



Getting Into Shape For Your Trip:

We want you to enjoy your trip in Colorado, but in order to do that you MUST be in good physical shape. The better shape you are in, the happier your body will be and the more fun you will have. You will not be able to “get in shape on the trail”. That doesn’t work well and it’s hard on your body, spirit and hiking companions. We have had hikers arriving at camp after dark, exhausted, in pain and unhappy. This creates a dangerous situation for you, the other trekkers, and the staff. Please plan ahead and get in good hiking condition NOW!

Most of our trips have at least one advanced day, so you need to be prepared. Remember that most of our Colorado trips start at 9,000 ft. and goes UP!!! If you are coming from a lower altitude, try to come to Colorado two to three days early to become acclimated. At high altitude, your heart and lungs must work harder to get enough oxygen into your body. You tire more quickly, your body slows down, and your muscles can stiffen. This can easily ruin what was to be a good experience.

We all have busy schedules, and sometimes it is hard to fit in a workout, but it can be accomplished. Walk as much as you can on a daily basis. Find a co-worker who would like to walk with you on your lunch hour. Take an aerobics or spin class. Ride a bike. Jog. Swim. Be as active as you can! Every little bit helps. Work out at least 4 days a week for 6 weeks prior to your trip departure.

Devote your weekends or days off to longer workouts. Make sure you can comfortably hike as many miles as the longest day on your trip. Put your hiking gear and 3 liters of water into your day pack and climb hills, exposing yourself to as much altitude as possible. Your trip will be a fun, yet physically demanding adventure. Please do your part to help make your trip as safe as possible for everyone involved.

Below is a simple workout plan to incorporate strength training into your training.

WEEKLY CALENDAR Week 1

Monday

Warm Up: 15 mins on the treadmill or of walking, light jog, heavy house work like vacuuming, dance video, get your heart rate up a bit and get warm.

3 rounds

1. Leg Press (feet high on platform) – 12–15
2. Dumbbell Romanian Deadlift – 10–12
3. Hip Thrust (barbell or DB) – 12–15
4. Seated or Lying Hamstring Curl – 12–15

Standing Calf Raises – 15–20

Tuesday

Warm Up:

- 10 Squats
 - 10 Lunges
 - 5 pushups
- Repeat 3 times

Carido:

30 mins on an incline treadmill walking, or stair walking

Wednesday

Rest Day! But try to still move your body and get step in.

Thursday

Warm Up: 15 mins on the treadmill or of walking, light jog, heavy house work like vacuuming, dance video, get your heart rate up a bit and get warm.

2–3 rounds

1. Leg Extension (slow 3–4 sec down) – 10–12
2. Step-Downs (controlled) – 8 each leg
3. Single-Leg KB Deadlift – 8–10 each
4. Cable or Machine Hip Abduction – 12–15
5. Tibialis Raises (wall or machine) – 15–20

Heel-Elevated Eccentric Lowers – 8 each

Core:

Plank 30 sec hold
dead Bug (10 each side)
Side Plank (15 sec each side)
Repeat 3 times

Friday

Warm Up: 15 mins on the treadmill or of walking, light jog, heavy house work like vacuuming, dance video, get your heart rate up a bit and get warm.

3 rounds

1. Lat Pulldown – 10–12
2. Seated Cable Row – 12–15
3. Dumbbell Overhead Press – 10–12
4. Farmer Carry (heavy DB/KB) – 30–60 sec
5. Rear Delt Fly (machine or DB) – 12–15

Overhead Hold (DB/KB) – 30 sec

Core:

Plank 30 sec hold
dead Bug (10 each side)
Side Plank (15 sec each side)
Repeat 3 times

Saturday

Rest Day! But try to still move your body and get step in.

Sunday

Hike- 2 hours (no backpack or weight needed this week)

WEEKLY CALENDAR Week 2

Thursday

Warm Up: 15 mins on the treadmill or of walking, light jog, heavy house work like vacuuming, dance video, get your heart rate up a bit and get warm.

2-3 rounds

1. Leg Extension (slow 3-4 sec down) - 10-12
2. Step-Downs (controlled) - 8 each leg
3. Single-Leg KB Deadlift - 8-10 each
4. Cable or Machine Hip Abduction - 12-15
5. Tibialis Raises (wall or machine) - 15-20

Heel-Elevated Eccentric Lowers - 8 each

Core:

Plank 30 sec hold
dead Bug (10 each side)
Side Plank (15 sec each side)
Repeat 3 times

Monday

Warm Up: 15 mins on the treadmill or of walking, light jog, heavy house work like vacuuming, dance video, get your heart rate up a bit and get warm.

3 rounds

- Leg Press (feet high on platform) - 12-15
- Dumbbell Romanian Deadlift - 10-12
- Hip Thrust (barbell or DB) - 12-15
- Seated or Lying Hamstring Curl - 12-15

Standing Calf Raises - 15-20

Friday

Warm Up: 15 mins on the treadmill or of walking, light jog, heavy house work like vacuuming, dance video, get your heart rate up a bit and get warm.

3 rounds

1. Lat Pulldown - 10-12
2. Seated Cable Row - 12-15
3. Dumbbell Overhead Press - 10-12
4. Farmer Carry (heavy DB/KB) - 30-60 sec
5. Rear Delt Fly (machine or DB) - 12-15

Overhead Hold (DB/KB) - 30 sec

Core:

Plank 30 sec hold
dead Bug (10 each side)
Side Plank (15 sec each side)
Repeat 3 times

Tuesday

Warm Up:

10 Squats

10 Lunges

5 pushups

Repeat 3 times

Carido:

45 mins on an incline treadmill walking, or stair walking

Wednesday

Rest Day! But try to still move your body and get step in.

Saturday

Rest Day! But try to still move your body and get step in.

Sunday

Hike- 2 hours with 2-3 liters of water and your entire day pack of weight.

WEEKLY CALENDAR Week 3

Thursday

Warm Up: 15 mins on the treadmill or of walking, light jog, heavy house work like vacuuming, dance video, get your heart rate up a bit and get warm.

2-3 rounds

1. Leg Extension (slow 3-4 sec down) - 10-12
2. Step-Downs (controlled) - 8 each leg
3. Single-Leg KB Deadlift - 8-10 each
4. Cable or Machine Hip Abduction - 12-15
5. Tibialis Raises (wall or machine) - 15-20

Heel-Elevated Eccentric Lowers - 8 each

Core:

Plank 30 sec hold
dead Bug (10 each side)
Side Plank (15 sec each side)
Repeat 3 times

Monday

Warm Up: 15 mins on the treadmill or of walking, light jog, heavy house work like vacuuming, dance video, get your heart rate up a bit and get warm.

3 rounds

- Leg Press (feet high on platform) - 12-15
- Dumbbell Romanian Deadlift - 10-12
- Hip Thrust (barbell or DB) - 12-15
- Seated or Lying Hamstring Curl - 12-15

Standing Calf Raises - 15-20

Friday

Warm Up: 15 mins on the treadmill or of walking, light jog, heavy house work like vacuuming, dance video, get your heart rate up a bit and get warm.

3 rounds

1. Lat Pulldown - 10-12
2. Seated Cable Row - 12-15
3. Dumbbell Overhead Press - 10-12
4. Farmer Carry (heavy DB/KB) - 30-60 sec
5. Rear Delt Fly (machine or DB) - 12-15

Overhead Hold (DB/KB) - 30 sec

Core:

Plank 30 sec hold
dead Bug (10 each side)
Side Plank (15 sec each side)
Repeat 3 times

Tuesday

Warm Up:

10 Squats
10 Lunges
5 pushups
Repeat 3 times

Carido:

45 mins on an incline treadmill walking, or stair walking

Core:

Plank 30 sec hold
dead Bug (10 each side)
Side Plank (15 sec each side)
Repeat 3 times

Saturday

Rest Day! But try to still move your body and get step in.

Wednesday

Rest Day! But try to still move your body and get step in.

Sunday

Hike- 2 hours with 2-3 liters of water and your entire day pack of weight.

WEEKLY CALENDAR Week 4

Thursday

Warm Up: 15 mins on the treadmill or of walking, light jog, heavy house work like vacuuming, dance video, get your heart rate up a bit and get warm.

2-3 rounds
Cable Anti-Rotation Press (Pallof) – 10 each side
Single-Leg Balance + DB Reach – 8 each direction
Weighted Glute Bridge March – 10 each leg
Reverse Hyper or Back Extension – 12-15
Ankle Band Work (all directions) – 10 each
Light Carry (uneven load) – 40 sec

Core:
Plank 45 sec hold
Dead Bug (15 each side)
Side Plank (20 sec each side)
Repeat 3 times

Monday

Warm Up: 15 mins on the treadmill or of walking, light jog, heavy house work like vacuuming, dance video, get your heart rate up a bit and get warm.

3 rounds
• Leg Press (feet high on platform) – 12-15
• Dumbbell Romanian Deadlift – 10-12
• Hip Thrust (barbell or DB) – 12-15
• Seated or Lying Hamstring Curl – 12-15
Standing Calf Raises – 15-20

Friday

Warm Up: 15 mins on the treadmill or of walking, light jog, heavy house work like vacuuming, dance video, get your heart rate up a bit and get warm.

2-4 rounds
Kettlebell Swings – 15-20
Weighted Step-Ups – 10 each leg
Heavy Carry (front or suitcase) – 40-60 sec
Medicine Ball Slams – 10-15
Battle Ropes or Fast Cardio Burst – 20-30 sec

Core:
Plank 45 sec hold
Dead Bug (15 each side)
Side Plank (20 sec each side)
Repeat 3 times

Tuesday

Warm Up:
10 Squats
10 Lunges
5 pushups
Repeat 3 times

Carido:
30 mins on an incline treadmill walking, or stair walking

Core:
Plank 45 sec hold
Dead Bug (15 each side)
Side Plank (20 sec each side)
Repeat 3 times

Saturday

Rest Day! But try to still move your body and get step in.

Wednesday

Rest Day! But try to still move your body and get step in.

Sunday

Hike- Find a hill and hike some elevation gain (goal 1,000 ft) with 20 lbs in pack or 2-3 liters of water and your entire day pack of weight.

WEEKLY CALENDAR Week 5

Thursday

Warm Up:
10 Squats
10 Lunges
5 pushups
Repeat 3 times

2-3 rounds
Cable Anti-Rotation Press (Paloof) – 10 each side
Single-Leg Balance + DB Reach – 8 each direction
Weighted Glute Bridge March – 10 each leg
Reverse Hyper or Back Extension – 12-15
Ankle Band Work (all directions) – 10 each
Light Carry (uneven load) – 40 sec

Core:
Plank 45 sec hold
Dead Bug (15 each side)
Side Plank (20 sec each side)
Repeat 3 times

Monday

Warm Up: 15 mins on the treadmill or of walking, light jog, heavy house work like vacuuming, dance video, get your heart rate up a bit and get warm.

3 rounds

- Leg Press (feet high on platform) – 12-15
- Dumbbell Romanian Deadlift – 10-12
- Hip Thrust (barbell or DB) – 12-15
- Seated or Lying Hamstring Curl – 12-15

Standing Calf Raises – 15-20

Friday

Warm Up: 15 mins on the treadmill or of walking, light jog, heavy house work like vacuuming, dance video, get your heart rate up a bit and get warm.

2-4 rounds
Kettlebell Swings – 15-20
Weighted Step-Ups – 10 each leg
Heavy Carry (front or suitcase) – 40-60 sec
Medicine Ball Slams – 10-15
Battle Ropes or Fast Cardio Burst – 20-30 sec

Core:
Plank 45 sec hold
Dead Bug (15 each side)
Side Plank (20 sec each side)
Repeat 3 times

Tuesday

Warm Up:
10 Squats
10 Lunges
5 pushups
Repeat 3 times

Carido:
30 mins on an incline treadmill walking, or stair walking

Core:
Plank 45 sec hold
Dead Bug (15 each side)
Side Plank (20 sec each side)
Repeat 3 times

Saturday

Rest Day! But try to still move your body and get step in.

Wednesday

Rest Day! But try to still move your body and get step in.

Sunday

Hike- 2 hours with 2-3 liters of water and your entire day pack of weight.

WEEKLY CALENDAR Week 6

Thursday

Warm Up:
10 Squats
10 Lunges
5 pushups
Repeat 3 times

2-3 rounds
Cable Anti-Rotation Press (Pallof) – 10 each side
Single-Leg Balance + DB Reach – 8 each direction
Weighted Glute Bridge March – 10 each leg
Reverse Hyper or Back Extension – 12-15
Ankle Band Work (all directions) – 10 each
Light Carry (uneven load) – 40 sec

Core:
Plank 45 sec hold
Dead Bug (15 each side)
Side Plank (20 sec each side)
Repeat 3 times

Monday

Warm Up: 15 mins on the treadmill or of walking, light jog, heavy house work like vacuuming, dance video, get your heart rate up a bit and get warm.

3 rounds
• Leg Press (feet high on platform) – 12-15
• Dumbbell Romanian Deadlift – 10-12
• Hip Thrust (barbell or DB) – 12-15
• Seated or Lying Hamstring Curl – 12-15
Standing Calf Raises – 15-20

Friday

Warm Up: 15 mins on the treadmill or of walking, light jog, heavy house work like vacuuming, dance video, get your heart rate up a bit and get warm.

2-4 rounds
Kettlebell Swings – 15-20
Weighted Step-Ups – 10 each leg
Heavy Carry (front or suitcase) – 40-60 sec
Medicine Ball Slams – 10-15
Battle Ropes or Fast Cardio Burst – 20-30 sec

Core:
Plank 45 sec hold
Dead Bug (15 each side)
Side Plank (20 sec each side)
Repeat 3 times

Tuesday

Warm Up:
10 Squats
10 Lunges
5 pushups
Repeat 3 times

Cardio:
45 mins on an incline treadmill walking, or stair walking

Core:
Plank 45 sec hold
Dead Bug (15 each side)
Side Plank (20 sec each side)
Repeat 3 times

Saturday

Rest Day! But try to still move your body and get step in.

Wednesday

Rest Day! But try to still move your body and get step in.

Sunday

Hike- Find a hill and hike some elevation gain (goal 1,000 ft) with 10 lbs in pack or 2-3 liters of water and your entire day pack of weight.

WEEKLY CALENDAR Week 7

Monday

Warm Up: 15 mins on the treadmill or of walking, light jog, heavy house work like vacuuming, dance video, get your heart rate up a bit and get warm.

3 rounds

- Leg Press (feet high on platform) – 12-15
- Dumbbell Romanian Deadlift – 10-12
- Hip Thrust (barbell or DB) – 12-15
- Seated or Lying Hamstring Curl – 12-15

Standing Calf Raises – 15-20

Tuesday

Warm Up:
20 Squats
20 Lunges
10 pushups
Repeat 3 times

Carido:
1 hour on an incline treadmill walking, or stair walking

Core:
Plank 1 min hold
Dead Bug (30 each side)
Side Plank (30 sec each side)
Repeat 3 times

Wednesday

Rest Day! But try to still move your body and get step in.

Thursday

Warm Up:
10 Squats
10 Lunges
5 pushups
Repeat 3 times

Carido:
45 mins on an incline treadmill walking, or stair walking

Core:
Plank 1 min hold
Dead Bug (30 each side)
Side Plank (30 sec each side)
Repeat 3 times

Friday

Warm Up: 15 mins on the treadmill or of walking, light jog, heavy house work like vacuuming, dance video, get your heart rate up a bit and get warm.

3 rounds

1. Lat Pulldown – 10-12
2. Seated Cable Row – 12-15
3. Dumbbell Overhead Press – 10-12
4. Farmer Carry (heavy DB/KB) – 30-60 sec
5. Rear Delt Fly (machine or DB) – 12-15

Overhead Hold (DB/KB) – 30 sec

Core:
Plank 30 sec hold
dead Bug (10 each side)
Side Plank (15 sec each side)
Repeat 3 times

Saturday

Rest Day! But try to still move your body and get step in.

Sunday

Hike- with 20 lbs in pack or 2-3 liters of water and your entire day pack of weight.

WEEKLY CALENDAR Week 8

Thursday

Warm Up: 15 mins on the treadmill or of walking, light jog, heavy house work like vacuuming, dance video, get your heart rate up a bit and get warm.

3 rounds
Lat Pulldown – 10-12
Seated Cable Row – 12-15
Dumbbell Overhead Press – 10-12
Farmer Carry (heavy DB/KB) – 30-60 sec
Rear Delt Fly (machine or DB) – 12-15
Overhead Hold (DB/KB) – 30 sec

Core:
Plank 1 min hold
dead Bug (30 each side)
Side Plank (30 sec each side)
Repeat 3 times

Monday

Warm Up: 15 mins on the treadmill or of walking, light jog, heavy house work like vacuuming, dance video, get your heart rate up a bit and get warm.

3 rounds
• Leg Press (feet high on platform) – 12-15
• Dumbbell Romanian Deadlift – 10-12
• Hip Thrust (barbell or DB) – 12-15
• Seated or Lying Hamstring Curl – 12-15
Standing Calf Raises – 15-20

Friday

Warm Up:
10 Squats
10 Lunges
5 pushups
Repeat 3 times

Carido:
1 hour on an incline treadmill walking, or stair walking

Core:
Plank 1 min hold
dead Bug (30 each side)
Side Plank (30 sec each side)
Repeat 3 times

Tuesday

Warm Up:
20 Squats
20 Lunges
10 pushups
Repeat 3 times

Carido:
1 hour on an incline treadmill walking, or stair walking

Core:
Plank 1 min hold
dead Bug (30 each side)
Side Plank (30 sec each side)
Repeat 3 times

Saturday

Rest Day! But try to still move your body and get step in.

Wednesday

Rest Day! But try to still move your body and get step in.

Sunday

Hike- Find a hill and hike some elevation gain (goal 2,000 ft) with 30 lbs in pack or 2-3 liters of water and your entire day pack of weight.

WEEKLY CALENDAR Week 9

Monday

Warm Up: 15 mins on the treadmill or of walking, light jog, heavy house work like vacuuming, dance video, get your heart rate up a bit and get warm.

High Step-Ups (knee drive at top) – 10 each leg
Single-Leg Romanian Deadlift – 8-10 each leg
Hip Thrusts (bench or ground) – 15 reps

Hamstring Walkouts – 6-10 reps
Single-Leg Calf Raises (slow) – 15 each
Box or Rock Step Holds (isometric) – 20-30 sec each leg
Repeat x 3

Tuesday

Warm Up:
20 Squats
20 Lunges
10 pushups
Repeat 3 times

Carido:
1 hour on an incline treadmill walking, or stair walking

Core:
Plank 1 min hold
dead Bug (30 each side)
Side Plank (30 sec each side)
Repeat 3 times

Wednesday

Rest Day! But try to still move your body and get step in.

Thursday

Warm Up: 15 mins on the treadmill or of walking, light jog, heavy house work like vacuuming, dance video, get your heart rate up a bit and get warm.

Bent-Over Rows (band or backpack) – 12-15
Overhead Press (pack/dumbbells) – 10-12
Front Carry (bear hug pack) – 30-60 sec
Farmer Carry (bags/jugs) – 30-60 sec
Reverse Fly (band or light weight) – 12-15
Overhead Hold (lockout stability) – 20-40 sec
Repeat x 3

Core:
Plank 1 min hold
dead Bug (30 each side)
Side Plank (30 sec each side)
Repeat 3 times

Friday

Warm Up:
20 Squats
20 Lunges
10 pushups
Repeat 3 times

Carido:
1 hour on an incline treadmill walking, or stair walking

Core:
Plank 1 min hold
dead Bug (30 each side)
Side Plank (30 sec each side)
Repeat 3 times

Saturday

Rest Day! But try to still move your body and get step in.

Sunday

Hike- Find a hill and hike some elevation gain (goal 2,000 ft) with 30 lbs in pack or 2-3 liters of water and your entire day pack of weight.