

fitness

for hiking & backpacking



Wild Women Escapes: Fitness for Hiking

Introduction to Your Hiking Fitness Guide

Welcome to your comprehensive guide to hiking fitness! Whether you're a seasoned hiker or just starting out, **this guide is designed to help you build the strength, endurance, and overall fitness necessary to tackle any trail with confidence.**

Purpose of This Guide

The primary aim of this guide is to provide you with a well-rounded fitness routine specifically tailored for hikers. **Hiking demands a unique combination of aerobic endurance, muscular strength, anaerobic capacity, and flexibility.** By following the strategies outlined here, you'll be better equipped to handle the diverse challenges that hiking presents, from steep inclines to long, steady climbs.

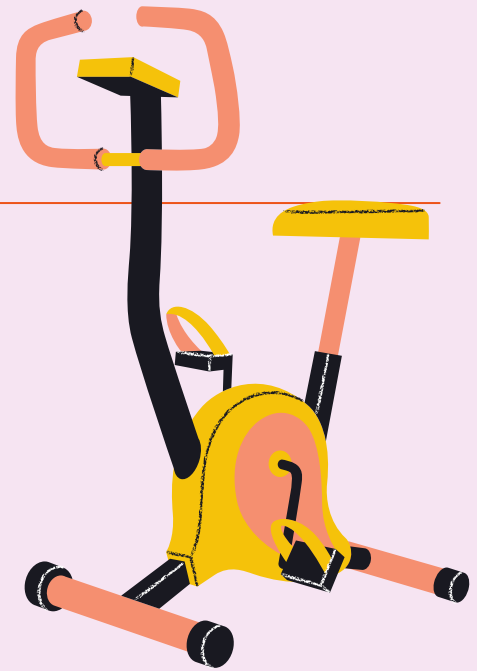
How to Use This Guide

This guide is divided into several key sections, each focusing on a different aspect of fitness: **Aerobic Endurance, Muscular Strength, Muscular Endurance, Anaerobic Bursts, Daily Non-Exercise Activity, and Fueling with Nutrition.**

Getting Started

Begin by reading through each section to understand the different components of a balanced hiking fitness routine. Then, use the provided weekly schedule as a template to plan your workouts and daily activities. **Remember, consistency is key. Regularly incorporating these exercises and tips into your life will help you become a stronger, more efficient hiker.**

Take a **deep breath** and **get ready to enhance your hiking fitness.** With this guide, all you have to do is show up and follow along. **Let's get started!**

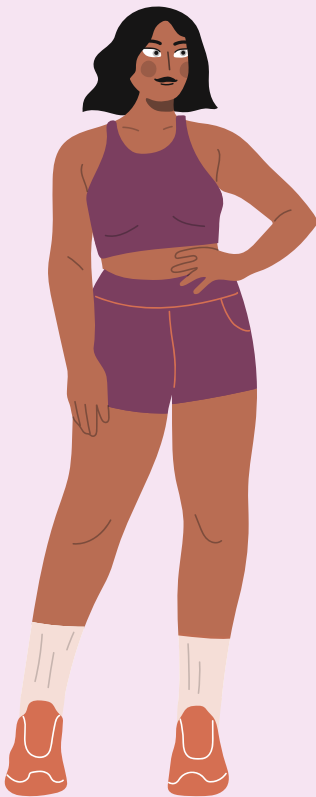


1 Improving Aerobic Endurance

What Is Aerobic Endurance?

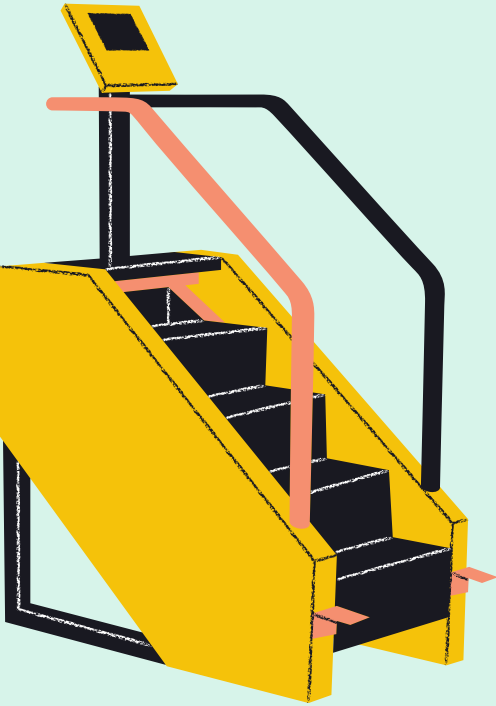
Aerobic endurance is all about your ability to keep going during long bouts of physical activity without getting too tired.

Think of it as the stamina you need for activities like long hikes, steady jogs, uphill walks, leisurely bike rides, or any exercise that keeps your heart rate steady without sudden spikes. This type of exercise is often called "low-intensity steady state" (LISS) cardio. **To build aerobic endurance, you need to focus on activities that involve repetitive, moderate-intensity movements for an extended period.** Unlike weight training, high-intensity interval training (HIIT), yoga, or your typical group fitness class, aerobic endurance improves through consistent, steady effort. Sure, HIIT workouts can be more exciting and quicker to finish, but they don't build the same kind of endurance you need for long hikes.



Skipping out on aerobic endurance training can really hold you back, especially if you love hiking. **Adding some aerobic exercises into your routine, even just a few times a week, can make a huge difference in your stamina and hiking performance.** It might seem a bit boring and time-consuming compared to other workouts, but it's essential for reaching your hiking goals and boosting your overall fitness.

Want to Take Your Aerobic Training to the Next Level?



Try adding some incline to your workouts! Training on an incline **helps your heart get used to the extra effort required for uphill hikes**, making those steep sections feel less intimidating. If you have access to a treadmill, stair climber, or nearby trails with inclines, incorporate them into your routine. **Even one day a week can make a big difference!** This small adjustment can significantly enhance your endurance and prepare you better for those challenging parts of your hikes.

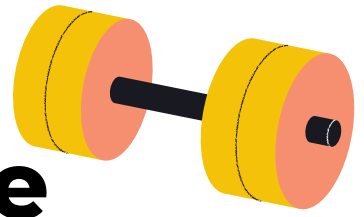
2 Improving Muscular Strength



What Is Muscular Strength?

Muscular strength is all about how much force your muscles can produce in one go against resistance. **In other words, it's lifting heavier weights but for fewer reps.** While it's not the main focus for hiking, having strong muscles is still really important. **Hiking mainly relies on your cardiovascular endurance, but you need leg strength to get up those steep inclines, upper body strength for scrambling and carrying your backpack, and core strength to keep you stable when maneuvering through tricky spots.** Building muscle strength is a key part of staying balanced, strong, and fit, and it really helps enhance your overall hiking performance.

3 Improving Muscular Endurance



What is Muscular Endurance?

Muscular endurance is all about your muscles' ability to keep going during long, tiring activities. **Think of it as high reps with low weight. You really notice this on hikes with a lot of elevation gain—like when you're trudging uphill and your quads are burning for what feels like forever.** The ability to push through that burn is what muscular endurance is all about. It's clear why building endurance in your legs, hips, and glutes is crucial for tackling longer, more challenging hikes.



4 The Need for Speed: Anaerobic Bursts

What are Anaerobic Bursts?

When hiking, most of the activity is aerobic, involving steady, sustained effort. **However, there are times when you need short bursts of high-intensity effort, like during steep climbs or scrambles.** This is where **anaerobic capacity comes into play.** Unlike aerobic activities that rely on continuous oxygen supply, anaerobic activities depend on energy stored in your muscles and are performed in short, intense bursts.

Think of it as similar to High-Intensity Interval Training (HIIT). In HIIT, you push yourself to your maximum effort for a short period, followed by rest. This approach can help improve your ability to handle those tough sections of a hike, where quick, powerful movements are required.

Integrating anaerobic training into your routine isn't the main focus for hiking, but it definitely helps. By including exercises like **sprints, hill climbs, or any activity that pushes you to your limit for a short time, you can better prepare your body to handle intense bursts during a hike.** This kind of training acts as the cherry on top, enhancing your overall hiking performance and making those challenging parts of the trail more manageable.



5 Increasing Daily Non-Exercise Activity

One often overlooked aspect of staying healthy and feeling great is **increasing your daily non-exercise activity**. Have you ever heard of NEAT? It stands for Non-Exercise Activity Thermogenesis, which is just a fancy way of saying **the calories you burn through everyday activities that aren't formal exercise**. This includes things like walking to the store, fidgeting, taking daily walks, cleaning, doing manual labor, or even pacing while on the phone. For example:

- Walk during your lunch break.
- Listen to audiobooks or podcasts while moving around instead of sitting.
- Park further away from stores.
- Walk or bike to work if you can.
- Take a quick five-minute stroll after meals.
- Choose the stairs over the elevator or escalator.

These small changes can add up significantly over time!



6 Nutrition is Essential!

How you feel every day and your success with fitness goals are heavily influenced by your nutrition. My top secret for success in this area is surprisingly simple: listen to your hunger signals. Don't overeat when you're not hungry, and don't starve yourself when you are. **Some days you'll need more food than others, and that's okay.** The key is to eat in response to your body's actual needs, rather than out of habit, boredom, stress, or peer pressure.

As you ramp up your workout routine, you'll likely find yourself hungrier. Focus on nutrient-dense foods like high-quality proteins, complex carbs, fruits, vegetables, and healthy fats. **DO NOT cut out entire food groups or restrict sugar, carbs, or fats.** Restriction leads to deprivation and feeling "out of control" around "off-limits" food. Our goal is to support you in developing a healthy relationship with food and respecting your body, both which will help you reach your fitness goals in a sustainable way.

YOU GOTTA
nourish
IN ORDER TO
flourish



JUN

2024

M	T	W	T	F	S	S
27	28	29	30	31  STRENGTH	01  3-4 MILES, 500-1000 FT ELEVATION GAIN	02  REST/ STRETCHING
03  STRENGTH	04  30-45 MINUTES MODERATE CARDIO	05  REST	06  30-45 MIN INCLINE TRAINING	07  STRENGTH	08  3-4 MILES, 500-1000 FT ELEVATION GAIN	09  REST/ STRETCHING
10  STRENGTH	11  30-45 MINUTES MODERATE CARDIO	12  REST	13  30-45 MIN INCLINE TRAINING	14  STRENGTH	15  4-5 MILES, 1000-1500 FT ELEVATION GAIN	16  REST/ STRETCHING
17  STRENGTH	18  30-45 MINUTES MODERATE CARDIO	19  REST	20  30-45 MIN INCLINE TRAINING	21  STRENGTH	22  5-6 MILES, 1500-2000 FT ELEVATION GAIN	23  REST/ STRETCHING
24  STRENGTH	25  30-45 MINUTES MODERATE CARDIO	26  REST	27  30-45 MIN INCLINE TRAINING	28  STRENGTH	29  6-7 MILES, 2000-2500 FT ELEVATION GAIN	 REST/ STRETCHING

 STRENGTH  CARDIO  HIKING  REST  STAIRS/INCLINE TRAINING

**WILD WOMEN ESCAPES
ENCHANTMENTS THRU HIKE TRAINING CALENDAR**

Training Calendar

Duration: ~10 weeks

Frequency: 5 days of training per week

Components:

- Hiking: 1 day/week
- Incline Training (Hiking Simulation): 1 day/week
- Strength Training: 2 days/week
- Moderate cardio: 1 day/week
- Rest: 2 days/week

STRENGTH (WITH OR WITHOUT DUMBBELLS)

- Squats (3 sets of 12 reps)
- Lunges (3 sets of 12 reps)
- Step-ups (can use a chair instead of a box – 3 sets of 12 reps)
- Planks (3 sets, hold for 30–60 seconds)
- Deadlifts (3 sets of 12 reps)

IF USING DUMBBELLS, PROGRESSIVELY ADD WEIGHT EACH WEEK

MODERATE CARDIO

Moderate cardio exercises get your heart rate up and keep it at a steady pace without pushing you to your maximum effort.

- Brisk walking
- Jogging
- Cycling
- Swimming
- Dancing
- Elliptical
- Rowing
- Stair Climber

HIKING OPTIONS

Rattlesnake Ledge

Distance: 4 miles round trip

Elevation Gain: 1160 feet

Location: North Bend, WA

West Tiger 3

Distance: 5 miles round trip

Elevation Gain: 1500 feet

Location: Issaquah, WA

Wallace Falls

Distance: 5.6 miles round trip

Elevation Gain: 1300 feet

Location: Gold Bar, WA

Lake 22

Distance: 5.4 miles round trip

Elevation Gain: 1350 feet

Location: Granite Falls, WA

Mount Pilchuck

Distance: 5.4 miles round trip

Elevation Gain: 2300 feet

Location: Granite Falls, WA

Bandera Mountain

Distance: 8 miles round trip

Elevation Gain: 3400 feet

Location: North Bend, WA

INCLINE TRAINING (HIKING SIMULATION)

Hiking simulations are excellent alternatives when you can't hit the trails. They mimic the physical demands of hiking and help build endurance, strength, and cardiovascular fitness. Here are some examples of hiking simulations:

- Staircase Workouts
- Stairclimber
- Incline walking or incline hills
- Treadmill Hill Intervals
- Urban Trails (i.e. Discovery Park)