



ATTITUDE AND MENTAL PREPARATION

Have fun and enjoy the adventure of preparation while training for your course! This is an excellent opportunity for you to get outside, get fit and explore your neighborhood's parks and recreation areas.

Your ability to interact well with a group is key to successfully completing your course. Plan to be patient, to persevere, to expand your limits and to have a positive and memorable adventure! You will be expected to complete most activities with your crew.

Your attitude of commitment and willingness to try new things are two of the most important contributions you can bring to your course. Prepare yourself to take on new challenges and try new activities. If you have questions, please call your Student Services Representative.

FITNESS AND TRAINING

Many people, novice and experienced alike, commonly complain of tired and aching bodies; the result of believing that the harder the body is pushed the faster it will improve. In fact, the opposite is true: the more moderately you go, as long as you are approximating your Target Heart Rate, the more quickly you will improve. The most common mistake people make is going too fast, too soon—quickly joining the ranks of the stiff, tired and discouraged. Make sure you take at least one day off a week.

Exercise is not the same as work. A person may work quite hard all day, finish the afternoon exhausted, and still not be getting enough exercise to be fit. Daily stop-start routines are demanding but, if they don't allow for an increase in oxygen consumption for more than a few minutes at a time, they will not contribute to basic fitness.

- You do not have to be an athlete or highly-trained to come on an Outward Bound course.
- You do have to be physically capable and active. Our courses are demanding. You will use your muscles in new and challenging ways.
- It takes strength and fitness to paddle a boat for six or eight hours in a day, carry a 50+ pound pack for 5 miles or climb a rock wall. If you aren't already involved in a fitness program, now is the time to start.
- Every minute you put in will pay off in enjoyment, comfort and fun as your course progresses.

We strongly suggest that applicants with any of the following conditions consult with their physician to establish an exercise program: high blood pressure, a family history of heart disease, obesity, diabetes, smoking (more than one pack a week) or a prolonged sedentary lifestyle.

TARGET HEART RATE AND THE TALK TEST

Exercise physiologists agree that in order to develop aerobic fitness, you must get your heart beating faster than normal. Efficient training is not dependent upon the speed your body moves, but rather on the number of times your heart beats per minute (take your pulse for 6 seconds and multiply by 10). Exercise too slowly and all you're doing is burning calories, too fast and you run the risk of burning out. The key to aerobic fitness training lies in moderate effort. This can be readily monitored in two ways:

- 1) A common rule of thumb is to increase your resting heart rate to your Target Heart Rate (THR), a number derived by subtracting your age from 170 ($170 - \text{Age} = \text{THR}$). This formula approximates the number of times your heart should beat per minute in order to optimize your workout. Maintain this level (which will end up being in the range of 120 to 150 beats per minute) for a minimum of 30 minutes, three times a week (five times a week is optimum).

2) Perhaps the most useful measure of whether you are exercising too hard is your ability to pass the Talk Test. If you are pushing too hard to carry on a conversation without panting, then it is possible that you are working harder than our body can train. If slow running leaves you breathless, then slow to a walk. If you are a beginner, you may find that you have to move quite slowly to pass the Talk Test but, as you train and your ability to transport oxygen becomes more efficient, your speed and your ability to sustain performance will naturally increase.

THE BEST EXERCISE THERE IS

For most people, the best and most accessible exercise is jogging—a combination of walking and running compatible with your current level of fitness, ability and interest. Why jogging? It's the simplest, cheapest, least encumbered, most available and most efficient way to use your large leg muscles—requiring the heart and circulatory system to pump large quantities of blood and oxygen.

The most important thing is to find an activity that you enjoy doing. While exercising three times a week for thirty minutes is the minimum, five times a week is optimum physical preparation for your course.

Build in 15-30 minutes every other day for light weight training. Weight training helps build strength which will complement your aerobic fitness.

Yoga? Stretching? Imperative. Stretching maintains flexibility.

COURSES WITH BACKPACKING

Hike with a weighted backpack. Start with 20-30 lbs., then build to 50+ lbs. If you do not own a backpack, you may be able to borrow one from a friend, family member or rent one from an outdoor sporting goods store. If none of these options are available, try a smaller "book bag" style backpack with approximately 15 lbs. in it. Start out hiking just a couple of miles on hilly terrain or stairs and increase your intensity and mileage as you gain strength and endurance. On course, you can expect to carry a backpack that weighs approximately 40 to 55 lbs., and you may be hiking for distances of five to 15 miles per day.

COURSES WITH ROCK CLIMBING

Climbing indoors at your local rock climbing gym is the best way to prepare for climbing outdoors. If climbing at a gym is not available, substitute pull-ups, sit-ups and strength training with weights. On course, you will practice knots, climbing and belay techniques as well as safety procedures.

COURSES WITH A WATER COMPONENT

Endurance train at least three times a week on a rowing machine. If a rowing machine is not available, supplement with strength training three times a week including sit-ups, pull-ups, push-ups or weight training that concentrates on your shoulders, stomach and back.

EIGHT WEEK FITNESS PROGRAM

The program outlined on page 3 is appropriate if you enrolled eight or more weeks prior to your course start. If you don't have the full eight weeks to train, adjust this program accordingly. Take this conditioning program seriously; getting in good shape before your course will significantly reduce the chance of injury and increase your opportunities for enjoyment.

The general rules of the road are these: enjoy yourself; mix up your training so you aren't doing the same thing every day (jog, swim, bike...); approximate your Target Heart Rate while being able to pass the Talk Test; don't hurt yourself; increase your regimen by no more than 10% per week; take at least one day off a week; finish your workout smiling.

- **Indoors:** Stair climber, stationary bicycles, rowing machines, aerobic classes, team sports or swimming.
- **Outdoors:** Running, power walking or cross-country skiing. Hilly terrain is best. If hills are not available to you, integrate a section of stairs (buildings, stadium bleachers).
- **Strength Training:** Supplement the above with weight training or sit-ups and push-ups. Focus on building strength in your legs and supportive muscles of the back, shoulders and stomach.

EIGHT WEEK FITNESS PROGRAM OUTLINE

WEEK ONE Day 1, 3, 5: 30-45 minutes of aerobic fitness training Day 2, 4, 6: 10 minutes of stretching and 10 minutes of light weights Day 7: Rest	WEEK TWO Day 1, 3, 5: 30-45 minutes of aerobic fitness training Day 2, 4, 6: 10 minutes of stretching and 15 minutes of light weights Day 7: Rest
WEEK THREE Day 1, 3, 5: 30-45 minutes of aerobic fitness training Day 2, 4, 6: 10 minutes of stretching and 20 minutes of light weights Day 7: Rest	WEEK FOUR Day 1, 3, 5: 30-45 minutes of aerobic fitness training Day 2, 4, 6: 10 minutes of stretching and 20 minutes of light weights Day 7: Rest
WEEK FIVE Day 1, 3, 5: 30-45 minutes of aerobic fitness training Day 2, 4, 6: 15 minutes of stretching and 20 minutes of light weights Day 7: Rest	WEEK SIX Day 1, 3, 5: 30-45 minutes of aerobic fitness training Day 2, 4, 6: 15 minutes of stretching and 25 minutes of light weights Day 7: Rest
WEEK SEVEN Day 1, 3, 5: 45-60 minutes of aerobic fitness training Day 2, 4, 6: 15 minutes of stretching and 30 minutes of light weights Day 7: Rest	WEEK EIGHT (TAPER OFF ONE WEEK BEFORE COURSE) Day 1, 3, 5: 30 minutes of aerobic fitness training Day 2, 4, 6: 10 minutes of stretching and 10 minutes of light weights Day 7: Rest