

## Eight Week Summer Training

**If you have any medical or physical concerns make sure to contact the Residence Life Office as soon as possible.**

Adventure programs, such as Walkabout, are physically demanding. It is wise to prepare your body with consistent training for this experience. Staying active during the months preceding Walkabout will help to make the trip less physically stressful.

This program is designed to help the students and staff on the summer walkabout be better conditioned to meet the demands of the trip. The program is eight weeks in duration, and it will work best if it is started eight or nine weeks before the August trip. The program consists of general cardiovascular fitness, as well as strength training that will be specific to the activity performed during walkabout.

Take your own physical fitness into account, do not try and do too much too soon. The program follows a progression, for some of you, the first few weeks will be much less than you are used to doing. If you are used to exercising and consider yourself to be in good physical condition, then keep doing what you have done in the past. This program is designed for those who might need some guidance on how to prepare themselves for the trip.

### Week One and Two

Monday:

Cardiovascular Activity: 20 minutes of walking/jogging

Flexibility: Hamstring Stretches, Calf Stretches.

Note: Remember to breathe when you are stretching, hold position for at least 20 seconds, and do not bounce.

Tuesday:

Body Weight Strength Training:

3x15 body weight squat (weight distributed on heels, not toes)

3x10 push ups (on knees if necessary)

3x12 Lunges in place

3x20 Crunches (Arms folded across chest, not behind head)

Flexibility: Total body flexibility

Wednesday:

Cross Training: 30 minutes of non impact cardio activity (Elliptical, bike, swim, row). No running or walking on this day unless you don't have access to non impact equipment.

Thursday:

Body Weight Strength Training:

3x15 body weight squat (weight distributed on heels, not toes)

3x10 push ups (on knees if necessary)

3x12 Lunges in place

3x20 Crunches (Arms folded across chest, not behind head)

Flexibility: Total body flexibility

Friday:

Cardiovascular Activity: 25 minutes of walk/jog (Soft surfaces if available)

Flexibility: Hamstring Stretches, Calf Stretches.

Note: Remember to breathe when you are stretching, hold position for at least 20 seconds, and do not bounce.

Saturday and Sunday:

No set workouts, but be active. Go outside, play a game, go for a hike. Keep it healthy. Drink plenty of water throughout your day.

## **Week Three and Four**

Monday:

Cardiovascular activity: 30 minute walk/jog

Flexibility: Continue to make sure that you are stretching major muscles of the body, especially the lower legs. There are many different types of stretches you can perform, and they would be too difficult to describe. Go to Google and type in "running stretches" to learn more.

Tuesday:

Body Weight Strength Training:

3x10 Step ups (Find a box or a set of stairs and step up and back down)

3x10 Push ups on stairs/incline

3x20 Walking forward lunge

3x30 Back ups (lying on flat ground face down, flex you back so that your chest and feet come off of the ground. It looks kind of like a skydiver in a free fall.)

Flexibility: Total body flexibility, 20 minutes of stretching

Wednesday:

Cardiovascular activity: Hill repeats x 10. (Find a hill of gradual incline that takes about 2 minutes to ascend walking briskly or jogging. Go at a moderate pace that you can keep for a total of 10 times up)

Cooldown: 10 minutes flat ground walking.

Flexibility: Focus on lower legs, hamstrings, and lower back. (15 minutes of stretching)

Thursday:

Body Weight Strength Training:

3x10 Step ups (Find a box or a set of stairs and step up and back down)

3x10 Push ups on stairs/incline

3x20 Walking forward lunge

3x30 Back ups (lying on flat ground face down, flex you back so that your chest and feet come off of the ground. It looks kind of like a skydiver in a free fall.)

Flexibility: Total body flexibility, 20 minutes of stretching

Friday:

Cardiovascular Activity: 45 minutes of cardio. (Elliptical, bike, swim, row, or walk/jog on soft surfaces).

Saturday and Sunday: No set workouts, but once again, keep active, and keep it healthy.

## **Week Five and Six**

At this stage in the program, you can start wearing your hiking pack, without all the weight to get used to the feeling of wearing it. This will help you recognize if there is anything about your pack that you need to adjust before the trip.

Monday:

Cardiovascular Activity: 45 minutes walk/hike. Find terrain that is similar to mountain hike. (Wear your pack, but keep it light).

Cooldown: 10 minutes of walking without pack

Flexibility: By now you should have developed flexibility routine for your post walk/jog/hike days. (15-20 minutes of stretching).

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Tuesday:

Body Weight Strength Training:

3x24 Walking lunges (12 steps each leg)

3x20 Suit Case Crunch (Feet and shoulders off of ground, crunch your knees into your chest. Your body folds up like a suitcase)

3x40 Back ups

3x10 side lunges in place (10 each side, each set.)

Flexibility: Follow your routine

Wednesday:

Cardiovascular/Strength: Hill Repeats x 15 w/light pack

Cooldown: 15 minute walk/jog on flat ground without pack.

Flexibility: Focus on lower body stretching.

Thursday:

Body Weight Strength Training:

3x24 Walking lunges (12 steps each leg)

3x20 Suit Case Crunch (Feet and shoulders off of ground, crunch your knees into your chest. Your body folds up like a suitcase)

3x40 Back ups  
3x10 side lunges in place (10 each side, each set.)

Friday:

Cardio/Cross Training: 1 Hour of continuous activity. You can break it up into two 30 minute sessions of bike/elliptical. Etc....

Cooldown: 10 minute easy pace on whatever machine you are using.

Flexibility: 20 minutes

Saturday and Sunday: No Set workouts

Thursday:

Body Weight Strength Training:

3x10 Step ups (Find a box or a set of stairs and step up and back down)

3x10 Push ups on stairs/incline

3x20 Walking forward lunge

3x30 Back ups (lying on flat ground face down, flex you back so that your chest and feet come off of the ground. It looks kind of like a skydiver in a free fall.)

Flexibility: Total body flexibility, 20 minutes of stretching

Friday:

Cardiovascular Activity: 45 minutes of cardio. (Elliptical, bike, swim, row, or walk/jog on soft surfaces).

Saturday and Sunday: No set workouts, but once again, keep active, and keep it healthy.

## **Week Seven and Eight**

During the last two weeks of the program, use your pack at close to or at trip weight during walk/jog/hike activities. This will be a challenging 10 days of training, but if you followed the program up to this point, you will feel great.

Monday:

Cardiovascular Activity: 1.5 hour walk/hike with pack at regular weight.

Cooldown: 10 minutes easy walking

Flexibility: Don't forget 15 minutes of stretching.

Tuesday:

Body Weight Strength Training:

3x24 Reverse walking lunge

3x45 second ab hold (support yourself on elbows and toes,

keep back straight by flexing abdominals; remember to breathe).

3x30 Calf Raises (Find a stair or raised edge like a curb)

3x10 Balance reaches each foot. (Stand on one foot, with both hands reach down and touch the ground approx 12 inches in front of your grounded foot. This exercise is great

for stability strength and overall balance, keep shoulders level).

Flexibility!!: 10 minutes of stretching

Wednesday:

Cardio/Strength Activity: Hill repeats x 15 w/ pack at trip weight.

Note: Pay attention to your posture! How does your pack feel?

Cooldown: 15 minutes easy walking without pack

Flexibility!

Thursday:

Body Weight Strength Training:

3x24 Reverse walking lunge

3x45 second ab hold (support yourself on elbows and toes,

Keep back straight by flexing abdominals; remember to breathe).

3x30 Calf Raises (Find a stair or raised edge like a curb)

3x10 Balance reaches each foot. (Stand on one foot, with both hands reach down and touch the ground approx. 12 inches in front of your grounded foot. This exercise is great for stability strength and overall balance, keep shoulders level).

Flexibility!!: 10 minutes of stretching

Friday:

Cardiovascular/Cross Training: 1.5 hours of cardio, low impact activity without pack.

Cooldown: 10 minutes easy

Flexibility: 15 minutes of stretching

Saturday and Sunday: No set workout

If you follow this program, you will be very prepared to meet the demands of the trip. If you have questions you can email me at [jmorell@georgefox.edu](mailto:jmorell@georgefox.edu)

Remember to do a bit of research on stretching so that you can develop your routine early. HAVE A GREAT HIKE!!!