

CLIMB *FOR A* CURE

FIGHT COLORECTAL CANCER

***TRAINING AND FITNESS
PREPARATION GUIDE***

INTRODUCTION

CONGRATULATIONS ON YOUR DECISION TO PARTICIPATE IN THE VIRTUAL CLIMB FOR A CURE 2020!

This is going to be a powerful and impactful event and we are excited you will be participating. However, like many others, you probably aren't certain as to what kind of physical fitness is best for this undertaking. Depending on the difficulty and length of the route you take, your physical fitness level, and other factors such as altitude, technical terrain, and unstable ground, this climb or hike can prove strenuous for many.

To help participants prepare thoroughly and have a successful climb, we have prepared this Training and Fitness Preparation Guide. This guide will give you an overview and details of how best to prepare for this event, regardless of your current fitness level.

In addition, we hope that the information contained within this guide can be used in daily life as well, and give you a more thorough understanding of useful basic fitness concepts that can improve overall health and wellness.

HOW TO TRAIN

Hiking or climbing at Climb For a Cure is an endurance event. Ideally, you would like to build as much event specific fitness as possible to make this event as enjoyable and safe as possible.

To help guide you in your training, we have identified four areas of fitness upon which this training will focus.

Areas of Focus

- Building general aerobic fitness
- Increasing muscle endurance
- Increasing muscle strength and mobility
- Nutrition during training

Below, you will find detailed explanations of each area of focus followed by suggested methods and a training plan.

JUMP TO:

BUILDING AEROBIC FITNESS

INCREASING MUSCLE ENDURANCE

STRENGTH AND MOBILITY TRAINING

NUTRITION IN TRAINING

BUILDING AEROBIC FITNESS

Endurance events, in general, are mostly considered to be aerobic activity. To participate in endurance events, the main area of training focus should be on building general aerobic fitness, or aerobic capacity. Aerobic capacity is your body's ability to utilize oxygen during activity. It's not just how much oxygen your body can take in during activity, but how quickly and efficiently it can be processed and utilized.

So, for our purposes, the term aerobic means "with oxygen" and the term anaerobic means "without oxygen". We are referring to the metabolic energy sourcing that your body is using to fuel whatever activity you are engaged in. Aerobic exercises means your body is taking in enough oxygen, and processing it efficiently, to burn fat as fuel. Fat is a slow burning fuel, but is nearly endless in supply in everybody. So, working at an aerobic effort means that your intensity level is low enough that your body can use oxygen to burn the fuel it needs to continue. The less aerobic you become when you work harder, the more your body has to find alternate fuel sources: energy that burns faster than fat. This is where your body burns stored energy in the form of carbohydrates, which is a limited fuel source. So, building an efficient aerobic energy system is the most important factor in training. This is done through training at an aerobic effort. Training at the proper effort levels will build your aerobic engine most efficiently, while allowing you to reduce your risk of injury, overtraining, or accumulating excessive muscle fatigue.

At rest, your body is operating almost entirely aerobically, while at extremely intense activity levels, your body is operating anaerobically. As you increase from rest to extreme intensity, you move along the spectrum from purely aerobic to anaerobic.

Hiking or climbing at Climb For a Cure is an endurance event during which you should try to remain as aerobic as possible. Therefore, building the aerobic system should be the basis of all training, but building this system takes a lot of time, and there is no shortcut to aerobic fitness.

METHODS OF BUILDING AEROBIC FITNESS

- Running
- Walking
- Hiking
- Bicycling: Road or mountain biking
- Swimming
- Kayaking
- Skiing
- Sports: Tennis, basketball



INCREASING MUSCLE ENDURANCE

In addition to aerobic training, which will be the bulk of the training, it's important to supplement that aerobic training with muscle endurance training to ensure that your muscles are fit enough for the event.

Muscle endurance will increase with improved aerobic fitness, and through whatever becomes your chosen method of building that aerobic fitness. For example, running will increase muscle endurance significantly more than swimming, so if swimming is your chosen aerobic training, it will be even more important to incorporate muscle endurance specific training.

METHODS OF INCREASING MUSCLE ENDURANCE:

- Running
- Walking
- Trail hiking
- Stair climbing
- Step ups: weighted or unweighted
- Skiing
- Bicycling: road or mountain biking
- Sports: tennis, basketball, etc

STRENGTH AND MOBILITY TRAINING

It's important to increase muscle strength and mobility for those times where a short burst of strength or agility is needed to, for example, scramble over a large boulder, or take a few large steps over rocks or roots.

Increased muscle strength and improved mobility both result from various types of resistance training, or certain bodyweight exercises.

Most gyms will have all equipment needed to perform the following movements. If you are unfamiliar with a certain movement, a quick Google or YouTube search will provide guidance.

STRENGTH AND MOBILITY MOVEMENTS:

Lower body weighted or unweighted resistance movements

- Squats: Body weight or barbell on back
- Lunges: Reverse or forward
- Deadlifts
- Goblet squats
- Weighted box step ups or stair climbs

Core and back movements

- Deadlifts
- Good mornings
- Bent over rows
- Kettlebell Swings
- Planks
- Leg/hip raises

Upper body movements

- Push ups
- Pull ups
- Kettlebell Swings
- Shoulder press

The training plan provided will include a suggested structure and volume for these workouts.

NUTRITION IN TRAINING

Nutrition is a very complicated topic. Here we will focus only on nutrition during training workouts, and not on day to day nutrition, although there is some crossover.

At all times and at all activity levels, the human body burns fuel to maintain energy. At lower effort levels, such as sitting, or walking, the body burns fat as fuel almost entirely. As intensity increases, and heart rate increases, the need for faster burning energy rises, and the body starts to burn faster burning stored fuel (e.g. carbohydrates)

At the lower end of this intensity spectrum, the body is burning fat through oxidation, which means it is operating aerobically. As intensity and heart rate rise, the body burns more glycogen (carb stores).

An example that is analogous of this system is that of a small boat that has two gas containers on board. One being an extremely large, almost endless, tank of slow burning fuel (fat), and the other a smaller tank of faster burning fuel (glycogen). The faster the engine goes the more it pulls fuel from the smaller tank. Now, you can top off this tank occasionally (this would be the equivalent of taking in nutrition during the workout), but if you keep going faster, you will eventually, pretty quickly in fact, burn through the fast burning fuel.

If you think of your own energy stores this way, you can imagine how going slower (more aerobic) would allow you to be able to operate almost indefinitely. For a hike or climb, you should train and plan to race in a mostly aerobic state.

So, how does this pertain to nutrition? It means that training intensity requires you to manage your fuel sources differently, and to base your in-workout nutrition intake on the intensity and/or duration of your workout.

If you are cycling aerobically for 2 hours, but occasionally when going uphill your heart rate increases out of a mostly aerobic zone, you will be using faster burning fuel, so you will want to intake nutrition to keep that tank topped off. So, in the example of a 2 hour bike ride or hike, you would want to intake some nutrition, maybe 100-200 calories per hour.

In addition, keeping those fuel stores topped off will help you maintain aerobic intensity, and will often even help you recover faster after long workouts.

Hydration is a major part of nutrition, and it's important, especially at higher, dryer altitudes, to remain hydrated. Many people prefer just to drink water, while others use a hydration mix with their water for increased nutrition intake. Regardless, it's important to always hydrate before, during and after training, and especially during the event itself.

Outside of training, many people find that a diet with a balance of meats, vegetables, and fruits is sufficient for providing all the nutrients needed for training. Avoiding processed, sugary foods and drinks is also known to be healthier and more beneficial in many ways.

*Training Plans To Follow

OPTIONAL TO DO LIST:

- Download the TrainingPeaks app to your phone and create an account. This is free and can also be done on their website, although the app is most convenient.
- Click on the following link to attach your account to Jeremy's coaching account: [Jeremy's Coaching Account](#)
- I will load the base building plan onto your calendar. This is where all your workouts will live
- Sync your Garmin Connect to TrainingPeaks so that your workout results will load. TrainingPeaks has a lot of nice features for analyzing performances and workload. It uses a color coded system to keep track of completed or missed workouts. [Sync your account by using the this link.](#)