

Conditioning

(with a wilderness outings bias)

Wilderness Travel Course
Tina Bowman



I began climbing at a young age.

Including a lot of trees.











Aerobic Training

- Predicted maximum heart rate is about 220 minus your age (if you're about 40). A more accurate formula is $208 - (\text{your age} \times 0.7)$, but this still is problematic.
- Get your heart rate up to 70-85% of this predicted maximum and sustain it.
- Get this aerobic training at least three or four times a week for half an hour or more.



Sand Dune Park, Manhattan Beach



Train progressively (progressive adaptation)

Don't over do it, especially as you begin a fitness program or change activities.

If you are walking and jogging, gradually increase the jogging as you adapt.

Increase the distance or time on a run or cardio machine, step up the pace.

Push yourself but be reasonable about adding duration, intensity, new activities.

Check morning pulse—back off a bit if it's elevated.





Walking lunges—keep upper body vertical, keep forward knee behind toes



Work the hip flexors while doing lunges

Lunge, Squat, and Step-up Form

- Keep knees behind toes
- Keep heels on the ground
- Keep head up, back flat
- Use good form—learn to do the exercises properly to avoid injury



Step ups



“If You Do Nothing Else to Get in Shape for Hiking, Do These”

1. Crunches.
2. Squats.
3. Lunges.
4. Push-Ups.
5. Step-Ups. Weight a pack (20 lbs. to start) and step onto a park bench 16 to 18 inches high. Add 5 pounds a week until you're at 40 lbs. Add to your workout three times a week until you can do 700 steps in less than 30 minutes. See more at:

<http://www.backpacker.com/skills/fitness/how-to-get-in-shape-for-hiking/#sthash.r3o46lyW.dpuf> (March 2015)

Three Best Exercises to Get in Shape for Hiking

1. **Lunges:** Hold equal weights in both hands (pro tip: buckets of nails look tough). From a standing position, step forward until both legs are bent at 90 degrees. Push up, bringing rear foot forward. Repeat with the other leg.
2. **Poor Man's Leg Curl:** Lie flat on the floor and scoot your hips toward an elevated bench. Place your left foot on the bench. Lift your right leg up as high as you can bear. Press lefty down into the bench, clench your glutes and hammies, and raise your hips off the ground. Do 10, then repeat for other leg.
3. **Band Walks:** Tie a resistance band around your legs, mid-shin, so there's tension while you stand with legs at hip-width. Stand straight, tuck abs, put hands on hips, and walk forward while maintaining the band's tension between your shins. ["Monster Walks"]

Progressive adaptation—hiking

Shorter to longer hikes, more elevation gain, day hikes to backpacks, lighter to heavier boots

Part of the Mt. Wilson trail, 1,000-2,000' gain

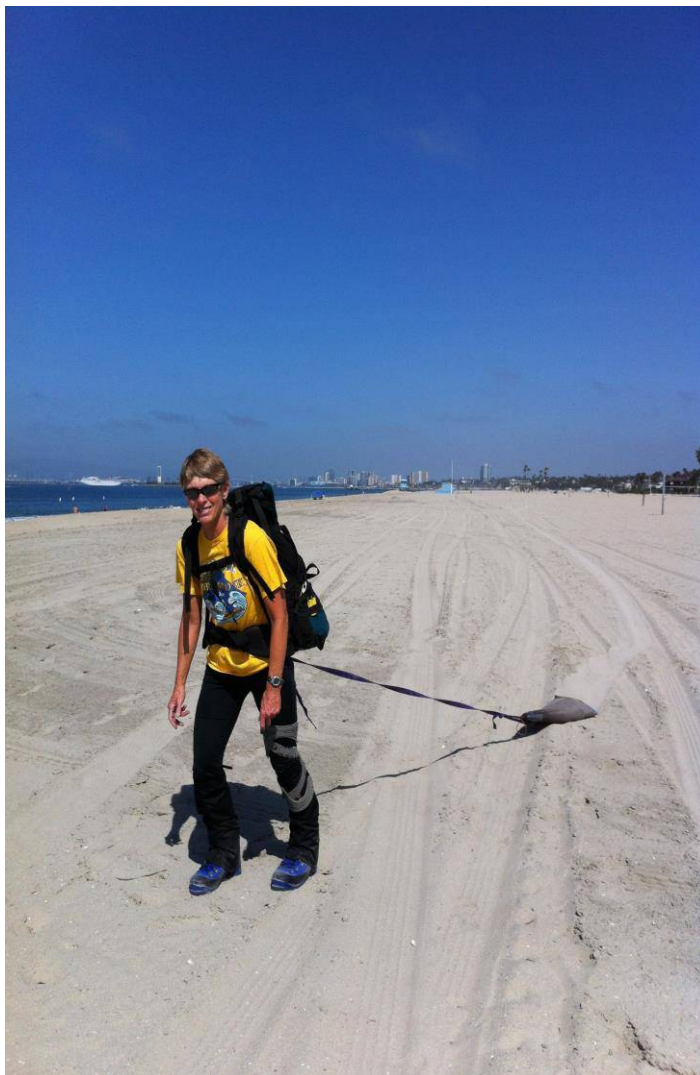
Mt. Wilson trail—10-15 miles, 3,000-4,500'

Mt. Baldy from Manker Flat and then the Village—12 mi, 5,800' gain

San Geronio—16 mi, 5,400' gain from Forest Falls (Vivian Creek)

My Training for Denali in 2012

- Mt Wilson trail with light day pack, 7.2 mi, 2270' gain, Feb 14 (no weight bearing on right leg until beginning of January) and built up to Mt Wilson trail with 62 lbs, 11.2 mi, 3770+' gain, April 12
- Dragged a bag of sand several times, culminating in one hour of dragging 35 lbs, carrying 61 lbs, and wearing double plastic boots on May 28
- Various DPS and SPS climbs and an attempt on Mt Shasta
- Also running, deep water running and conditioning, and lifting











Altitude

Get rest

Stay hydrated

Try ginkgo biloba

Moderate your pace until you've adjusted

Train for altitude

Use Diamox if you need to

Training for Altitude—Before the Outing
In the Sierra at 13-14,000' to prepare for
Aconcagua (22,837'/6960m), highpoint of South
America, December 1995





Training for Altitude on the Outing Mt Elbrus (18,510'/5642m), highpoint of Europe, June 2014

- Day 1 Hotel at 2100m/c. 6900'
- Day 2 Day hike of Cheget Mtn, 3450m/c. 11,320', stay in hotel
- Day 3 Day hike on Elbrus to 4100m/c. 13,450', stay in hotel
- Day 4 Move to huts (3800m/c. 12,450'), hike to 4500m/c.
14,765'
- Day 5 Hike to 5000m/c. 16,400'
- Day 6 Rest day
- Day 7 Summit day



The huts on Mt. Elbrus



Climbing Elbrus



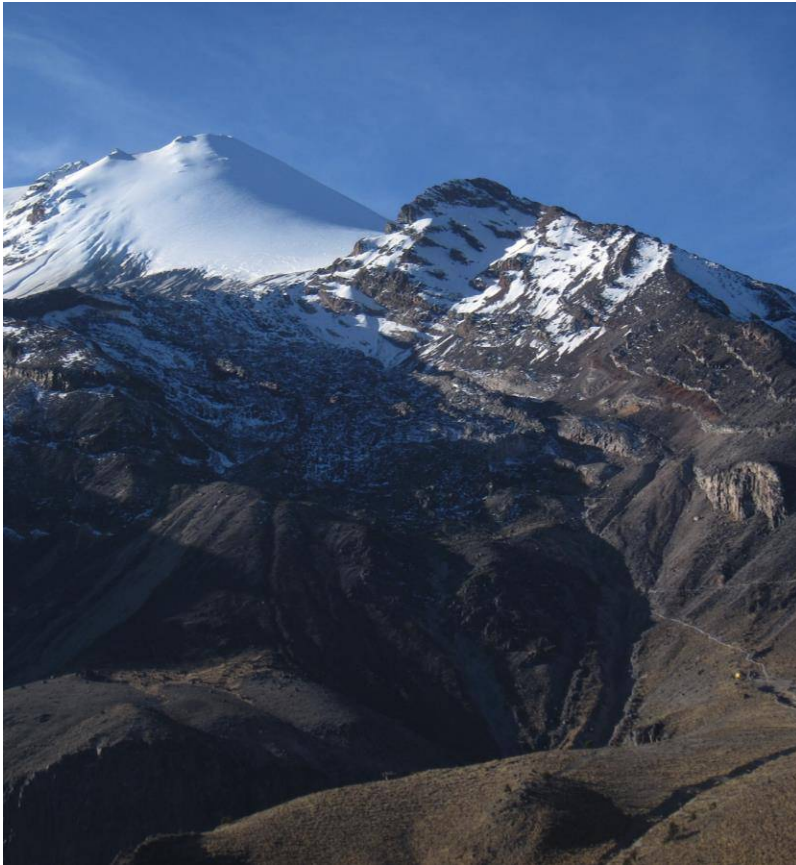
On the summit of Mt. Elbrus



Training for Altitude

On a whistle and a prayer

Pico de Orizaba, 5636m/18,491', January 2014



Progressive adaptation for altitude

Mt. Baldy—10,000'

Mt. San Gorgonio—11,500'

Sierra passes and trails

White Mountains, and White Mountain itself (14,000'+)

****Hike high, sleep low****



Black Kaweah, 13,680+'



Finger Lake, Middle Palisade Peak

Pacing

Remember the tortoise and the hare? Be a tortoise! . . .

Except on a training hike—then push the pace, especially on steeper uphill sections and don't stop when the slope eases off!



Some Hiking and Climbing Sections

- Desert Peaks Section—DPS (desertpeaks.org)
- Sierra Peaks Section—SPS (sierraclub.org/angeles/sierra-peaks)
- Hundred Peaks Section—HPS
- Wilderness Adventures
- Sierra Singles
- Orange County Sierra Singles—OCSS
- 20s and 30s
- Gay and Lesbian Sierrans—GLS
- Lower Peaks Committee

Look at www.angeles.sierraclub.org

