

AWESÔME TRAINING PLAN –

Definition of Terms and Strength Workouts



Before you begin

Medical Check-up - Before embarking on a fitness program, it is always wise to first seek the advice of a medical doctor. Feel free to share this program with your family doctor for input. You should be in good physical condition and be able to participate in the exercises.

Start slowly and build - It is better to start with what you CAN do and build into the workouts. If you can't do the entire strength workout during week 1 or if you can't do a certain exercise – that's okay. Just modify and move on. You are responsible for your health and fitness. If you feel a workout is too strenuous, back off. If you feel a workout isn't challenging, it's okay to reasonably push it. Remember, you won't be climbing alone, but you alone will climb that mountain!

Safety Factor- It is essential that all of the exercises be performed correctly and that basic safety procedures are followed at all times. It is furthermore always a good idea to invest in reading material on physical fitness and to consult your local fitness instructor about performing each exercise correctly. Awesome Climbs is not a licensed medical care provider and represents that it has no expertise in diagnosing, examining, or treating medical conditions of any kind, or in determining the effect of any specific exercise on a medical condition.

Warm Up - It is highly recommended to always warm up the muscles before starting any exercise. The norm is doing a variety of stretching movements to warm up, strengthen and progressively challenge the tendons, ligaments, joints and muscles. Stretching is very important, as it is the best way to prepare for an injury-free workout.

Definition of Terms

Cardio of Choice – Any cardio exercise that **increases your heart rate** and builds stamina and fitness. Examples: running, biking, swimming, Zumba, spinning, step class, etc.

Rest Day – It is important to give yourself and your body a break. Enjoy your rest days. If you find you **MUST** do something, a walk outside will do fine.

Incline Walk – These are best done on a treadmill so you can control the incline and pace. Slow and steady is the goal for your incline walks. If you don't have access to a treadmill, these can be done outside by finding a long hill and doing sets of repeats up and down it.

Stairs – Either on a Stairmaster or on a real set of stairs. In the absence of either or if your joints don't allow, you can substitute an incline walk for stair climbs.

Strength workouts

JAMBO (Hello)

15 Squats
10 Sit ups
5 Push ups

10 Step ups
10 Step downs
30 Second Plank

ASANTE SANA (Thank you!)

5 Lunges Right Leg
5 Lunges Left Leg
5 Jump Squats*

Repeat for a total
of 5 times

*if you have knee or
joint issues, modify
with air squats

KARIBU (Welcome)

10, 9, 8, 7, 6, 5, 4,
3, 2, 1

Squats
Sit Ups
Push Ups

(10 squats, 10 sit ups,
10 push ups then 9
squats, 9 sit ups and 9
push ups, etc.)

PROPER FORM VIDEOS – Take the time to watch the videos and follow as closely as possible. It is better to reduce reps and keep proper form.

Squat - <https://www.youtube.com/watch?v=aciHkVaku9U> and
<https://www.youtube.com/watch?v=6AEDbzzFGsM>

Push Up – <https://www.youtube.com/watch?v=SONxS6Bwarg> and
<https://www.youtube.com/watch?v=UifdfDBY77g>

Step Up - <https://www.youtube.com/watch?v=dQqApCGd5Ss>

Step Down - <https://www.youtube.com/watch?v=J-J20Un5xOc>

Plank <https://www.youtube.com/watch?v=B296mZDhrP4>

Lunge – https://www.youtube.com/watch?v=Pf5ThTfn_U

Squat Jump - <https://www.youtube.com/watch?v=CVaEhXotL7M>

AWESÔME TRAINING PLAN – GETTING YOU READY TO GET READY!



Climbing Kilimanjaro is a substantial physical challenge. The more fit you are before you start, the more you will enjoy your trek. However, the number one most important thing to cultivate is the right mental attitude. Most of the people who climb Kilimanjaro aren't professional athletes or mountain climbers. They are average people with an unusual degree of determination. You will be walking for five to seven hours each day, every day of your trek. The best way to prepare is to hike, trek or climb hills near where you live, and get used to really putting the hours in. While you train, continually speak positively to yourself and others. Keep in mind the importance of optimism and gratitude and you'll be ready to undertake Kilimanjaro.

When we are 20 weeks out from the climb, you will begin your "official" training. However, we know many climbers like to prepare as soon as they've made the decision to climb! The following is an outline you can follow to help you not only get ready to take on the training plan but to keep your excitement up as you do so. You should feel comfortable customizing this plan to where you are physically. If you aren't used to working out, start at the lowest end and work your way slowly up. Never increase distance or speed too quickly and always let us know if you're struggling.

Specifically, we recommend you focus on these five key areas:

Cardio training

Studies show that high intensity training is the best way to improve your cardiovascular fitness. It involves intense, very short 'bursts' of activity. We suggest bursts of 30 seconds of absolutely maximum effort followed by a short rest and recovery period. Just five cycles of this every other day will show real results fairly quickly.

Building stamina

The best way to build your stamina is to run, cycle, swim or cross-train. Zumba, aerobics and spinning classes work well also. Work your way up to doing at least 45 minutes three times a week at a fast, energetic pace and you should be fine.

Leg Strength

You'll be walking for 5-7 hours a day. To prepare your legs for this you need a routine of leg strengthening exercises such as squats and lunges. You can do these at home, without any special equipment.

Flexibility

Camping outside and climbing up and down the mountain requires you to bend and move in many ways. The better your flexibility, the easier this climb will be for you.

Mental Positivity

We can't stress enough how important it is to cultivate a positive attitude. It will help you climb the mountain in Africa and every other mountain – literal and metaphoric – in your life.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Get your gear ready for the week. Put all your workouts in your calendar of choice and spend time being grateful. Journal for 10 minutes or more	Cardio of Choice – 20 – 60 minutes Strength Training 5-35 minutes	Stairmaster 5-45 minutes	Incline walk 30 - 90 minutes at easy pace	REST Journal 10 minutes	Cardio of choice – 20 – 60 minutes Strength Training 5-35 minutes	Hike – outdoors on uneven terrain is preferred 30 mins to 2 hours