

ADVENTURE
BASE

YOUR ADVENTURE AWAITS - GET READY TO CONQUER THE TRAILS

TREKKING TRAINING

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PREPARE FOR YOUR NEXT ADVENTURE

Embarking on a multi-day trek and tackling iconic trails like the Tour du Mont Blanc, Alta Via 1, Grand Tour des Combins or Haute Route is both exciting and challenging. Preparation is the key to ensuring you enjoy every step, no matter where you're starting from. Whether you live in the mountains or in flatter areas, here's how to tailor your training to get the most out of your adventure.

WHY TRAINING IS ESSENTIAL

Even without extreme altitude, trekking across variable terrains and elevations can be physically demanding, especially for those unaccustomed to long days on their feet. Building up your fitness not only reduces fatigue and injury risk but also makes the experience more enjoyable, allowing you to soak in the breathtaking views along the way.

Why Training is Essential

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To give you an idea of what to expect, here are benchmarks for two popular itineraries on the Tour du Mont Blanc:

•11-day TMB itinerary:

Daily averages:

Elevation gain (up): 977 m

Elevation loss (down): 976 m

Distance: 15.25 km

•7-day TMB itinerary:

Daily averages:

Elevation gain (up): 1,556 m

Elevation loss (down): 1,556 m

Distance: 22.89 km

Whether you're taking on a longer trek or a condensed route, training helps ensure your body is ready to handle the distances, elevation changes, and multiple days on your feet.

TAILORING TRAINING FOR DIFFERENT LANDSCAPES

For Those Living in Flat Areas

If you live in a flat region, preparing for mountain treks might seem tricky, but there are plenty of ways to train effectively without regular access to hills or trails.

– Stair climbing: Staircases or gym stair machines are great for mimicking uphill climbs.

Practising with a loaded backpack builds leg strength and endurance, helping you prepare for the ascents you'll encounter on the trail. It's equally important to practise descents, as they can be just as challenging, especially with a heavy backpack. While gym equipment may not safely replicate downhill movement, finding a steep hill outdoors – even a short one – or walking down a staircase repeatedly can be highly beneficial for strengthening your leg muscles and building stability.

– Incline treadmill workouts: Use a treadmill set to an incline to simulate uphill trekking. Start with lower inclines and gradually increase as your strength and stamina improve. Aim for 45-minute sessions a couple of times a week.

– Long walks and hikes: Gradually increase the length of your walks. Weekend hikes, even on flat trails, will help you build the stamina required for long trekking days. Add a loaded backpack for an extra challenge.

FOR THOSE LIVING IN MOUNTAINOUS AREAS

If you're lucky enough to live near mountains, make the most of the natural training opportunities.

– Hike regularly on trails: Get accustomed to uneven terrain by hiking on varied trails as often as possible. Include uphill and downhill sections to strengthen the muscles and improve your balance.

– Add weight gradually: Start with shorter hikes carrying a light daypack and work up to the equivalent weight you'll carry on the trek. This helps your body adapt to carrying a loaded backpack.

– Challenge yourself with elevation: Aim for higher elevation trails to build endurance for sustained climbs, even though treks like the Tour du Mont Blanc, Alta Via 1, and Haute Route don't reach extreme altitudes.

ADDITIONAL ACTIVITIES FOR TREKKING TRAINING

While walking and hiking are the best preparation, other activities can help improve endurance, strength, and balance. Adding variety to your training not only keeps things interesting but also prepares your body for the demands of trekking.

1. **Cycling:** Cycling builds leg strength and stamina with less impact than walking. Include steady, long rides or indoor cycling classes to boost your endurance.

2. **Swimming:** This full-body, low-impact exercise enhances cardiovascular endurance while strengthening the core and upper body.

3. **Rowing:** Rowing engages the legs, core, and upper body, making it an excellent strength and endurance workout. Aim for 20-30 minute sessions, a few times a week.

4. **Strength and circuit training:** Strengthen key trekking muscles with exercises like lunges, squats, and planks. Add circuit training with short bursts of cardio to improve overall endurance.

5. **Elliptical trainer or stair climber:** These machines mimic uphill trekking and are ideal for building leg and core strength with minimal impact.

6. **Yoga and Pilates:** Both activities improve flexibility, balance, and core stability, which are essential for managing uneven terrain and reducing the risk of injury.

7. **HIIT (High-Intensity Interval Training):** Short, intense HIIT sessions help improve cardiovascular fitness and build stamina in a time-efficient way.

TRAINING ESSENTIALS FOR ALL TREKKERS

No matter where you live, these key elements will prepare you for success:

1. **Build endurance:** Include regular cardio workouts like hiking, walking, or running. Plan one or two long sessions a week to mimic trekking days.
2. **Strengthen your muscles:** Focus on lower-body exercises and core stability to handle the demands of uneven trails and carrying a backpack.
3. **Practise with your gear:** Train with your trekking boots, backpack, and poles to get comfortable with your equipment.
4. **Prepare mentally:** Trekking requires patience and mental resilience, especially on long days. Practise breaking down the journey into smaller milestones to stay motivated.

By incorporating these tips into your routine, you'll build the stamina, strength, and mental toughness needed to enjoy every moment of your trek. Whether you're navigating rugged alpine trails or taking in the views on a different multi-day hike, a well-prepared body and mind make all the difference. Let the adventure begin!

For advice on carrying your gear efficiently and comfortably, check out our guide to [Choosing the Right Trekking Backpack](#). The right backpack is essential for a successful trek, and our journal will help you find one that suits your needs.

Curious about how trekking days are broken down? Explore our detailed guide on [Self-Guided Tour du Mont Blanc Trekking Times Explained](#) to better understand what a typical day on the trail looks like.