FITNESS GUIDANCE SUMMER ADVENTURES

You really don't have to train to take part in one of our Summer Adventures, but being active and taking part in exercise is proven to be good for your wellbeing. So, it's no surprise that we're all for it!

If you would like to do a bit of prep ahead of your adventure, we've put together this guide to give you some simple and easy ideas of how to build up your fitness.

52HRS



You are likely to be doing 3-4 hours a day of activities such as canoeing, kayaking or hiking.





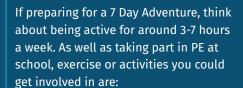
- PE lessons at school or college
- Walking to school or college

course. Our ideas include:

7 DAY ADVENTURE

Day long adventures with overnight expeditions to make it that little more challenging.

RIDGE



- Playing for a school sports team
- Doing extra sports practice outside of school
- Walking whenever you can





There will be expeditions where you could be carrying rucksacks for 6-8 hours.

SUMMIT



OF ACTIVITY A WEEK 19 DAY ADVENTURE



Living out of your rucksack for 19 days, with everything you need to survive. Your main mode of transport will be your feet.

PINNICLE



Around 7-10 hours of physical activity a week could really help you prepare for your 14 Day Adventure. As well as getting involved in activities suggested for our 5 or 7 Day Adventures, why not try:

- Playing for a sports team outside of school
- Running or cycling
- Taking part in fitness classes
- Following activity videos on YouTube or similar

The 19 Day Adventure is our most physical adventure so think about aiming to taking part in 10 or more hours of activity or exercise a week in the run up to your course. In addition to the other activities we've suggested:

- Long distance walking with a bag or rucksack
- Running a few times a week
- Cycling, possibly with a bag or rucksack and on hills
- Train for distance runs, such as 5K or 10K

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