

MT. KILIMANJARO TRAINING PLAN

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	3 YASSO 800s	45' LEGS, 15' CORE 15' CARDIO	ACTIVE RECOVERY	6K RUN	30' UPPER BODY + 15' CORE	1 MILE RUN + 35' HIKE	REST
2	3 YASSO 800s	45' LEGS, 15' CORE 15' CARDIO	ACTIVE RECOVERY	6K RUN	30' UPPER BODY + 15' CORE	1 MILE RUN + 35' HIKE	REST
3	4 YASSO 800s	45' LEGS, 15' CORE 25' CARDIO	ACTIVE RECOVERY	6K RUN	30' UPPER BODY + 15' CORE	1.5 MILE RUN + 40' HIKE	REST
4	4 YASSO 800s	45' LEGS, 15' CORE 25' CARDIO	ACTIVE RECOVERY	6K RUN	30' UPPER BODY + 15' CORE	2 MILE RUN + 45' HIKE	REST
5	5 YASSO 800s	45' LEGS, 15' CORE 25' CARDIO	ACTIVE RECOVERY	6K RUN	30' UPPER BODY + 15' CORE	3 MILE RUN + 45' HIKE	REST
6	5 YASSO 800s	45' LEGS, 15' CORE 25' CARDIO	ACTIVE RECOVERY	6K RUN	30' UPPER BODY + 15' CORE	2.5 MILE RUN + 45' HIKE	REST
7	6 YASSO 800s	45' LEGS, 15' CORE 25' CARDIO	ACTIVE RECOVERY	6K RUN	30' UPPER BODY + 15' CORE	3 MILE RUN + 45' HIKE	REST
8	6 YASSO 800s	45' LEGS, 15' CORE 25' CARDIO	ACTIVE RECOVERY	6K RUN	30' UPPER BODY + 15' CORE	4 MILE RUN + 45' HIKE	REST
9	8 YASSO 800s	45' LEGS, 15' CORE 25' CARDIO	ACTIVE RECOVERY	6K RUN	30' UPPER BODY + 15' CORE	5 MILE RUN + 50' HIKE	REST
10	8 YASSO 800s	45' LEGS, 15' CORE 25' CARDIO	ACTIVE RECOVERY	6K RUN	30' UPPER BODY + 15' CORE	6 MILE RUN + 60' HIKE	REST
11	9 YASSO 800s	45' LEGS, 15' CORE 25' CARDIO	ACTIVE RECOVERY	6K RUN	30' UPPER BODY + 15' CORE	6.5 MILE RUN + 65' HIKE	REST
12	9 YASSO 800s	45' LEGS, 15' CORE 25' CARDIO	ACTIVE RECOVERY	6K RUN	30' UPPER BODY + 15' CORE	7 MILE RUN + 70' HIKE	REST
13	9 YASSO 800s	45' LEGS, 15' CORE 25' CARDIO	ACTIVE RECOVERY	6K RUN	30' UPPER BODY + 15' CORE	6 MILE RUN + 60' HIKE	REST
14	10 YASSO 800s	45' LEGS, 15' CORE 25' CARDIO	ACTIVE RECOVERY	6K RUN	30' UPPER BODY + 15' CORE	8 MILE RUN + 80' HIKE	REST
15	8 YASSO 800s	45' LEGS, 15' CORE 25' CARDIO	ACTIVE RECOVERY	6K RUN	30' UPPER BODY + 15' CORE	9 MILE RUN + 90' HIKE	REST
16	6 YASSO 800s	45' LEGS, 15' CORE 25' CARDIO	ACTIVE RECOVERY	6K RUN	30' UPPER BODY + 15' CORE	7 MILE RUN + 70' HIKE	REST
17	4 YASSO 800s	15' CORE 15' CARDIO	ACTIVE RECOVERY	6K RUN	30' UPPER BODY + 15' CORE	REST	REST
18	DAY #1 ORIENTATION + HIKING BEGINS	DAY #2 HIKING	DAY #3 HIKING	DAY #4 HIKING	DAY #5 SUMMIT!	DAY #6 HIKE OUT	REST

Blue weeks indicate a benchmark week.

MOUNT KILIMANJARO

THE JOURNEY TO HEAVENLY SKIES OF AFRICA

The purpose of this program is to prepare you for the physical demands of climbing to the highest peak in Africa. The following pages will help guide you through each week's workout to ensure your body is prepared for the climb. You might be familiar with these types of exercise but if you are new to them, fear not! Mastering exercise that you are not used to might be intimidating at first, but with time, practice, and repetition, you will see improvements and experience just how strong you can be. You will see your core strength, stability, and endurance gradually progress from week to week, all to set you up for success. Let these pages help guide you through this journey!

THE CHALLENGE

Our goal will be to summit by 8 AM. My last team didn't hit that time, but everyone made the summit. But because this training will help us get to that goal time! One writer describes the path up to the summit as a "soul-demoralizing hill of scree" – whew. This training will prepare you to rock summit night and your descent to our next camp. Hit it hard! It's all to change lives!

PRE-WORKOUT WARMUP

Before exercising, it's important to get the muscles warmed up. This serves to prepare your body for the workout of the day.

- 1. 30 sec walk-in-place; 30 sec jog in place; 15 sec high-knee butt-kickers**
- 2. Hit the floor & flow through cat/cow stretch, downward dog, pigeon stretch, world's greatest stretch**
(2-3 sets)
- 3. Jumping Jacks**
(15-20 reps)
- 4. Skipping**
(forward 20 yds, backward 20 yds)
- 5. Side Shuffle**
(side 20 yds, other side 20 yds)
- 6. Carioca/Grapevine**
(side 20 yds, other side 20 yds)
- 7. Mini Frog Jumps**
(forward 10 yds, backward 10 yds)
- 8. World's Greatest Stretch/Runners Stretch** (easy, 7-10 seconds a side)
- 9. Standing Quad stretch**
(easy, 7-10 sec a side)

BREATH AND LIFE BREATHING EXERCISES

Breathing techniques for life on the mountain and optimal altitude adaptation. Reference these exercises in your training throughout the week.

PRE-WORKOUT BREATHING

Spend 3-5 minutes before every workout doing this combination of breathing exercises to warm up your respiratory system, focus your mind, and activate your sympathetic nervous system to be primed for the work ahead.

Box Breathing (*Repeat for 1 min*) 4 sec nasal inhale, 4 sec hold, 4 sec controlled nasal exhale, 4 sec exhale hold

Cadence Breathing (*Repeat for 1 min*) 4 sec nasal inhale, 4 sec hold, 8 sec controlled nasal exhale, 4 sec exhale hold

Super Ventilations (*Repeat 2 rounds of 30 secs*)

1:1 Inhale to Exhale Ratio, fast breathing tempo of 1-2 breaths per second, driven by the belly

Laying on your back or seated upright and cross-legged on the floor, perform 30 seconds of 20-30 quick super ventilations (using your belly as the pump) in through the nose and out through the mouth. After each round, hold your exhale for 20-30 seconds.

Note: This may cause a little bit of light-headedness or dizziness, which is normal. This will subside as soon as your breathing returns to normal.

Belly Breathing (*1 min*) Using the belly as the pump let breathing return to a light nasal inhale, nasal exhale.

INTRA-WORKOUT BREATHING

Take 30-60 seconds intermittently during exercise as needed. To be used between interval repeats (such as Yassos) to recover quickly or when you become out of breath or fatigued during any workout or training run.

Power Breathing

(This is used to bring in oxygen quickly and clear out carbon dioxide rapidly, typically to balance blood gases during bouts of high intensity exercise.)

Take 4-6 fast power breaths in through the nose and out through the mouth.

Powerful inhale through the nose and short sharp exhale through the mouth followed by slowed controlled breathing in through the nose and out through the mouth.

POST-WORKOUT BREATHING

Spend 3-5 minutes after every workout or training run. Lay on your back with your legs straight up against a wall or your feet resting on a chair, box, or bench. This is designed to bring the body back into a calm and relaxed state to promote and induce recovery.

Nasal Only Breathing

(Put one hand on your belly and one hand on your chest to feel the belly fill, ribs expand, and chest softly rise and fall.) Elongating the exhale helps trigger your parasympathetic (rest, digest, and relax) state. The ratio of breathing is 1 to 2, which means for every 1 second you breathe in through your nose, then double the length you breathe out through your nose.

Definition of breath: Inhalation = Inspiration. Inspire “literally” means: blow into, enflame, breathe life into

Genesis 2:7

Then the LORD God formed the man of dust from the ground and **breathed into his nostrils the breath of life, and the man became a living creature.**

Job 33:4

The Spirit of God has made me; the **breath** of the Almighty gives me life.

Corinthians 6:9–20

Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore, honor God with your bodies.

MONDAY INTERVAL DAY

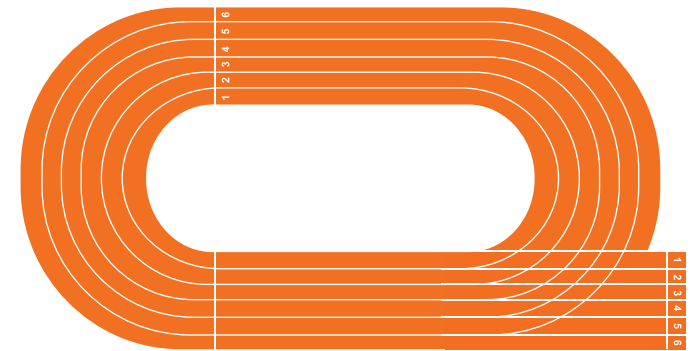
Interval day is all about building your “anaerobic capacity” to improve your body’s ability optimize breathing efficiency. This is one of the key ways to improve your VO2 max, which will help your body better tolerate altitude once we get on the mountain. This paired with the “aerobic” work that we’ll do on Thursdays and Saturdays will make for a robust system to function and feel great for Mt. Kilimanjaro and life. These instances of intense work followed by intermittent “intra-workout reset breathing” will help you improve your ability to breath, catch your breath, and have a bigger engine when trucking up the great hill of Africa.

YASSO 800s

Not familiar with Yassos? That’s okay. Acquaint yourself by reading [this article](#) and follow the workout below.

1. Do the **Pre-Workout Breathing** as part of your warmup (see page 3).
2. Continue with the **Pre-Workout Warmup** (see page 2).
3. Run 800 meters HARD. Record your time.
4. Walk/jog 400 meters and do the **Intra-Workout Breathing** (see page 3) before your next interval (back to a perceived normal, easy breathing, low heart rate).
5. Repeat. Run 800 meters as fast as you can and record your time.
6. After you finish your last Yasso, do **Post-Workout Breathing** for recovery (see page 3).

Note: If the day asks for “4 Yasso 800s” that means 4 X 800-meter hard runs, with a 400-meter recovery walk/jog after each run.



Want to see a yasso?
[Watch the video here.](#)

TUESDAY LEGS/ CORE/ CARDIO

This workout is essential for building strength, stability, and resilience in your legs for the mountains, valleys, and diverse terrain of Mt. Kilimanjaro.

These workouts will incorporate various leg dominant exercises to build strength and resilience for the various climate zones, unique terrain, long hours on your feet, and the incline gain that you'll experience on your journey to the top of the mountain (and back down!). The goal is to keep this workout concise while also progressing and growing your volume in 4-week increments. In an effort to help you conquer this workout, every week, we have given a list of exercises

that can be performed practically anywhere with your own body weight. (For those of you that want to incorporate weights or machines, please feel free to do so).

This is about building strong legs, not bigger legs, developing a strong core to support good posture over long days with a backpack on, and a growing a robust aerobic base so that you can efficiently breath

(and function) in the higher altitudes. Keep the leg portion to no more than 45 minutes, followed by 15 minutes of core exercises, and finishing with 15-25 minutes of steady state cardio. Steady state cardio can be on a treadmill, elliptical, rower machine or stationary bike. We want your heart rate elevated at a "steady state" without being out of breath (you should be still conversational).

EXERCISE	REPS	FREQUENCY	VIEW EXERCISE
7 Way Hips	1 Set	—	Watch here
Air/Body Weight Squats	2 sets of 20-25/ea	Add 1 set every 4 weeks	Watch here
Split Squat/Rear Elevated Lunge	2 sets of 15-20 reps/ea leg	Add 1 set every 4 weeks	Watch here
Bodyweight step-ups to balance	2 sets of 15-20 reps/ea leg	Add 1 set every 4 weeks	Watch here
Bodyweight walking lunges	2 sets of 20 steps	Add 1 set every 4 weeks	Watch here
Bear Crawls (front/back & side/side)	2 sets- 20 ft all directions	Add 1 more set at Week 9	Watch here
Dead bug w/perfect reps	2 sets of 1 min/ea	Add 1 sets every 4 weeks (or add 30 seconds to each set)	Watch here

WEDNESDAY ACTIVE RECOVERY

Today is all about active recovery. Choose one (or two) of the activities listed and then finish with the **Post-Workout Recovery Breathing**. This day should be followed by a night of restful and high quality sleep. During today's activity we want you to listen to your body. Try various recovery practices in the weeks ahead so you can determine what works best for you. As always, hydrate well and eat high quality (non-processed) food to nourish your body for optimal recovery.

Choose one of the below activities for Active Recovery:

- Take an easy walk outside
- Take a low-key or restorative yoga class (ex: Yin Yoga)
- Go for a relaxed swim
- Take a Tai-Chi class
- Foam roll for 15-20 minutes
- Stretch for 15-20 minutes
- Take a contrast shower

Post-Workout Recovery Breathing (see page 3)

After completing the workout of your choosing, complete the breathing exercise.

THURSDAY AEROBIC BASE BUILDING

Go for a run! Get your heart rate up to a mid-range zone, keep the pace steady, nasal only breathing to stay “aerobic” and know that once you get to the 6K distance, this will be your “Thursday 6K”.

1. Do the **Pre-Workout Breathing** as part of your warmup (see page 3).
2. Continue with the **Pre-Workout Warmup** (see page 2).
3. Run 6k (3.7 miles) with moderate intensity.
4. Try to maintain “nasal only” breathing throughout the whole run. If you find yourself out of breath try to slow down a little bit and/or use the **Intra-Workout Reset Breathing** to get back to controlled nasal breathing.
5. Once you finish your 6k do the **Post-Workout Breathing** as recovery.

FRIDAY UPPER BODY AND CORE

Today's focus is to develop and build a strong upper body while furthering core strength and endurance.

The following workout will focus on various upper body muscles groups, targeting the chest, shoulders, back, biceps, and triceps, building lean and equipped upper body strength. This is paired with a second day of core exercises to further develop a balanced body. It's important to have the awareness and ability to maintain good posture for healthy spine stability over long days of hiking with a backpack on.

The goal for this adventure is to get you so physically prepared that your experience is the best ever. We believe that unlocking your body's divine ability will give you enhanced capacity to experience God and appreciate His brilliant design.

**Better Health =
More Energy & Efficiency**

**Optimized performance =
More Kingdom Work
Getting Done**

EXERCISE	REPS	FREQUENCY	VIDEO
Push-ups	2 Sets of 15-20 reps	Add 1 set every 4 weeks	Watch here
Lat Pulls and Rows	2 Sets of 5-8 reps	Add 1 set every 4 weeks	Watch here
Tricep Dips (Tricep Kickbacks or Pushdowns)	2 Sets of 15-20 reps	Add 1 set every 4 weeks	Watch here
Dumbbell Biceps Curls to Press	2 Sets of 15-20 reps	Add 1 set every 4 weeks	Watch here
Bent-over Dumbbell Reverse Flys	2 Sets of 15-20 reps	Add 1 set every 4 weeks	Watch here
Forearm Power Plank Front	2 Sets of 30-60 sec	Add 1 set every 4 weeks	Watch here
Forearm Side Plank (both sides)	2 Sets of 30-60 sec each side	Add 1 set every 4 weeks	Watch here
High Plank Mountain Climbers	2 Sets of 25 reps each side	Add 1 set every 4 weeks	Watch here

SATURDAY BRICK DAY (BACK-TO-BACK WORKOUTS)

Today is all about simulating what this adventure will feel like. Back-to-back workouts prepare you for the beautiful reward that is summiting Mt. Kilimanjaro with your team!

Long Run + Hard Hike

1. Park at the base of hiking trail. Warm up with the **Pre-Workout Breathing** and the **Pre-Workout Warmup**, like you have been on previous days.
2. Run your distance away from the trail head. For example: Do an out and back run so that you finish at the trail head, ready to hike. As soon as you finish your training run, immediately put on your hiking boots and daypack, hitting the trail hard (both uphill & downhill are equally important)
3. It's very important that when you finish your training run, that you do NOT let your heart-rate drop before the hike—no long stops. Grab your bottle of water, fuel, put on your hiking boots and daypack, and start your hike!

4. Your hike should be at a moderate pace (nasal only breathing = aerobic base building). Cut the miles in half, so the first half is up and the second half is back. Don't forget to cool down, stretch, and do the **Post-Workout Breathing** as recovery.

Note: As you increase in your distance and time hiking, we encourage you to lace up your boots to get your feet acclimated and conditioned. We also suggest putting your daypack on and slowly adding some weight over the weeks to get your body prepared for the days on the trail in Tanzania.

BENCHMARK WEEKS

Week 5

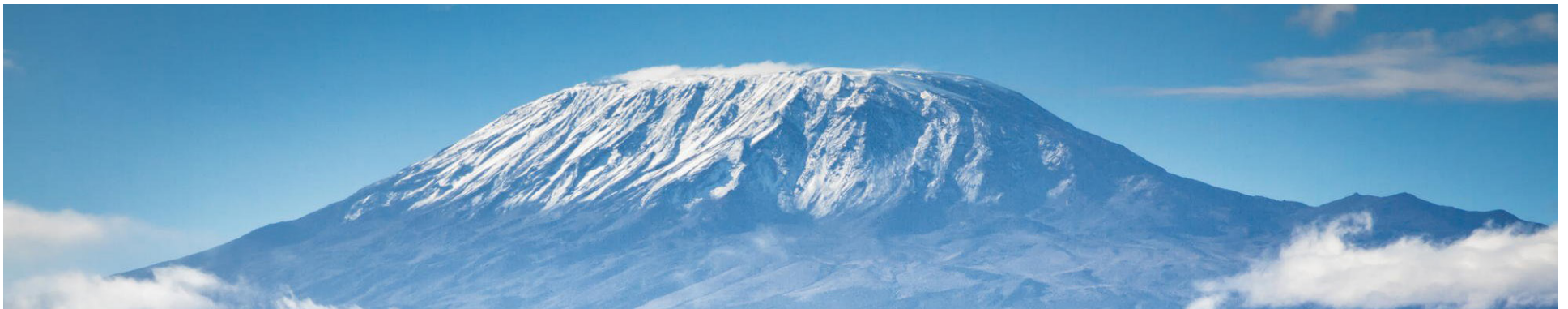
3 mile run (12 min. miles) and 45' hike with pack in 1.5 hours

Week 10

6 mile run (12 min. miles) and 60' hike with 5-10 lbs. in pack in 2.5 hours

Week 15

9 mile run (12 min. miles) and 90' hike with 10-20 lbs. in pack in 3.5 hours



REST DAY

Rest is so important! So take it easy, hang with your family, have a healthy meal with friends, take a nap, read a book, play board games with your kids, etc. Rest, relax, and recharge. Make sure to hydrate well and eat high quality food to nourish your body for optimal recovery.

Go to bed early so you can start the week out right on Monday.

BEDTIME PROTOCOL

Spend 5-10 minutes before bed doing this gentle breathing. This is a great way to get relaxed and ready to fall asleep at night. It's the same as **Post-Workout Breathing**, except after each exhale you'll want to add in a post expiratory pause, which simply means holding your breath for 10-15 seconds after each exhale. This exhale hold helps bring the body into a lower level of relaxation.

