

TRAVELBEYOND

EST 1975

Kilimanjaro 6-Month Training Guide

This is a sample training guide to get you ready to climb to the Roof of Africa – Mount Kilimanjaro! We recommend giving yourself around six months to prepare. These sample workouts are assuming you are training five days a week, but you can modify if you need to. If you only have four days a week to devote to training, you can skip the recovery day. If you only have three days, you can skip the recovery, as well as leg day. The training has been broken down into three training phases, each progressing with more challenging workouts and increased cardio.

There are 4 main categories to focus on when preparing for the climb:

- ❖ **Cardio/Aerobic Fitness:** When you start training incorporate light to moderate cardio, for 15 minutes minimum, into your workout 2-4 days per week. Eventually working your way up to 3-4 days per week. Work your way up to 30+ minutes of cardio per session. Jogging, biking, ellipticals, stair-masters and swimming for sustained periods are a few examples of cardio workouts.
- ❖ **Physical Strength:** You will be hiking up and down hill for 5-10 miles/day for hours at a time, at a slow pace. Having a strong set of legs and core is key. Focus your strength training on squats, lunges, step aerobics, yoga, rock climbing, bouldering and even biking. For core, sit ups, plank pushups, Russian twists and V-ups are all important exercises.
- ❖ **Hiking:** Kilimanjaro is one long hike. Hike as much as you can on longer routes while carrying your pack and wearing shoes you intend to use on the mountain. Get comfortable using your hands a bit too.
- ❖ **Mental Strength:** Kilimanjaro is a mental game more than anything else. Conditions can be tough and the summit can seem so far away. Between now and when you climb, do something that makes you uncomfortable for prolonged periods like swimming in cold water, doing a century on your bike (100 miles or km in 1 day), etc. Get your body used to being uncomfortable and be mentally prepared to push your limits.

For all of this, be sure that your doctor approves of you pushing your body in this way – safety is key! YouTube is a great resource to learn more about proper form for all the following exercises. We also recommend watching videos about climbing Kilimanjaro to help you prepare. Best of luck with your training!

IMPORTANT NOTES

- ❖ Make sure to eat a lot of protein on days 2 and 4 of each phase; this will aid in recovery.
- ❖ AMRAP - As Many Rounds As Possible in the time allotted
- ❖ Take breaks when you need them
- ❖ Change up the exercises you choose from the lists to make your sets. This will help you avoid boredom from repetition.
- ❖ Cardio activities we suggest include stair-master, elliptical machine, light jogging, or swimming
- ❖ Rest 10 days prior to the climb – no workouts, just stretching and light cardio

BEGINNING PHASE: Months 1 & 2

DAY 1: CARDIO for 20 to 40 min

DAY 2: CORE + 15 min cardio warm up + stretching or a yoga class

Choose 5 exercises from the list below, then complete AMRAP in 30 minutes of those 5 exercises

- 15 leg raises
- 20 windshield wipers (back and forth is 1)
- 10 hanging leg raises
- 10 kettlebell windmills (10 on each side)
- 10 v-ups
- 20 Russian twists (back and forth is 1 – low weight medicine ball)
- 20 hip twists exercise ball
- 20 plank pushups
- Foam Roll for recovery

DAY 3: CARDIO for 20 to 40 min

DAY 4: LEGS/CORE + 15 min cardio warm up + stretch

Choose 5 exercises from the list below, then complete AMRAP in 30 minutes of those 5 exercises

- 10 box jumps
- 10 lunges (10 on each leg)
- 15 squats
- 10 Slam balls (10lb medicine ball)
- 30 seconds burnout mountain climbers
- 15 burpees
- Foam Roll for recovery

DAY 5: RECOVERY

Choose 3 exercises each from CORE and LEGS/CORE days (6 total) to make up one set

Complete that set twice with no time limit

15 min cardio

Heavy stretching

INTERMEDIATE PHASE: Months 3 & 4

DAY 1: CARDIO for 30 to 45 min.

DAY 2: CORE + 15 min cardio warm up + stretch or yoga class

Choose 5 exercises for today's set, complete that set twice with no time limit

- 10 reps x5 sets leg raises
- 10 reps x5 sets windshield wipers (back and forth is 1)
- 8 reps x5 sets hanging leg raises
- 25 kettlebell windmills (25 on each side)
- 5 reps x5 sets v-ups
- 8 reps x5 sets Russian twists (back and forth is 1 – low weight medicine ball)
- 8 reps x5 sets hip twists exercise ball
- 10 reps x3 sets plank pushups
- Foam Roll for recovery

DAY 3: CARDIO for 30 to 45 min

DAY 4: LEGS/CORE + 15 min cardio warm up + stretch

Choose 5 exercises for today's set, complete that set twice with no time limit

- 8 reps x5 sets box jumps or some variation like high knees
- 10 reps x5 sets lunges (10 on each leg)
- 8 reps x5 sets squats
- 30 Slam balls (10lb medicine ball)
- 30 seconds burnout mountain climbers x3 reps with 30 sec breaks
- 8 reps, 5 sets burpees
- Foam Roll for recovery

DAY 5: RECOVERY

Choose 3 exercises each from CORE and LEGS/CORE day (6 total) to make up one set

Complete that set twice with no time limit

15 min cardio

Heavy stretching

FINAL PHASE: Months 5 & 6

DAY 1: CARDIO for 30 to 45 min. Increase intensity.

DAY 2: CORE + 15 min cardio warm up + stretch or yoga class

Choose 6 exercises for today's set, complete one set with no time limit

- 50 ball pass
- 50 windshield wipers (back and forth is 1)
- 50 hanging leg raises
- 25 kettlebell windmills (25 on each side)
- 50 v-ups
- 50 Russian twists (back and forth is 1 – 10-15lbs medicine ball)
- 50 plank pushups
- Foam Roll for recovery

DAY 3: CARDIO for 30 to 45 min

DAY 4: LEGS/CORE + 15 min cardio warm up + stretch

Choose 6 exercises for today's set, complete one set with no time limit

- 50 box jumps or some variation like high knees
- 25 lunges (25 on each leg) w/ weights
- 50 squats w/ kettlebell or barbell
- 50 Slam balls (15lb medicine ball)
- 30 seconds burnout mountain climbers x5 reps with 30 sec breaks
- 50 burpees (w/ pushups)
- 50 kettlebell swings
- 3 min jump rope
- Foam Roll for recovery

DAY 5: RECOVERY

Choose 2 exercises each from CORE and LEGS/CORE day (4 total) to make up today's set.

Complete one set with no time limit.

15 min cardio

Heavy stretching