

# TRAINING PLAN

Expedition Name / Date
Name Everest Expedition
Date

## 12 Months Training Plan for Mt.Everest 8849M Expedition

Description	Months	Months	Months	Day	Day	Day	Day	Day	Day	Day	Day	Training notes
	1	2 - 11	12	M	T	W	T	F	S	S		
<b>FOUNDATION</b>												
Lower-body - 5 kg Squats (2 sets 15 reps)	2X per Week											
Lower body - 5 kg Lunges (2 sets 10 reps each leg)	2X per Week											
Lower body - 5 kg Glute Bridge or other Glutes workouts (2 sets 15 reps)	2X per Week											
Core - chin ups, scissors, bicycle and leg raise (2 sets 20 reps)	2X per Week											
Core - Plank front (45 sec) side (30 sec) - (2 sets)	2X per Week											
Upper - pushups (2 sets 10/15 reps) Pull ups (3 sets 10/8/6 reps)	2X per Week											
Endurance Running - 5km	2X per Week											
Endurance Running - 10km long run	2X per Week											
Rest Day	1X per week											
<b>Strength/Endurance (Aerobic + Muscular)</b>												
Lower-body - 20 kg Squats (3 sets 25 reps)		2X per Week										
Lower body - 20 kg Lunges (3 sets 15 reps each leg)		2X per Week										
Lower body - 20 kg Glute Bridge or other Glutes workouts (2 sets 25 reps)		2X per Week										
Core - chin ups, scissors, bicycle and leg raise (3 sets 20 reps)		2X per Week										
Core - Plank front (1 min) side (45 sec) - (3 sets)		2X per Week										
Upper - pushups (3 sets 20 reps) Pull ups (3 sets 12/10/8 reps)		2X per Week										
Endurance Running - 10km		2X per Week										
Endurance Running - 16 km or Hike 10km with 20kgs backpack		1X per Week										
Endurance Running - 23Km (Half Marathon) or 20km hike with 20 kgs bag pack		1X Per month										
Rest Day		1X per Week										
<b>Tapering</b>												
Lower-body - 10/15 kg Squats (2 sets 20 reps)			2X per Week									
Lower body - 10/15 kg Lunges (2 sets 10 reps each leg)			2X per Week									
Lower body - 10/15 kg Glute Bridge or other Glutes workouts (2 sets 20 reps)			2X per Week									
Core - chin ups, scissors, bicycle and leg raise (2 sets 20 reps)			2X per Week									
Core - Plank front (1 min) side (45 sec) - (3 sets)			2X per Week									
Upper - pushups (2 sets 20 reps) Pull ups (2 sets 12/10/reps)			2X per Week									
Endurance Running - 10km			2X per Week									
Endurance Running - 16 km or Hike 10km with 20kgs bag pack			1X per Week									
Rest Day			1 X per Week									
												Training to End 2 weeks before the Expedition Date

**Endurance 60% / Strength 40% (Training Volume)**

**Other Endurance activities:** Cycling, rock climbing, bouldering, swimming, uphill skiing.

**Strength and Muscular endurance activities:** Other gym workout sessions focusing on muscle endurance and strength can be incorporated.

**Rest and Recovery:** 8 hours of sleep every day is recommended. Stretching sessions before and after each workout session. Incorporate Foam roll exercises once a week. Cold shower for muscle recovery. Yoga can also be implemented.

**FOCUS. DISCIPLINE. DON'T GIVE UP. BELIEVE YOU CAN AND YOU ARE HALF WAY THERE**

**LIVE YOUR STORY**