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Training Plan for Mount Kilimanjaro Fitness

Medical Check-up

Before you begin on your fitness routine it is recommended that you seek your general practitioner or [medical doctor's advice](#) first. It is important to undergo a medical checkup if you have underlying conditions or if you are of advanced age. You can share this training program with your doctor for the best advice.

Progressive Resistance

With the use of free weight machines that are common in gymnasiums, progressive resistance fitness program gradually improves to higher resistance levels according to your age, health, physical condition, and even strength.

Safety Factor

Our fitness program puts safety as the first priority by putting together customized progressive resistance movements based on individual strength and fitness levels

For optimum safety, we do advise that you follow all the safety procedures provided and follow the exercise routine strictly at all times.

We encourage you, however, to research and read more from reading materials like books and training manuals about physical fitness and to consult your local fitness instructor on how to go about your training routine.

Sets and Repetitions

This type of training workout is made up of repetitions (reps) and sets. A rep is a single count of an exercise, for example, squatting down. A set on the other hand is a series of reps – an average set consists of about 8 to 12 reps.

Warm-Up

A warm-up session is important before you begin exercising. You can begin by stretching to strengthen and progressively challenge your tendons, muscles, joints, and ligaments. Stretching is an advantage as it enables you to heal faster after injuries and the flexibility brought about by stretching saves you from unnecessary injuries.

<i>Gym program – eight weeks guideline</i>							
Exercise	Monday		Wednesday			Friday	
	Sets	Reps	Sets	Reps	Sets	Reps	
Warm up and stretch	5 minutes		5 minutes			5 minutes	
<i>Leg developing aerobics</i>							
Cycling	10 minutes		10 minutes			15 minutes	
<i>Leg combination</i>							
Squats	3	12			4	12	
Leg presses			4	12			
<i>Thighs isolation</i>							
Leg extensions	3	10	3	10	4	10	
Leg curls	3	10	3	10	4	10	
<i>Lower legs isolation</i>							
Calf raises	3	20	3	20	4	20	
Toe pulls	3	20	3	20	4	20	
<i>Lower back combination</i>							
Hyperextensions	3	12			4	12	
Good morning exercise			3	12			
<i>Abdominal</i>							
Crunches (upper)	2	20	2	20	3	20	
Leg raises (lower)	2	20	2	20	3	20	
<i>Leg developing aerobics</i>							
Stairmaster / climbing	10 minutes low resistance		10 minutes high resistance			10 minutes low resistance	
Cool down and stretch	5 minutes		5 minutes			5 minutes	
Total time	1 hour 15 minutes		1 hour 15 minutes			1 hour 15 minutes	



More gym guidelines

1. The above training regime can be merged into your schedule according to your time and fitness level. It also gives you an outline of which muscles you should work on more.
2. The first two weeks into this training routine, people that are not fit should begin lifting weights.
3. The weights should be increased gradually as time progresses within those two weeks to create room for sufficient muscle growth and development.
4. After every weight lifting session, you should give your muscles at least 2 days (48hrs) to recuperate and recover after the strenuous training activity. This resting period is important for muscle development.
5. It is important to adhere to the timing and schedule of this training plan.
6. The above training plan is also suitable for home gymnasiums.
7. Adding some upper body development exercises into your training plan is a great advantage as it helps you to achieve better overall body development that strikes a great balance.

Walking program

Walking downhill and uphill is strongly recommended to familiarize yourself with the trekking terrain is strongly recommended, and it should be done more often.

To get used to mountaineering conditions, it is advised to carry a backpack with items weighing at least 3kg, these items could be water or anything of your choice.

As noted earlier on this topic, doing a few days of hiking to familiarize yourself with trekking conditions is not only good to train your body but also enjoyable

We have prepared a great 8-week hiking program to ensure that you become fit for mountaineering.

It is not a must to walk outside and doing outdoor activities if the weather is not conducive, you are allowed to use a treadmill but make sure you incline and decline it if possible to simulate a slope.

Give yourself at least 4 days to rest before you embark on your mountain climbing trip.

Walking program – eight weeks			
<i>Week 1</i>			
	Tuesday	Thursday	Sunday
Warm-up and stretch	8 minutes	8 minutes	8 minutes
<i>Walk</i>			
Flat terrain at 4,5km per hour	10 minutes	10 minutes	10 minutes
<i>Walk – lower leg development</i>			
On heels, toes lifted	3 minutes	3 minutes	3 minutes
On toes, heels lifted	4 minutes	4 minutes	4 minutes
<i>Walk</i>			
Flat terrain at 4,5km per hour	40 minutes	40 minutes	40 minutes
Cool down and stretch	5 minutes	5 minutes	5 minutes
Total time	1 hour 10 minutes	1 hour 10 minutes	1 hour 10 minutes
<i>Week 2 to 3</i>			
	Tuesday	Thursday	Sunday
Warm up and stretch	8 minutes	8 minutes	8 minutes
<i>Walk</i>			
Flat terrain at 4,5km per hour	10 minutes	10 minutes	10 minutes
<i>Walk – lower leg development</i>			
On heels, toes lifted	3 minutes	3 minutes	3 minutes
On toes, heels lifted	4 minutes	4 minutes	4 minutes
<i>Walk</i>			
Flat terrain at 4,5km per hour	40 minutes	40 minutes	30 minutes
Uphill at 2-3 km per hour	N/A	N/A	20 minutes
Downhill at 5-6 km per hour	N/A	N/A	10 minutes
Cool down and stretch	5 minutes	5 minutes	5 minutes
Total time	1 hour 10 minutes	1 hour 10 minutes	1 hour 30 minutes

<i>Week 4 to 8</i>			
	Tuesday	Thursday	Sunday
Warm up and stretch	8 minutes	8 minutes	8 minutes
<i>Walk</i>			
Flat terrain at 4,5km per hour	10 minutes	10 minutes	10 minutes
<i>Walk – lower leg development</i>			
On heels, toes lifted	3 minutes	3 minutes	3 minutes
On toes, heels lifted	4 minutes	4 minutes	4 minutes
<i>Walk</i>			
Flat terrain at 4,5km per hour	40 minutes	30 minutes	50 minutes
Uphill at 2-3 km per hour	N/A	20 minutes	40 minutes
Downhill at 5-6 km per hour	N/A	10 minutes	20 minutes
Cool down and stretch	5 minutes	5 minutes	5 minutes
Total time	1 hour 10 minutes	1 hour 30 minutes	2 hours 20 minutes

The above training program is very useful to make you ready to climb Mount Kilimanjaro as you will be physically fit and capable of hiking for about 100km in 7 days.

Remember this is only the physical part, you need to be also mentally ready and prepared for the Kilimanjaro challenge and [reaching the summit](#) on the roof of Africa, the [Uhuru peak of Mount Kilimanjaro!](#)