



SAMPLE PREP & TREK TRAINING PROGRAM

(To stick on your fridge!)

**WEEKS 1-2
PREPARE**

**WEEKS 3-9
CONDITION**

**WEEKS
10-12 PEAK
TRAINING**

**WEEKS
13-14
TAPERING**

This guide is a **sample** roadmap for training for your Tribal Tracks trek. Our treks are designed to be challenging but achievable if you prepare accordingly. Kick off your training plan based on your current fitness level and where you need to be before departure. Get ready to conquer your adventure! Don't put off training - the sooner you get started, the better, even if there's still a long time to go before your trek.

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WEEKS 1-2 PREPARE

Formulating a plan and setting an intention for your departure day and adventure ensures that you arrive fit, equipped with the right gear, and ready to fully enjoy the fruits of your hard work.



Design your personal training calendar — mark all the days you have events or special occasions over the next three months and designate them as rest days. Training should seamlessly fit into your life, becoming a habit rather than a chore.



Before you start training, prepare as much of your kit as you can so you will be training with what you will have on your live expedition, ESPECIALLY your boots and properly-fitting daysack. You will be expected to carry a day pack that weighs up to 5kg containing items like water, a personal first aid kit, snacks, sunscreen, headtorch, and so on. Your main luggage will be transported for you.



Your plan should be to carry a backpack on every hike and increase. The idea is to increase distance over time to minimise the risk of injury. If you have any concerns before training, speak to a medical professional. Similarly, if you experience an injury, do not train and get checked by a professional.



Keep your kit in the same accessible place. If you have to rummage for your kit/boots/walking socks/gym gear, you will be less inclined to get up and go.



WEEKS 3-9 CONDITIONING

Find convenient areas to train (neighbourhood/local walk, hiking area and staircases) — you will be more inclined to get out and train if you plan where you are going to go ahead of time.

3

- 1-2 local walks of 30-45 minutes at 4km/hr speed*
- 1-2 functional fitness training** sessions
- 1 set of stairs for at least 5 minutes

4

- 1-2 local walks of 30-45 minutes at 4km/hr speed
- 1-2 functional fitness sessions
- 1 hike (2 hours min) on trails, uneven surfaces, or hills
- 1-2 sets of stairs for five consecutive minutes

5

- 1-2 local walks of 30-45 minutes at 4km/hr speed
- 1-2 functional fitness sessions
- 2 hikes (2 hours min) on trails, uneven surfaces, or hills
- 2 sets of stairs, each lasting 8 minutes or more

6

- 3 local walks of 30-45 minutes at 4km/hr speed
- 2 functional fitness sessions
- 2 hikes (2 hours min) on trails, uneven surfaces, or hills
- 2 sets of stairs, each lasting 8 minutes or more

7

- 3 local walks of 30-45 minutes at 4km/hr speed
- 2 functional fitness sessions
- 1 hike (approx 3 hours) on trails, uneven surfaces, or hills
- 2-3 sets of stairs, each lasting 8 minutes or more

8

- 3 local walks of 45-60 minutes each at 4km/hr speed
- 3 functional fitness sessions
- 1 hike (approx 3 hours) on trails, uneven surfaces, or hills
- 3 sessions of 8 minutes each on stairs

9

- 3 local walks of 45-60 minutes each at 4km/hr speed
- 3 functional fitness sessions
- 1 hike (approx 3 hours) on trails, uneven surfaces, or hills
- 3 sessions of 8 minutes each on stairs

Complete?

☐☐☐☐☐☐☐

*This is a target speed but will vary greatly depending upon the terrain you are training on as well as the inclines/descents.

**Functional fitness training is about making your body more capable and resilient. It focuses on exercises that mimic everyday movements and activities, aiming to improve overall strength, balance, coordination, and flexibility and can include the following:

- Exercises that engage multiple joints and muscle groups, such as squats, lunges, and push-ups.
- Strengthening the core muscles to support better posture and reduce the risk of injury - planks, leg crossovers, flutter kicks
- Activities that improve your ability to maintain stability and control, like single-leg exercises and balance drills.
- Stretching routines to enhance the range of motion (flexibility) and prevent muscle tightness.
- Using equipment like kettlebells, resistance bands, and medicine balls to simulate real-life movements.



WEEKS 10-12

PEAK TRAINING



Wear your rucksack and boots and carry the day-to-day items you will need on your Tribal Tracks trek for this phase of training. This is the time to get used to walking poles if you haven't already.

10

- 2 functional fitness sessions
- 1 hike (6-hours minimum) at 4km/hr speed
- 3 local walks of 30-60 minutes each at 4km/hr speed
- 3 sessions of 10 minutes each on stairs or hills (don't count the hills towards your hike)

Complete?

☐

11

- 3 functional fitness sessions
- 1 hike (6 hours minimum) at 4km/hr speed
- 3 local walks of 30-60 minutes each at 4km/hr speed
- 3 sessions of 10 minutes each on stairs or hills

☐

12

- 3 functional fitness sessions
- 1 hike (6 hours minimum) at 4km/hr speed
- 3 local walks of 30-60 minutes each at 4km/hr speed
- 3 sessions of 10 minutes each on stairs or hills

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WEEKS 13-14

TAPERING

In the final two weeks before departure, reduce your training time to allow your body to recover from previous exercise, minimizing the risk of injury and fatigue. This helps ensure you're well-rested for your adventure. However, it doesn't mean stopping training entirely.

13

- 2 functional fitness sessions
- 2 hikes (3 hours each)
- 2 local walks of 30 minutes each
- 3 sessions of 10 minutes each on hills or stairs

Complete?

☐

14

- 2 functional fitness sessions
- 2 hikes (3 hours each)
- 2 local walks of 30 minutes each
- 3 sessions of 10 minutes each on hills or stairs

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