
TRAINING TIPS

Training is the best way to ensure you are ready for your multi-day hike. Hiking is different to walking on a path with different muscles being utilised and stability a key component to practice.

STABILITY

- Go on as many bush walks as you can during the lead up to your walk this will allow you to wear your boots in as well as build strength and stability
- Practice standing on 1 leg for 1 minute every day, hold your core muscles in strong and increase the time you can balance for

STRENGTH

- Strong legs are great for powering you up hills and steps
- Walk up flights of stairs or practice step ups on a single step
- Lean against a wall and squat as far as feels comfortable start with 1 minute and see how long you can build up to
- Hiking builds leg strength quickly, go for a weekly or fortnightly trail hike and you'll soon find you'll be looking for more hills
- Bike riding is a great low impact way to build strength your leg muscles

DISTANCE

- If you are a regular walker it's a good idea to include some distance walking into your program
- Research bush walks in your area and build up from 5km to 8km to 10km to 12km and 15km this will give you confidence that you can go the distance
- Carry a back pack on your walks so you are used to carrying some weight (note all your luggage is transferred so you are only carrying your water, lunch & personal items)

STRETCHING

- Always stretch before and after exercise and especially hiking. A good stretch can be the difference
- We have yoga mats and muscle trigger point balls at each camp

