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30-Day Pre-Expedition Training Program

by Brian Prax

You can contact Brian for more training tips, or have him design a custom training program to fit your needs and goals, training@visionquestjourneys.com

Week 1 Gain Base Fitness Level:

Choose your favorite cardiovascular enhancing exercise (bike, run, swim, hike, xc ski, etc...) and gradually increase the time you spend doing it 3-4 days per week. You don't have much time to get ready, so don't skip more than 2 days between workouts. Go from 30 min to 1 hour per day at a mellow level of exertion.

Weeks 2-3 Increase Sport Specific Fitness:

Now you want to be exercising at least 4 days per week, preferably 5 or 6, but not 7. Increase the time spent per day to 2 or 3 hours at a time. Eliminate activities that are not sport specific (running and swimming) and incorporate activities that use your body in ways that closely or exactly resemble what you are training for (hike uphill with a pack on if you can). Increase the intensity of the workouts as your body gets stronger. You could benefit from doing some lifting for your legs and torso, but keep the weight low and the repetitions high.

Week 4 Maintain:

Back off to 3-4 days per week and decrease the intensity to moderate again, but keep up with the long sessions. Your body is going to be putting in days longer than 2 hours pretty soon.