



## ATTITUDE AND MENTAL PREPARATION

Have fun and enjoy the adventure of preparing for your course! This is an excellent opportunity for you to get outside, get fit and explore your neighborhood's parks and recreation areas. Your ability to interact well with a group is key to successfully completing your course. Plan to be patient, to persevere, to challenge yourself and to have a positive and memorable adventure! Your commitment and willingness to try new things are two of the most important contributions you can bring to your course. If you have questions, please call your Course Advisor.

## FITNESS AND TRAINING

You do not have to be a highly-trained athlete to participate in an Outward Bound course; people of various ages and body types can be successful. You do need to be as fit as possible to meet the physical demands of our courses. The effort you put in BEFORE your course start date to improve cardiovascular fitness and muscle strength will make your course much more enjoyable - - whether paddling, climbing, or carrying a heavy pack for 6-8 hours each day. Start your fitness program gradually, maintaining your Target Heart Rate (see below) to avoid sore muscles, and be sure to take one day off each week.

Please consult your health care professional before starting your exercise program if any of these situations apply to you: high blood pressure, family history of heart disease, diabetes, smoking, overweight, or a sedentary lifestyle.

## TARGET HEART RATE AND THE TALK TEST

Exercise physiologists agree that to develop aerobic fitness, you must get your heart beating faster than normal. Efficient training is not dependent on the speed your body moves, but rather on the number of times your heart beats per minute (take your pulse for 6 seconds and multiply by 10). Exercise too slowly and all you're doing is burning calories, too fast and you run the risk of burning out. The key to aerobic fitness training lies in moderate effort. Here are two ways to judge if your exercise intensity is appropriate.

1. Target Heart Rate (THR) - Increase your resting heart rate to your Target Heart Rate (THR), a number derived by subtracting your age from 170 ( $170 - \text{Age} = \text{THR}$ ). This formula estimates the number of times your heart should beat per minute in order to optimize your workout. Maintain this level (which will end up being in the range of 120 to 150 beats per minute) for a minimum of 30 minutes, three times a week (five times a week is optimum).
2. The Talk Test - You are getting vigorous aerobic activity if you can only say a few words while doing your activity. (You can sing? Probably not vigorous enough. You can't talk? Probably too vigorous.)

## THE BEST EXERCISE THERE IS

For most people, the best and most accessible exercise is jogging—a combination of walking and running compatible with your current level of fitness, ability and interest. Why jogging? It's the simplest, cheapest, most available and most efficient way to use your large leg muscles—requiring the heart and circulatory system to pump large quantities of blood and oxygen.

The most important thing is to find an activity that you enjoy doing. While exercising three times a week for thirty minutes is the minimum, five times a week is optimum physical preparation for your course. Build in 15-30 minutes every other day for light weight training. Weight training helps build strength which will complement your aerobic fitness. Yoga? Stretching? Absolutely! Stretching maintains flexibility.



## COURSES WITH ROCK CLIMBING

Climbing indoors at your local rock climbing gym is the best way to prepare for climbing outdoors. If climbing at a gym is not available, substitute pull-ups, sit-ups and strength training with weights. On course, you will practice knots, climbing and belay techniques as well as safety procedures.

## COURSES WITH BACKPACKING

Hike with a weighted backpack. Start with 20-30 lbs., and then build to 50+ lbs. If you do not own a backpack, you may be able to borrow one from a friend, family member or rent one from an outdoor sporting goods store. If none of these options is available, try a smaller "book bag" style backpack with approximately 15 lbs. in it. Start out hiking just a couple of miles on hilly terrain or stairs and increase your intensity and mileage as you gain strength and endurance. On course, you can expect to carry a backpack that weighs approximately 40 to 55 lbs., and you may be hiking for distances of five to ten miles per day.

## COURSES WITH A WATER COMPONENT

Endurance train at least three times a week on a rowing machine. If a rowing machine is not available, supplement with strength training three times a week including sit-ups, pull-ups, push-ups or weight training that concentrates on your shoulders, stomach and back.

## EIGHT WEEK FITNESS PROGRAM

The program outlined on page 3 is appropriate if you enrolled eight or more weeks prior to your course start. If you don't have the full eight weeks to train, adjust this program accordingly. This conditioning program will help you get in good shape before your course, reducing the chance of injury and increasing your enjoyment.

The general rules of the road are these: enjoy yourself; mix up your training so you aren't doing the same thing every day (jog, swim, bike...); approximate your Target Heart Rate while being able to pass the Talk Test; don't hurt yourself; increase your regimen by no more than 10% per week; take at least one day off a week; finish your workout smiling.

- **Indoors:** Stair climber, stationary bicycles, rowing machines, aerobic classes, team sports or swimming.
- **Outdoors:** Running, power walking or cross-country skiing. Hilly terrain is best. If hills aren't available, head for some stairs (buildings, stadium bleachers).
- **Strength Training:** Supplement the above with weight training or sit-ups and push-ups. Focus on building strength in your legs and supportive muscles of the back, shoulders and stomach.



**EIGHT WEEK FITNESS PROGRAM OUTLINE**

<b>WEEK ONE</b> Day 1, 3, 5: 30-45 minutes of aerobic fitness training Day 2, 4, 6: 10 minutes of stretching and 10 minutes of light weights Day 7: Rest	<b>WEEK TWO</b> Day 1, 3, 5: 30-45 minutes of aerobic fitness training Day 2, 4, 6: 10 minutes of stretching and 15 minutes of light weights Day 7: Rest
<b>WEEK THREE</b> Day 1, 3, 5: 30-45 minutes of aerobic fitness training Day 2, 4, 6: 10 minutes of stretching and 20 minutes of light weights Day 7: Rest	<b>WEEK FOUR</b> Day 1, 3, 5: 30-45 minutes of aerobic fitness training Day 2, 4, 6: 15 minutes of stretching and 20 minutes of light weights Day 7: Rest
<b>WEEK FIVE</b> Day 1, 3, 5: 30-45 minutes of aerobic fitness training Day 2, 4, 6: 15 minutes of stretching and 25 minutes of light weights Day 7: Rest	<b>WEEK SIX</b> Day 1, 3, 5: 30-45 minutes of aerobic fitness training Day 2, 4, 6: 15 minutes of stretching and 25 minutes of light weights Day 7: Rest
<b>WEEK SEVEN</b> Day 1, 3, 5: 45-60 minutes of aerobic fitness training Day 2, 4, 6: 15 minutes of stretching and 30 minutes of light weights	<b>WEEK EIGHT</b> Day 1, 3, 5: 30 minutes of aerobic fitness training Day 2, 4, 6: 10 minutes of stretching and 10 minutes of light weights