
<b>Light</b>	Comfortable with conversation and breathing and feel you can maintain the effort for hours.	Warm-up sessions for all plans (see page 4)	Level A Steady cardio sessions or flat sections of training walks.
<b>Moderate</b>	Deeper breathing, need pauses in conversation and will develop a light sweat.	Level A Level B Level C	Medium cardio sessions and uphill sections of walks. Steady cardio sessions and training walks. Steady cardio sessions or flat sections of training walks.
<b>Vigorous</b>	Breathing heavily with conversation very broken. Sweating noticeably.	Level B Level C	Interval sessions during high intensity (HIT) phases. Training walks ascending hills or mountains, especially with a loaded pack.
<b>Full</b>	Sweating heavily and short of breath, making speech difficult. Cannot maintain this intensity.	Level C	Interval sessions during the high intensity (HIT) phases.



EASY TO MODERATE

**FOLLOW IF:**

You don't have a regular exercise routine but can easily walk for 25 minutes.

**STEADY CARDIO:** This can simply be a walk to the shops or work, or you can use a treadmill. Swimming, cycling, tennis and rowing also qualify unless walking is specified. Exercise at a light level of exertion.

**MEDIUM CARDIO:** A briskly paced hill walk or light jog requiring a moderate level of exertion, ideally wearing your backpack. If outdoor exercise is not possible, use a treadmill set at an incline.

**LONGER CARDIO:** These are extended outdoor walks, ideally over hilly terrain taken at a comfortable pace which requires only light exertion. Timings should include breaks where specified.

**STRENGTH:** The exercises for Level A strength sessions are detailed overleaf. Optional gym equipment is explained on page 12.

Except for medium cardio sessions, you should exercise at a light level of exertion, where you can comfortably maintain a conversation. If sessions feel easy make them 10% longer. Wear your walking gear and backpack for outdoor training.

	MON	TUE	WED	THU	FRI	SAT	SUN
1 WEEK	Rest Day	Steady Cardio 30-40 mins Strength Exercises	Rest Day	Medium Cardio 30-45 mins	Rest Day	Steady Cardio 30-40 mins Strength Exercises	Rest Day
2 WEEK	Rest Day	Steady Cardio 30-45 mins Strength Exercises	Rest Day	Medium Cardio 30-50 mins	Rest Day	Rest Day	Longer Cardio 90 mins
3 WEEK	Rest Day	Steady Cardio 30-40 mins Strength Exercises	Rest Day	Medium Cardio 40-60 mins	Rest Day	Warm-up 10 mins Strength Exercises	Longer Cardio 2-3 hours
4 WEEK	Rest Day	Steady Cardio 40-60 mins Strength Exercises	Rest Day	Medium Cardio 60-70 mins	Rest Day	Warm-up 10 mins Strength Exercises	Longer Cardio 3-4 hours Include breaks
5 WEEK	Rest Day	Steady Cardio 40-60 mins Strength Exercises	Rest Day	Medium Cardio 60-90 mins	Rest Day	Warm-up 10 mins Strength Exercises	Longer Cardio 3.5-5 hours Include breaks
6 WEEK	Rest Day	Steady Cardio Walk 40-60 mins Strength Exercises	Rest Day	Medium Cardio 30-60 mins	Rest Day	Rest Day	Longer Cardio 3-5 hours Include breaks



<p><b>BENCH STEP-UP</b></p>		<p>Maintaining upright posture, step onto the bench with one foot, lifting the opposite knee level with your hips before dropping the same leg to the ground followed by the stepping foot. If balance is challenging, briefly return the raised leg to the bench before stepping down. Alternate.</p>	<p><b>Options</b> Use lower bench, steps at home or aerobic steps.</p> <p><b>Progressions</b> Add light dumbbells, water bottles or wear your backpack.</p>
<p><b>SIDE LUNGE TO BALANCE</b></p>		<p>Maintaining upright posture, step onto the bench with one foot, lifting the opposite knee level with your hips before dropping the same leg to the ground followed by the stepping foot. If balance is challenging, briefly return the raised leg to the bench before stepping down. Alternate.</p>	<p><b>Progressions</b> Side step onto a BOSU (see p12) or hold light weights.</p>
<p><b>SQUAT</b></p>		<p>Set feet slightly wider than hips and, keeping your head upright and shoulders broad throughout the movement, lower yourself to a seated position bending at the ankle, knee and hip. Aim to have thighs parallel with the floor before pushing up through the heels back to a stand.</p>	<p><b>Options</b> If balancing is difficult you can hold onto a pole for stability.</p> <p><b>Progressions</b> Hold dumbbells or water bottles by your side.</p>
<p><b>LUNGE FORWARD</b> (Pole optional)</p>		<p>With head upright and back straight lift your lead knee and take a step forward, planting your foot then slowly descending until both knees are bent 90 degrees and the rear knee is almost touching the ground. Use thigh and buttock muscles to push yourself back up to the starting position. Alternate.</p>	<p><b>Progressions</b> After completing a forward lunge, step backwards into a lunge using the same leg.</p>
<p><b>FLOOR COBRA</b></p>		<p>Lie face down, with legs straight and arms by your sides. Keeping stomach and buttocks tight, lift your chest and arms off the floor, extend arms wide and rotate thumbs to the ceiling. Hold for a few seconds, return to original position and relax. Repeat.</p>	<p><b>Progressions</b> Using a Swiss Ball enhances core engagement. Lie face down with the ball positioned under your hips and stomach and follow the exercise as usual.</p>
<p><b>WALL PUSH UP</b></p>		<p>Stand facing a wall or tree trunk. Place hands on the wall with arms extended at shoulder height, and step back. Lower your chest towards the wall, keeping your body in a straight line. When it almost touches, push back to the starting position using your arm, shoulder and chest muscles.</p>	<p><b>Progressions</b> Standing further away from the wall increases the difficulty. Alternatively, place hands on a lower surface such as a park bench.</p>

REPETITIONS 10-14  
NUMBER OF SETS 1-2

# B



CHALLENGING TREKS

**FOLLOW IF:** You can easily walk for a few hours, already participate in regular cardiovascular exercise or are comfortable with the Level A exercises.

**STEADY CARDIO:** This can be a walk to the shops, to work, or using a treadmill. Swimming, cycling, tennis and rowing also qualify unless walking is specified. Exercise at a moderate level of exertion.

**INTERVAL CARDIO:** A medium cardio walk or jog of moderate exertion punctuated by short, high-intensity bursts of vigorous exertion (HIT), before then returning to a moderate exertion for a short time to recover (REST) then repeating. Timings and repeats are specified.

**LONGER CARDIO:** These are extended hillwalking sessions which should be taken at a moderate exertion. If access to the countryside is difficult, then repeatedly walking up a hill works fine. You can also simulate ascents by going up and down 3-4 flights of stairs followed by 10 minutes of walking on the level and repeating for the time specified. Wear the walking gear and backpack you plan to take on your trip.

**STRENGTH:** The exercises for Level B strength sessions are detailed overleaf. Optional gym equipment is explained on page 12.

	MON	TUE	WED	THU	FRI	SAT	SUN
<b>1</b> WEEK	Rest Day	<b>Steady Cardio</b> 30-45 mins <b>Strength Exercises</b> Level B	Rest Day	<b>Interval Cardio</b> 30-45 mins HIT 90secs REST 3 mins Repeat 5-7 times	<b>Warm-up</b> 10 mins <b>Strength Exercises</b> Level 2	Rest Day	<b>Longer Cardio</b> 2-3 hours <b>Total ascent</b> 200m-400m
<b>2-3</b> WEEK	Rest Day	<b>Steady Cardio</b> 30-45 mins <b>Strength Exercises</b> Level B	Rest Day	<b>Interval Cardio</b> 35-50 mins HIT 2 mins REST 3 mins Repeat 5-7 times	<b>Warm-up</b> 10 mins <b>Strength Exercises</b> Level 2	Rest Day	<b>Longer Cardio</b> 2.5-4 hours <b>Total ascent</b> 300m-500m
<b>4-5</b> WEEK	Rest Day	<b>Steady Cardio Walk</b> 35-50 mins <b>Strength Exercises</b> Level B	Rest Day	<b>Interval Cardio</b> 45-60 mins HIT 2 mins REST 3 mins Repeat 6-8 times	<b>Warm-up</b> 10 mins <b>Strength Exercises</b> Level 2	Rest Day	<b>Longer Cardio</b> 3-5 hours <b>Total ascent</b> 400m-600m
<b>6</b> WEEK	Rest Day	<b>Steady Cardio Walk</b> 45-60 mins <b>Strength Exercises</b> Level B	Rest Day	<b>Interval Cardio</b> 45-60 mins HIT 2 mins REST 2 mins Repeat 6-8 times	<b>Warm-up</b> 10 mins <b>Strength Exercises</b> Level 2	Rest Day	<b>Longer Cardio</b> 4-7 hours <b>Total ascent</b> 600m-1000m
<b>7</b> WEEK	Rest Day	<b>Steady Cardio Walk</b> 45-60 mins <b>Strength Exercises</b> Level B	Rest Day	<b>Steady Cardio</b> 60-90 mins	Rest Day	Rest Day	<b>Longer Cardio</b> 2-4 hours <b>Total ascent</b> 200m-400m





<p><b>STEP-UP SIDWAYS</b></p>		<p>Standing sideways to a park bench, using the closest leg step sideways onto it, keeping your back straight. Bring the trailing leg up and lift the knee to a 90 degree angle before placing it back to the ground with stepping leg following. Complete repetitions on same leg before switching</p>	<p><b>Options</b> Use lower bench, steps at home or aerobic steps.</p> <p><b>Progressions</b> Add light dumbbells, water bottles or wear your backpack.</p>
<p><b>ELBOW TO HAND PLANK</b></p>		<p>Face down, raise off ground drawing tummy in with back straight so body is resting on toes and elbows, with elbows beneath shoulders. One at a time, switch from elbow to hand, pushing up until arm straightens. Return to elbows.</p> <p><b>Progression</b> Lift alternate legs before dropping back to elbows.</p>	
<p><b>SINGLE LEG SQUAT</b></p>		<p>Stand on one leg with knee slightly bent. Begin bending knee 70 degrees into squat, reaching down towards grounded foot while keeping chest proud and head forward before pushing back to standing and bringing hands back to ear level. Complete repetitions before switching legs.</p>	<p><b>Progressions</b> You can hold dumbbells or filled plastic bottles while doing this exercise. There is also the option to raise them above your head as you return to upright.</p>
<p><b>WALKING LUNGE WITH ROTATION</b></p>		<p>Step one leg forward keeping chest proud and head up. Descend slowly by bending both front and back knees 90 degrees until back knee is a few inches above the ground. Rotate torso over your front leg to the side before returning to centre and standing upright. Repeat with opposite leg.</p>	<p><b>Options</b> You can hold any light object such as a rolled towel or cushion if a ball is not available.</p>
<p><b>SIDE HOP AND STABILISE</b></p>		<p>Balance on one leg with knee slightly bent. Hopping laterally onto the opposite leg, balance for two seconds on the single leg before hopping back onto the other leg. Keep hopping side to side and try not to let both feet touch the ground for the duration of the set.</p>	<p><b>Progressions</b> To increase the challenge, hold dumbbells or wear a backpack while doing the exercise.</p>
<p><b>SQUAT TO BAND ROW</b></p>		<p>Stand tall with feet hip-width apart. Hold the band in a rowing position with elbows pointed behind body. Slowly bend your knees and lower hips into a squat while releasing row and straightening arms. Return to standing and row.</p>	<p><b>Progressions</b> Wrap a resistance band around pole or banisters at chest height. At the gym use a cable machine.</p>

REPETITIONS 12-16  
NUMBER OF SETS 1-3



TOUGH ADVENTURES

**FOLLOW IF:** You have trekking experience and solid fitness. This plan will help strengthen muscles, increase power and prepare you for higher altitudes.

**STEADY CARDIO:** A walk or jog (as specified) can be outdoors on hilly terrain or a treadmill set at gentle to moderate incline. You should exercise at moderate level of exertion and carry a loaded pack.

**INTERVAL CARDIO:** This moderate-exertion level walk, jog or run is punctuated by high-intensity bursts of full exertion (**HIT**), such as sprinting or tackling a steep incline at pace, before dropping back to moderate exertion for a short while to recover (**REST**) and repeating. The timings and number of repeats are specified.

**LONGER CARDIO:** An extended walk over hills or mountains which is undertaken at a moderate exertion. To prepare for the demands of a high-altitude trek, make it more challenging by loading your pack with heavy books or weights. If access to the countryside is difficult, going up and down a single hill works fine. You can also simulate hills by climbing 3-4 flights of stairs followed by 10 minutes of walking on the level. Keep on repeating this cycle for the time specified.

**STRENGTH:** The exercises for Level C strength sessions are detailed overleaf. Optional gym equipment is explained on page 12.

	MON	TUE	WED	THU	FRI	SAT	SUN
<b>1</b> WEEK	Rest Day	<b>Steady Cardio Walk</b> 45-60 mins <b>Strength Exercises</b> Level B or C	<b>Interval Cardio</b> 30-45 mins <b>HIT</b> 90secs <b>REST</b> 2mins Repeat 5-8 times	Rest Day	<b>Warm-up</b> 10 mins <b>Strength Exercises</b> Level B or C	Rest Day	<b>Longer Cardio</b> 2-3 hours <b>Total ascent</b> 500m-700m
<b>2-3</b> WEEK	Rest Day	<b>Steady Cardio Walk</b> 45-60 mins <b>Strength Exercises</b> Level C	<b>Interval Cardio</b> 40-50 mins <b>HIT</b> 2 mins <b>REST</b> 3 mins Repeat 5-8 times	Rest Day	<b>Steady Cardio Walk</b> 20-30 mins <b>Strength Exercises</b> Level C	Rest Day	<b>Longer Cardio</b> 4-5 hours <b>Total ascent</b> 700m-800m
<b>4-5</b> WEEK	Rest Day	<b>Steady Walk or Jog</b> 30-45 mins <b>Strength Exercises</b> Level C	<b>Interval Cardio</b> 40-50 mins <b>HIT</b> 2 mins <b>REST</b> 2 mins Repeat 6-8 times	Rest Day	<b>Steady Cardio Walk</b> 20-30 mins <b>Strength Exercises</b> Level C	<b>Interval Cardio</b> 40-50 mins <b>HIT</b> 2 mins <b>REST</b> 2 mins Repeat 6-8 times	<b>Longer Cardio</b> 5-8 hours <b>Total ascent</b> 700m-1000m
<b>6-7</b> WEEK	Rest Day	<b>Steady Walk or Jog</b> 45-60 mins	<b>Interval Cardio</b> 45-60 mins <b>HIT</b> 2 mins <b>REST</b> 2 mins Repeat 8-10 times	Rest Day	<b>Steady Walk or Jog</b> 30-45 mins <b>Strength Exercises</b> Level C	<b>Interval Cardio</b> 40-50 mins <b>HIT</b> 2 mins <b>REST</b> 2 mins Repeat 6-8 times	<b>Longer Cardio</b> 6-8 hours <b>Total ascent</b> 1000m plus
<b>8</b> WEEK	Rest Day	<b>Steady Cardio Walk</b> 45 mins	<b>Interval Cardio</b> 30 mins <b>HIT</b> 90secs <b>REST</b> 2 mins Repeat 5 times	Rest Day	<b>Warm-up</b> 10 mins	Rest Day	<b>Longer Cardio</b> 2 hours <b>Total ascent</b> 500m



<p><b>BOX STEPOVER</b> (Bosu optional)</p>		<p>Step forward into a lunge, placing one foot on the box. Drive off with your back leg, stepping over the box and descending into a forward lunge. With the foot on the box now your back leg, drive off with your front leg reversing back over box into a lunge.</p>	<p><b>Options</b> An easier option is to perform only the forward lunge. Stepping back on to the box. You can also use a BOSU for this exercise (See p12).</p>
<p><b>BODY ROW ON HEELS</b></p>		<p>Lie looking up holding on to bar with a wide overhand grip in line with chest. Heels remain on floor and body 30 degrees above floor. Pull body toward bar in a rowing movement. Keep body straight.</p>	<p><b>Progression</b> In the gym, use a a squat rack or suspension straps.</p>
<p><b>LATERAL SQUAT BOX JUMP</b> (Bosu optional)</p>		<p>Start with feet on the ground at comfortable hips distance apart. Keep chest and head forward throughout the movement. Bend knees and hips to load legs. Jump with both legs on to box. Hop off box. Repeat.</p>	<p><b>Options</b> Squat jump on the ground from side to side if no low level box is available. You can also use a BOSU for this exercise (See gym equipment p12)</p>
<p><b>PUSH UPS</b></p>		<p>Starting in a hand plank position, with hands and toes on ground and body in a straight line, slowly bend elbows and lower chest close to ground, keeping stomach, buttocks and knees tight. Squeezing chest muscles together, push back to start position until arms are straight. Repeat.</p>	<p><b>Progressions</b> At the lowest point, bend a knee up towards elbow. Push up back as usual then straighten leg to original position. Or use BOSU for hands or feet or crawl sideways between reps.</p>
<p><b>JUMP LUNGE</b></p>		<p>Start with arms facing forward holding ball in a deep lunge position with knees bent 90 degrees. Keep shoulders and hips aligned over back knee. With an explosive movement, jump into the air and descend into a lunge on the opposite leg. Repeat.</p>	<p><b>Options</b> Place hands on hips if not using a ball. <b>Progressions</b> For more challenge, use a weighted medicine ball.</p>
<p><b>SINGLE LEG SQUAT AND CABLE PULL</b></p>		<p>Stand on one leg. Use the opposite arm to the leg you are standing on to hold cable with your arm extended. Bend knee and push hips back and lower while pulling cable toward your shoulder and extending the opposite arm. Return to standing on one leg and extend arm.</p>	<p><b>Progressions</b> Wrap a resistance band around pole or banisters at chest height. At the gym you can also use a cable machine. (See page 12).</p>
<p><b>WALKING LUNGE WITH OVERHEAD PRESS</b></p>		<p>Stand holding weight at chest. Lunge forward bending knees 90 degrees. Then press weight overhead. Return to standing, lower weight to chest. Step forward with opposite leg. Repeat.</p>	<p><b>Progressions</b> Use loaded back pack, dumbbells or barbell.</p>

REPETITIONS 10-16

NUMBER OF SETS 2-3

# POST-EXERCISE STRETCHES

## GYM EQUIPMENT

### BOSU



A springy half-dome used to add instability in order to improve balance and engage core muscles during training.

### SWISS BALL



Also called fitness or balance balls, these large inflated spheres are used for core stability exercises.

### CABLE MACHINE



Also called a cable jungle, these gym stations have adjustable weights and are used for upper body push and pull type exercises.

### SUSPENSION STRAPS



These straps with handles are for strength exercises that use your bodyweight. Available in most gyms.

### SQUAT RACK



These are found in the free weight areas of gyms. They hold heavy barbells securely, protecting you against injury.

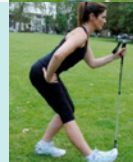
Stretching after exercise while muscles are still warm reduces the risk of injury and helps increase flexibility. It also feels good, so don't be shy about stretching after a day on the trails during your adventure! A walking pole for balance is optional.

### STANDING QUAD



Lift your leg back, keeping your knee facing down. Reach behind and take hold of the top of the foot or ankle. Gently pull your heel up until almost touching the buttocks and you feel a comfortable stretch in the front thigh.

### HAMSTRING STRETCH



Standing on one leg with the knee bent, extend the opposite leg forward, keeping it straight and rest heel on the floor with toes pointing up. Bend forwards from the hip, keeping body in alignment. Feel the stretch in the back of your thighs.

### CALF STRETCH



Keeping pelvis facing forward and level. Step back with one foot and push heel to the ground. Bend knee of the front leg forward, increasing the stretch of the calf muscle on the trailing leg.

### GLUTE STRETCH



Stand on one leg, then place the ankle of your opposite leg across the thigh of standing leg. Bend at the knee on the standing leg feeling the stretch. Use a pole or bench to balance.

### CHEST STRETCH



Stand with feet hip-width apart and arm length from a pole or wall. Place the palm of one hand against the pole or wall and rotate your body away from your hand. Hold then repeat on the other side.

### SPINAL ROTATION



Stand with feet hip-width apart. Hold a pole across the back of your shoulders. Take a wide grip of the pole and slowly twist your trunk to the right, pressing the right elbow backwards and your left elbow forwards. Hold then twist around to the left.

### BACK AND LEG STRETCH



Stand with feet hip-distance apart. Legs straight but knees relaxed. Bend forward 90 degrees at the hip. Extend arms straight with biceps level near ears and avoiding rounding in the back. Place hands on the back of a bench or use a pole for support.

HOLD STRETCHES FOR 30 SECS (60 SECS IN TIGHTER AREAS) THEN SWITCH SIDES

## WHAT TO EAT AND WHEN

### BEFORE EXERCISE

Eat well-balanced meals 2-4 hours prior to training, these include: chicken, fish, cheese, egg or peanut butter sandwiches; jacket potato with beans, cheese or tuna; chunky soup with bread or brown rice; pasta with tomato sauce and veg; chicken with rice; chicken and veg casserole with potatoes; salmon with veg. For breakfast, eggs on toast or porridge with milk are good. Eat snacks including fresh fruit; dried apricots, dates or raisins; smoothies; oatcakes or nutrition bars 1-2 hours prior to exercise.

### DURING EXERCISE

Moderate to high intensity exercise that lasts over an hour can cause fatigue and glycogen depletion. Temporary hypoglycaemia (low blood sugar) can occur after 2-3 hours of moderate exercise, making you light-headed and sluggish. To prevent this, during exercise eat easily absorbable carbohydrates such as dilute fruit juice, bananas, raisins, energy bars, gels or sports drinks.

### AFTER EXERCISE

Eat and rehydrate quickly within the two-hour window where glycogen storage is faster. Exercise burns glycogen and also breaks down muscle protein, so while replenishing glucose with fast-releasing carbohydrates, aim to increase your protein intake too. Try fresh fruit with milk; sports bars; tuna or cheese sandwiches; nuts with dried fruit.

# NUTRITION FOR TRAINING

## EXERCISE DIET

Sports nutritionists recommend regular exercisers should eat a diet relatively high in carbohydrates (carbs) to ensure sufficient energy is available from glycogen stores in your body. A 175lb (80kg) person walking at an average pace of 2.6mph (4.2kph) burns 270 calories per hour on the level and 526 calories on an 8% gradient. Your normal diet may be sufficient for level walks but for long, hilly walks extra complex carbohydrates will help keep you at your best (the more you weigh, the more calories you will burn/require). However, not all carbs will offer equal benefit; sugary carbs provide an instant, short-term burst of energy, but to prepare for endurance exercises you need carbs that release energy slowly. Protein, healthy fats and a well-rounded, nutrient-rich diet are also essential for keeping hunger at bay. Needs also vary depending on gender, metabolism, health, as well as the pace, gradient and length of the walk. The panel (left) offers general guidance based on the average, healthy individual.

## HYDRATION

Drinking about 70fl oz (2 litres) of water a day will help prevent dehydration and keep energy levels up. When you exercise, increase your fluid consumption by an additional 15-30fl oz (0.5-1 litre) for every hour of exercise. Alcohol does not count toward your fluid consumption and any more than a modest amount of coffee can have a negative effect on hydration.

# EXODUS FITNESS GUIDE

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