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Up Close Game Drives &
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Fitness for Kilimanjaro

Kilimanjaro is the highest mountain in Africa. With all the information you have, added to being physically prepared, your chances of reaching the summit is substantially increased. The tests of physical endurance and mental stamina will determine, to great extend, whether you will be successful in you quest to conquer the Roof of Africa. Being physically prepared for the trek will also greatly contribute and make a world of difference to the most valuable benefit of your preparation-- your mental confidence and strength!

How fit do you have to be?

The type of fitness is more important than the degree of fitness. Kilimanjaro is a hike, so the best preparation you can do, is to hike, preferably under simulated conditions. While running helps to some degree, it does not fully prepare your muscles for a strenuous 6-day hike. We suggest that you spend some of your training time by simply walking. Going for walks, in addition to regular gym work in order to also stimulate some muscle development, has proven to be the most successful preparation. Try to do a one or two day local hiking trial in your area, which will not only be an excellent way of preparation, but also most enjoyable.

We have therefore developed a practical (in terms of time and costs) fitness preparation guideline, which we will assist you greatly in preparing you body for your Kilimanjaro summit attempt. This guideline contains both a gym as well as a hiking program, which should be followed simultaneously over a 8 week period.

Important points to remember - Before you start!!

Medical Checkup

Before embarking on a fitness program, it is always wise to seek the approval of your family doctor. By all means show him this program so that he can see exactly what your are talking about. Chances are, that he will be delighted that you will be exercising regularly.

Progressive Resistance

In essence this gym fitness program consists of regular performance of progressive resistance exercises with either free weights (barbells and dumbbells) or free weight machines as found in gymnasiums. The idea behind progressive resistance is that your exercise can be tailored to your age, conditioned and strength and progressing to higher resistance or weights as you develop.

Safety Factor

Because progressive resistance movements are tailored to your strength levels the program is potentially safe. However it is essential that all the exercises are performed

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Kenia Mara. Your East African Travel and Safari Operator

correctly and that the basic safety procedures are followed. It is always a good idea to invest in a book on physical fitness or to asked the local gymnasium instructor to show you how to perform each exercise correctly and safely.

Sets and Reps

Your workout is made up of **repetitions** (reps) and **sets**. A rep is a single count of an exercise.-- I.e. going down for one squad movement. If you perform a series of reps (the average is 10 to 12) and then stop for a breather, this is known as a set.

Warm Up

You should always warm up your muscles before any exercising routine. This means putting your body through a variety of stretches to warm up, strengthen and progressively challenge the tendons, ligaments, joints and muscles. Stretching is the best and very important way to prepare yourself for an injury-free workout.

Gym Program — 8 Weeks Guideline						
Exercise	Monday		Wednesday		Friday	
	Sets	Reps	Sets	Reps	Sets	Reps
Stretching and Warm Up	5 min.		5 min.		5 min.	
Leg developing aerobics						
-Cycling	10 min.		10 min.		15 min.	
Leg combination						
-Squads	3	12			4	12
-Leg Press			4	12		
Thighs isolation						
-Leg extensions	3	10	3	10	4	10
-Leg Curls	3	10	3	10	4	10
Lower legs isolation						
-Calf raises	3	20	3	20	4	20
-Toe pulls	3	20	3	20	4	20
Lower back combination						
-Hyper Extensions	3	12			4	12
-Good morning exercise			3	12		
Abdominal						
-Crunches (Upper)	2	20	2	20	3	20
-Leg raises (Lower)	2	20	2	20	3	20
Leg developing aerobics						
-Stairmaster / Climbing	10 min. low resistance		10 min. high resistance		10 min. low resistance	
Stretching and Cool Down	5 min.		5 min.		5 min.	
TOTAL TIME	<u>1 hour 15 min</u>		<u>1 hour 15 min.</u>		<u>1 hour 45 min.</u>	

Other important gym guidelines

1. The above represents a guideline and can be adapted to your time schedule and current fitness level, but it will give you an good idea of which muscles you should concentrate on.
2. Unfit people should utilise light weights during the first two weeks of this program.
3. To stimulate sufficient muscle growth and development, the weights should be increased progressively at least every two weeks.
4. For effective muscle development every muscle or muscle group should be given a resting and recuperation period of at least 48 hours after every strenuous exercising session if weights where utilised.
5. It is important to execute the various exercises in the same order as listed above.
6. The above program can be adapted for home gymnasiums - we will gladly advise you on request.

If time permits it always a good idea to include some upper body development exercises in your program, in order to achieve a more balanced and overall body development.

Walking program

It is advisable to go for frequent walks, which should include some uphill, and down hills sections. Take your daypack with you and carry at least three litres of water or three kilograms with you. This will simulate the conditions you will encounter. As mentioned before, doing a one or two day local hiking trial in your area is not only an excellent way of preparation but also most enjoyable. We have developed an adequate hiking programme of least 8 weeks to ensure an adequate level of fitness.

If your local weather conditions do not always permit outdoor activities, you can do part of it on a treadmill and simulate the flat, uphill (inclined) and downhill (declined) sections. Terminate your hiking program at least 4 days before you're the start of your summit attempt to ensure sufficient rest before the climb.

Walking Program — 8 Weeks			
Week 1	Tuesday	Thursday	Sunday
Week 2-3	Tuesday	Thursday	Sunday
Week 4-8	Tuesday	Thursday	Sunday
Stretching and Warm Up	8 min.	8 min.	8 min.
Walking			
-At 4-5 km's per hour—flat	10 min.	10 min.	10 min.
Lower leg development			
-Walk on heels lifting toes	3 min.	3 min.	3 min.
-Walk on toes lifting heels	4 min.	4 min.	4 min.
Walking			
-At 4-5 km's per hour—flat	40 min.	30 min.	50 min.
-At 2-3 km's per hour—uphill	-	20 min.	40 min.
-At 5-6 km's per hour—downhill	-	10 min.	20 min.
Stretching and Cool Down	5 min.	5 min.	5 min.
TOTAL TIME	1 hour 10 min.	1 hour 30 min.	2 hours 20 min.

The above training programme will prepare you physically for Kilimanjaro to the extent that you are capable of hiking 100 kilometres in one week. If you are fit enough for this, rest assured that your body will still give you more when you need it. If you follow the guidelines for both the gym training as well as the walking routine, you are definitely ready for Kilimanjaro physically. You can now concentrate on being mentally ready, but chances are

YOU ALREADY ARE!

