



EXPEDITION FITNESS

Up to 4 days carrying your pack in the outdoors is a challenge. In order to prepare yourself to succeed in this, you need to plan how to develop your endurance, and create experiences that are comparable to what you will experience on expedition.

Cardio

If you are a member of a gym, the stair climber and treadmill on an incline are both ideal to improve leg strength.

- Treadmill workout – warm up 10 mins 0% incline. Increase gradient % every minute for 5 minutes then return to 0%. Walk flat again for 5 minutes, and repeat keeping the speed the same (the speed should be a brisk walk so you are able to talk but are walking moderately hard.) Continue for one hour, and repeat this regularly. As you get stronger, extend your time and then speed.
- Outdoor Walks – this is a good chance to break in your boots, and practice walking in your boots over uneven ground. Walk with your rucksack whenever possible and consider using walking poles as this reduces stress on the joints. To improve fitness you need to power walk faster than is comfortable, and try to speed up on the inclines. Striding out up hills = tired legs, so keep your stride length short but quick!
- Cycling – this will also benefit you, try to do intervals similar to that described in the treadmill workout.

Nutrition

Normally we consume ~2000cals a day. You need to more than double this during the expedition as you are continually moving and carrying load. This is what most people struggle to get right. Too much sugary foods (simple carbs) lead to stomach cramps and waves of energy and lethargy. You need a constant store of energy and this comes from eating more complex carbs and proteins. If you want to eat dehydrated expedition food this definitely needs researching and testing *beforehand*.

Hydration

You need to drink a lot of water, minimum of 3lts. Preparation before arriving on expedition is essential, so remember to hydrate well from 48 hours before the expedition starts. A daily hydration tab is recommended as they balance the electrolyte levels in the body which help maintain hydration.



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