



Trek Ready

Your 100-day health
and fitness plan



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10 top tips to get you trek ready

We've compiled 10 simple tips to help you reach your fitness goals and get trek ready.

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About Dr David Buttifant

Learn more about the author of this guide, former AFL and Olympic coach and co-founder of Resilience Builders, David Buttifant.



Get Trek Ready In 100 Days

From hiking the Himalayas to trekking Tasmania, the Trek Ready 100-Day Health and Fitness Plan will have you physically prepared for whatever challenge you've set yourself.

You can complete most of the plan at home with little equipment - no need for expensive gym memberships!

Best of all, you don't need to be an athlete, you just need to give it a go. Eating the right foods is especially important when you're training for a trek, so this guide includes a simple nutrition plan, ensuring you'll be Trek Ready, feeling fantastic, and ready to take on the world!



Dr David Buttifant

**Former AFL and Olympic
high-performance coach, co-founder
of Resilience Builders and regular
trekker with Trek Climb Ski Nepal.**



10 top tips to get you Trek Ready

1. Log your training to monitor your progress. A simple spreadsheet or journal will do.
2. Don't increase your total weekly walking distance by more than 10%.
3. Keep hydrated during activity.
4. Refuel while exercising to maintain energy levels, especially on harder, longer hikes.
5. Stick to the taper weeks. These easier weeks help your body stay active while avoiding fatigue.
6. Take the time to work through some recovery techniques. You'll feel fresher for your next session.
7. Give your legs a rest from high-impact hiking or running. Try swimming and biking to help them recover.
8. Find your rhythm and pace as this will help energy efficiency.
9. Use positive self-talk to get you through the hard sessions.
10. Don't be too hard on yourself if you miss a day or two. We're all busy, we all get sick. Instead of berating yourself, refocus on your goals. You'll be back on track in no time.



What is intensity?

Your training plan outlines the intensity that you should complete a session at. Here, we've outlined what 'easy', 'moderate' and 'hard' intensity means for you.



Easy

A way to ease into or out of moderate or hard intensity training. Gentle, controlled movement.



Moderate

60%-75% maximum heart rate (Max HR)

You should be able to walk and talk during moderate intensity exercise.



Hard

70%-85% maximum heart rate (Max HR)

You should be somewhat out of breath and find it difficult to have a conversation during hard intensity exercise.



Maximum heart rate

To work out your maximum heart rate use this formula:

220 - Your Age = Max HR

e.g. for a 40-year old this would be: 220 - 40 = Max HR of 180





A black circular overlay is positioned in the upper right quadrant of the image. Inside the circle, the quote is written in white, sans-serif font.

**It is not the
mountain we conquer,
but ourselves.**

Sir Edmund Hillary



Your Program

The Trek Ready Health and Fitness Plan has four elements which you will follow throughout the 100 days.



1. Walking/Hiking

This is self-explanatory. Your planned trek will require lots of it, so it stands to reason that your training will too. Each week you'll put in more kilometres to grow your capacity for long days on the trail.

Wear a backpack. Gradually increase its weight so, by the end of your program, you're carrying a little more weight than you're going to on your trek.



2. Aerobic conditioning 1

Intensity: Moderate (60-75% of Max HR)

Increase your aerobic ability by choosing one of the following activities:

Bike: 30 minutes easy to moderate intensity.

Swim: 20 minutes easy to moderate intensity.

Run: 500-metre moderate intensity followed by 200-metre walk for a total of 20 minutes

Cross training: 45-60 seconds moderate intensity followed by 45-60 seconds easy intensity for a total of 20 minutes.



3. Aerobic Conditioning 2

Intensity: Hard (75-85% of Max HR)

Increase your aerobic ability by choosing one of the following activities:

Bike: 1-2 minutes hard followed by 1-2 minutes easy intensity for a total of 30 minutes.

Swim: 30-45 seconds hard followed by 45-60 seconds easy intensity for a total of 20 minutes.

Run: 300-500 metre moderate to hard intensity followed by 150-300 metre walk for 20 minutes.

Cross training: 20-40 seconds moderate to hard intensity followed by 20-40 seconds easy intensity for a total of 20 minutes.



4. Resistance program

Resistance training will improve your muscle, tendon and ligament strength.



Double leg bridges:
3 sets x 30 reps



Lunges:
3-5 sets x 6 reps



Plank:
2 sets x 60-90 seconds



Static wall squats:
2 sets x 60-120 seconds



Push ups:
2-5 sets x 10-30 reps



Dead bug:
2 sets x 10 reps

Your 100-day fitness plan

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Predicted Total (KM)	Actual Total (KM)
1 Before you begin your program, visit your GP for a thorough health check and discussion about your training plan.									
2 Review the plan. Consider your daily life and, if necessary, shuffle training days around so you can complete as much of the training schedule as possible.									
3-9	5km walk & resistance program	Aerobic Conditioning 1	7km walk & resistance program	Recovery day	5km walk & resistance program	10km moderate hike	5km walk	32	
10-16	5km walk & resistance program	Aerobic Conditioning 2	7km walk & resistance program	Recovery day	6km walk & resistance program	11km moderate hike	6km walk	35	
17-23	6km walk & resistance program	Recovery day	8km walk & resistance program	Aerobic Conditioning 2	6km walk & resistance program	12km moderate hike	6km walk	38	
24-30	5km walk & resistance program	Aerobic Conditioning 1	10km walk & resistance program	Aerobic Conditioning 1	5km walk & resistance program	10km moderate hike	Recovery day	30	
31-37	6km walk & resistance program	Recovery day	8km walk & resistance program	Aerobic Conditioning 2	6km walk & resistance program	12km moderate to hard hike	6km walk	38	
38-44	7km walk & resistance program	Aerobic Conditioning 2	9km walk & resistance program	Recovery day	7km walk & resistance program	12km moderate to hard hike	6km walk	41	
45-51	7km walk & resistance program	Recovery day	9km walk & resistance program	Aerobic Conditioning 2	7km walk & resistance program	14km moderate to hard hike	8km walk	45	
52-58	7km walk & resistance program	Aerobic Conditioning 2	11km walk & resistance program	Recovery day	9km walk & resistance program	18km moderate to hard hike	4km walk	49	
59-65	5km walk & resistance program	Aerobic Conditioning 1	10km walk & resistance program	Aerobic Conditioning 1	5km walk & resistance program	12km moderate to hard hike	Recovery day	32	
66-72	7km walk & resistance program	Aerobic Conditioning 1	11km walk & resistance program	Aerobic Conditioning 2	11km walk & resistance program	18km moderate to hard hike	3km easy walk	50	
73-79	9km walk & resistance program	Aerobic Conditioning 1	11km walk & resistance program	Aerobic Conditioning 2	9km walk & resistance program	20km moderate to hard hike	6km easy walk	55	
80-86	9km walk & resistance program	Aerobic Conditioning 2	7km walk & resistance program	Recovery day	9km walk & resistance program	20km moderate to hard hike	12km moderate hike	57	
87-93	9km walk & resistance program	Aerobic Conditioning 2	9km walk & resistance program	Aerobic Conditioning 2	10km walk & resistance program	22km moderate to hard hike	12km moderate hike	62	
94-100	9km walk & resistance program	Aerobic Conditioning 1	7km walk & resistance program	Recovery day	5km walk & resistance program	15km moderate hike	10km walk	46	

Recovery tips

Taking the time to recover properly from your training might seem like a drag, but it means you'll train closer to your peak than if you choose to head straight to the couch. Here are some simple activities to help you stay in top shape.

Warm up

Always warm up prior to strenuous activity. Stretching and easing into a session will reduce the impact on your body when it's time to go hard and will help avoid injury.

More stretching

Remember to stretch following training sessions. Stretching the muscle groups you've just put to work will minimise soreness. Hold each stretch for 20-30 seconds.

Refuel and rehydrate

Don't forget to refuel and rehydrate after every session. Drinking water during and after exercise replaces valuable fluids. Healthy snacks are also recommended during longer hikes to keep your energy levels high.

Get a massage

It's important you make time for a massage if you're sore after training. If a professional massage isn't possible, use a foam roller and do it yourself. Foam rollers are a cheap and effective way of easing sore muscles. Of course, if you're looking for an excuse to treat yourself, a sports massage from a qualified masseuse is a brilliant way to recover.

Cold water immersion

Cold water immersion is an effective way to aid in the recovery of sore muscles. Take a cold shower, add ice to a bath, or find a local pool, beach or lake.

Concentrate on your breath to deal with the cold. Start with a minute or two and build from there. Oh, and get warm quickly afterwards.

Make sure you build time into your schedule for recovery. You'll find your performance improves at a much faster pace.





Nutrition plan

To ensure you get the right fuel into your body, we've created a plan that takes the hard work out of deciding what to eat.

Pre-breakfast

Apple cider vinegar: 2 teaspoons with 100ml warm water 30 minutes before breakfast.

Breakfast

Choose one of the following:

Porridge, toast and a shake: 1 full cup of oats with blueberries and chia seeds with 150ml lite milk or almond milk. 1 piece of toast with vegemite or jam. 30 grams of whey isolate protein shake mixed with 150ml of lite milk or almond milk.

Super smoothie: Nutri-bullet kale, blueberries, beetroot, 4-6 spinach leaves, 1-3 mint leaves, banana, 30 grams of protein powder.

Yoghurt, poached eggs and a shake: Coconut yoghurt with berries and chia seeds. 2 x boiled or poached eggs with toast. Protein shake with 200ml lite milk or almond milk.

Toast and a shake: Two pieces of toast or crumpets with jam or Vegemite. 550ml flavoured milk or protein drink.

Mid-morning snack

Choose one of the following:

Nuts: 6-10 cashew nuts, 4-6 brazil nuts and 4-6 macadamia nuts.

Avocado on toast: 1/4 avocado on toast with light feta cheese.

Fruit: 1 banana, apple or pear.

Lunch

Choose one of the following:

Chicken salad rolls: 2 multi-grain bread rolls with 50 grams of chicken and salad. 1 banana, 250ml of herbal tea.

Quinoa salmon salad: 75-100 grams of salmon, salad leaves, 1/4 of cup quinoa, 1/4 cup beans, and half a cup of brown rice with a lite salad dressing.

Leftover dinner: Choose from lasagne, pasta, casserole or a chicken Caesar salad.



Mid-afternoon snack

Choose one of the following:

Yoghurt and fruit: Low-fat yogurt with some berries and a piece of fruit. If you've done weight training include 25 grams of protein shake.

Sandwich: Dark bread sandwich with protein of your choice. If you've done weight training include 25 grams of protein shake.

Quick snack: One cereal or protein bar and a piece of fruit.

Dinner

Choose one of the following:

Meat and vegetables: 100-150 grams of lean meat with four servings of green vegetables.

Chicken and vegetables: Half a chicken with 3-4 servings of vegetables.

Pasta: Your choice of pasta dish with 100 grams of lean meat and 2 small multigrain dinner rolls.

Stir fry: Stir fry with 2 cups brown rice or noodles and 100 grams of meat and 1 cup of vegetables.

Dessert: Coconut yoghurt with berries and nuts for dessert.

To aid digestion, we recommend that you eat dinner no later than 7pm.

Optional post-dinner snack

Choose one of the following:

Nuts: 3-6 brazil nuts, 4-6 macadamias.

Avocado: Quarter of an avocado.

Carrots and dip: Sliced carrots with hummus.

Recommended foods

Vegetables: Kale, spinach, broccoli, brussels sprouts, peas, beetroot, capsicum, tomatoes (cooked), sweet potatoes. Preferred cooking lightly steamed.

Legumes: Quinoa, lentils, black beans, oats and brown rice.

Fish (check sustainability): Salmon, herring, rainbow trout, sardines, cod, flathead tails and whiting.

Fruits: Blueberries, blackberries, strawberries, bananas, kiwi fruit, pears and oranges.

Bread: Burgen Traditional Rye, Helga's Lower Carb sunflower and golden linseed or Pure Bread Chia Seed.

Nuts: Walnuts, macadamia nuts, almonds, Brazil nuts, pistachios, pumpkin seeds and sunflower seeds.



Dr David Buttifant

Having worked with elite athletes for over 25 years, David is passionate about helping people set new benchmarks and improving their performance.

His academic background includes a Doctorate in Exercise Physiology from Victoria University, an MBA and he is an Associate Professor at Australian Catholic University.

David directed the WADA Sanctioned Essendon F. C. Suspended Players Transition Program back into the AFL for the 2017 season. He was the Sports Science Director at the Collingwood F.C. for 13 years, Carlton F.C. for 2 and North Melbourne F.C. during the successful period of the mid 1990s.

Before his time at Collingwood, David worked in Sydney at Homebush with Australian Olympic athletes preparing for the 2000 Sydney Olympics as the Senior Sports Scientist and as the Strength and Conditioning Coordinator.

After pioneering Altitude Training in the AFL, David has successfully led over 20 Altitude Training Camps for elite athletes and teams.

He is currently on the AFL Research Board and is a director and co-founder of Resilience Builders.

David is a regular visitor to Nepal and completed several trekking adventures with Trek Climb Ski Nepal.







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