

FITNESS GUIDANCE

FOR 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.

DISCOVER ADVENTURE

On average
52
activity
hours a week

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

If you're going on a Discover Adventure, think about being active for around 1-3 hours a week in the run up to your course. Our ideas include:

- PE lessons at school
- Walking to school

SERIOUS ADVENTURE

On average
58
activity
hours a week

Day long adventures with expeditions chucked in for a bit more fun.

If preparing for a Serious Adventure, think about being active for around 3-7 hours a week. As well as taking part in PE at school, exercise or activities you could get involved in are:

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

SKILLS FOR LIFE AWARD

On average
64
activity
hours a week

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

Around 7-10 hours of physical activity a week could really help you prepare for your Skills for Life Award. As well as getting involved in activities suggested for our Discover and Serious Adventures, why not try:

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

ULTIMATE ADVENTURE

On average
83
activity
hours a week

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

The Ultimate Adventure is our most physical adventure so think about aiming to taking part in 10 or more hours of activity or exercise 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