



Stand Up On Everest

Everest Base Camp Trek – Fitness Preparation

Trekking to Everest Base Camp is one of the most rewarding treks there is. It is, by its very nature, a tough physical challenge – a successful trek will be greatly assisted by proper preparation and fitness training.

The trek to and from Base Camp is not just a simple matter of constantly climbing to or descending from your goal. We are approaching the camp over 9 days by climbing up the Khumbu Valley. This approach involves daily climbs and descents, river crossings and scrambles. On a standard day you may gain 500-600m in altitude, but to do so you may have descended and climbed double that. This is a mental and physical battle, and the more prepared you are, the more enjoyable this will be.

With that in mind, there should be five elements to your fitness training: Stretching, cardio-vascular, core strength, quick recovery, and walking stamina.

Stretching

This is fairly self-explanatory – proper stretching is key before and after all exercise. It may seem like a hassle and there will always be the temptation to skip this. However, this is what will help you avoid injuries. Good stretching tips and advice can easily be found on the internet (You Tube is a great resource for this). Make sure you observe the advice on form and ensure you perform the stretches correctly. On the mountain trail stretching before and after each days trek will reduce the risk of injury and reduce aches and pains the following morning.

Cardio Vascular

Quite simply put – the stronger your heart, the easier this will be. Building cardio-vascular fitness is fairly straight forward. Choose a form of fitness that you enjoy – running, cycling, swimming. Pursue this form of fitness regularly (a minimum of twice a week). Set yourself weekly targets of improvement. This is your base fitness and is key to building the other elements of your training.

Core Strength

This is general body strength, but with a focus on the stomach and back muscles around your torso. These muscles affect and are affected by every other muscle in your body when exercising. The stronger this area becomes, the more your other fitness training will improve. Crucially good core muscle strength reduces risk of injury.



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On the trail you will be carrying 5-10kg day bags with everything from water provisions to extra clothing layers. A strong core will allow you to carry this with ease, delaying fatigue and mitigating the risk of injury.

Yoga and Pilates are excellent ways to improve core strength. Alternatively – circuit training classes in your local gym will focus on this. If you don't fancy these, core work can be done in a park, your back garden or even in your house. Basic exercises such as sit-ups, press-ups, planks – all build the core. Again using You Tube tutorials you can learn techniques such as dynamic planks that further build these. These exercises should form part of your weekly fitness regime – these exercises can easily be tagged on to the beginning or end of a run or long walk, or just as easily be done each morning before work – again make sure you are setting targets, pushing yourself and varying the types of exercises you are doing.

Quick Recovery

At altitude everybody becomes breathless due to the rarefied atmosphere – this is normal. The key to training for this is to get your body used to this stress and have your body trained so that it's recovery rate is as quick as possible.

Training for this is easier than you might think. Essentially you are looking at any exercise that relies on intense periods of high intensity exercise followed by brief periods of rest. Circuit Training is great for this, as is any of the British Military Fitness style fitness 'boot camps'. If this isn't your thing, there are easy ways to train for this in your local park – fartleks are great for this (periods of running / sprinting followed by periods of jogging / walking – this can be done on your street, sprint from one lamp post to another then walk to the next, then sprint to the next etc).

Again, this training can be incorporated with other training so that training doesn't take over your life!

Walking Stamina

Nothing is going to prepare you for walking up hills as much as, well, walking up hills! However, just getting a lot of miles under your boots is a good place to start. If you're not used to walking lots, start easy – walk to work a couple of times a week. At weekends, get out in the parks or countryside. Make sure you are setting yourself targets – build up a mile or two a week, and mix up the gradient. At work take the stairs instead of the lift – all these things will prep you for trekking the trail to Everest.



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In the final couple of months before the expedition, you should be aiming to be out once a week walking for longer periods. Before you leave you should have experienced at least one walk lasting 8 hours, as this is a standard day on the trail. These last walks should be with your day pack with at least 5kg loaded in so you get used to this burden. The more you can get used to carrying the better - and make sure you use all this walking to properly break-in your trekking boots.

If you have any further questions regarding training for Stand Up On Everest email operations@standuponeverest.co.uk

Typical Training Schedule

Week No.	Exercise
Preparation 10-12 weeks	Locate a hill or rugged terrain that is convenient for you to train at. Ideally at the end of the 10-12 weeks you want to be able to walk 8-10km in rugged terrain with ease.
Week One	Your first walk should be easy – just a simple 2km – you want to make sure that you are trekking up hill - you want to aim to do this at least 3 times during the week. Continue to drink at least 2 litres of water per day.
Home Exercise	As well as getting the heart pumping you should also be building and conditioning your muscles. You can do this with a few simple exercises at home such as Lunges, Squats and Push Ups. You should be doing these exercises three times a week. Feel free to rotate your walk and exercise so you are doing different thing each day.
Tip	**Whilst you are training it is important to breath in and out through your nose. This will help condition your lungs for the altitude**.
Week Two	You should be flying through your 2km walks with ease! So it is time to up a little, double back on yourself and build the walk up to 4km. Just make sure you are still hitting those hills. Continue to drink at least 2 litres of water per day.
Home Exercise	Choose from one of the exercises Lunges, Squats and Push Ups to do 3 sets of 15.
Week 3	You should be walking around 2.5km-3km a couple times a week and then try to do a 4-5km walk on the weekend. Make sure you are still hitting those hills and continue to drink at least 2 litres of water per day.



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Week No.	Exercise
Home Exercise	Choose from one of the exercises Lunges, Squats and Push ups to do 3 sets of 15.
Week 4	You should be walking 4Km a couple times a week and then do a 5km walk on the weekend – this will help you build up your stamina. This week take a backpack full of clothes and make sure you are still hitting those hills. Continue to drink at least 2 litres of water per day.
Home Exercise	Choose from one of the exercises Lunges, Squats and Push ups to do 3 sets of 15.
Week 5 & 6	Walk 4km a couple times during the week . Complete a 6km walk on the weekend – Make sure you are still hitting those hills. This week take a backpack full of clothes but also add a couple of 1 litre water bottles this will mimic what it is like whilst trekking. Make sure you are still hitting those hills. Continue to drink at least 2 litres of water per day.
Home Exercise	Choose from one of the exercises Lunges, Squats and Push ups to do 3 sets of 15.
Week 7 & 8	Walk 4kms a couple times during the week . Complete a 7km walk on the weekend – Make sure you are still hitting those hills. This week take a backpack full of clothes but also add a couple of 1 litre water bottles this will mimic what it is like whilst trekking. Make sure you are still hitting those hills. Continue to drink at least 3 litres of water per day.
Home Exercise	Choose from one of the exercises Lunges, Squats and Push ups to do 3 sets of 15.
Week 9 & 10	Walk 5kms a couple times during the week . Complete a 8km walk on the weekend – this should be with a hill gradient. This week take a backpack full of clothes but also add a couple of 1 litre water bottles this will mimic what it is like whilst trekking. Make sure you are still hitting those hills. Continue to drink at least 3 litres of water per day.
Home Exercise	Choose from one of the exercises Lunges, Squats and Push ups to do 3 sets of 15.



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Week No	Exercise
Week 11 & 12	Walk 5km a couple times during the week . Complete a 10km walk on the weekend – this should be with a hill gradient. This week take a backpack full of clothes but also add a couple of 1 litre water bottles this will mimic what it is like whilst trekking. Make sure you are still hitting those hills. Continue to drink at least 3 litres of water per day.
Home Exercise	Choose from one of the exercises Lunges, Squats and Push ups to do 3 sets of 15.

