



Mountain Quest

Address : B1/ B19 Aranyeshwar Park, Pune- 411009

AS THE ROAD ENDS ADVENTURE BEGINS

High Altitude Trekking Program - Fitness Required

To see your fitness level and make you confident about the trekking we are organizing practice treks in Sahyadri hills to combat your weaknesses. We are also providing you with a fitness program, you will enjoy the trek more if your fitness level is good.

Fitness required:You need to be in good physical condition before the start of the trek. You must be able to jog 4kms in 30 minutes (for boys 4.5 kms in 30 min.) before commencement of the trekking expedition.

The HATP takes you to a high altitude – almost in the realms of mountaineering. At 14,000+ feet the Oxygen level is low and the conditions are difficult. The last day takes about 8 hours and most of the other trek days are long too. Your physical fitness is important for a successful completion of the trek. Training yourself to get to a jogging distance of 4 km under 30 minutes makes your lungs strong.

Here is an exercise schedule which will help you run upto 4 km in 30 mins (for boys 4.5 kms in 30 min.)in 4 weeks.

Week 1: Day1,3,5 Brisk five-minute warmup walk, then do two repetitions of the following:

- Jog 200 meters (or 90 seconds)
- Walk 200 meters (or 90 seconds)
- Jog 400 meters (or 3 minutes)
- Walk 400 meters (or 3 minutes)

Day 2, 4, 6 Brisk five-minute warmup walk, then jog 2 km(or 30 minutes).

Sunday Sinhadgad Target 60 min.Or cycling for 5 Km

Week 2:Day1,3,5 Brisk five-minute warmup walk, then:

- Jog 400 meters (or 3 minutes)
- Walk 200 meters (or 90 seconds)
- Jog 800 meters (or 5 minutes)
- Walk 400 meters(or 2-1/2 minutes)
- Jog 400 meters(or 3 minutes)
- Walk 200 meters (or 90 seconds)
- Jog 800 meters(or 5 minutes)

Day 2, 4, 6 Brisk five-minute warmup walk, then jog 2.5km(or 30 minutes).

Sunday Sinhadgad Target 60 min. Or cycling for 6 Km

Week 3: Day 1,3,5 Brisk five-minute warmup walk, then:

- Jog 800 meters (or 5 minutes)
- Walk 400 meters (or 3 minutes)
- Jog 1.2 km (or 8 minutes)
- Walk 400 meters (or 3 minutes)
- Jog 800 meters (or 5 minutes)

Day 2, 4, 6 Brisk five-minute warmup walk, then jog 3.5km (or 30 minutes).

Sunday Sinhad Target 55 min. Or cycling for 8 Km

Week 4: Day 1,3,5 Brisk five-minute warmup walk, then:

- Jog 400 meters in 3 minutes
- Stop for 1.5 min
- Repeat this for 6-8 times

Day 2, 4, 6 Brisk five-minute warmup walk, then jog 4 km (or 30 minutes).

Sunday run upto 4 km in 30 mins (for boys 4.5 kms in 30 min.)

Rest last two days before departure

Note: For all distance may vary but duration is important

For girls duration will be same for day to day activity max distance is 4km in 30 min.

In line with this you must do some physical exercise like suryanamaskar, pull-ups 10, Push-ups 20, sit-ups 30 (alternate day 50) & skipping 100 daily.

Flexibility is the ability of the muscles and tendons to relax and stretch easily. It determines the amount of movement your bones can make in any direction around joints such as shoulders, elbows, hips and knees. Stretching improves your posture and helps to prevent low back pain. Stretching your hamstrings, quadriceps, hip flexors and low back muscles regularly, promotes relaxation in the tissues reducing the strain on your back. On your trek, it is important that you arrive on the slopes with your muscles relaxed. Carrying a backpack, however light, can become a strain after a while. These exercises will help you to be in good shape before the trek.

You must sleep Daily between 11 pm to 6.00 am

Follow proper diet

Pranayam

Daily for 20-25 minutes

"It is breath that keeps you alive. Nobody has died while breathing. Life and death is in God's hands but let us not hasten our end by neglecting the breath. The breathing exercises provide oxygen to the cells, rejuvenate them, and take away toxic waste.

Method 1

BhastrikaPranayam: Bellows Breath

1. **Breathe in deeply through your nostrils.** First, feel the diaphragm move down, allowing the lungs to expand and forcing the abdomen out; then feel your chest expand with your collar bones rising last.
2. **Breath out quickly through your nostrils.** Feel your collar bones dropping, chest deflating, and abdomen shrinking as the lungs collapse. This process of exhaling should be much faster than the process of inhaling -- almost like a rapid deflation.
3. **Repeat the process.** When correctly done, your chest will expand when you breathe in and deflate when you breathe out. Continue doing this for 5 minutes.
4. **With practice, speed up your breathing.** Beginners should always start slowly to avoid hyperventilating, but over time, it will be possible to turn this into a rapid breathing technique.

Method 2

KapalbhatiPranayam: Shining Forehead Breath

1. **Inhale through your nostrils normally until your lungs are full.** Keep your inhalation slow but unforced. First, feel the diaphragm move down, allowing the lungs to expand and forcing the abdomen out; then feel your chest expand with your collar bones rising last.
2. **Exhale through both nostrils forcefully.** This places the emphasis of the breath on the exhale rather than the (natural) inhale. Assist your exhalation by pulling in your stomach muscles to expel air. Exhaling should take much less time than it took to inhale.
 - "Forced" exhalation means that the contraction of your stomach muscles helps push the air out of your body. It does **not** mean that the exhalation should be uncomfortable for you in any way.
3. **Repeat breaths for 15 minutes.** You may take a minute's rest after every five minutes.

Method 3

AnulomVilomPranayam: Alternate Nostril Breath

1. **Close your eyes.** Focus your attention on your breathing.
2. **Close the right nostril with the right thumb.** Simply press the thumb against your nostril to block it.

3. **Inhale slowly through the left nostril.** Fill your lungs with air. First, feel the diaphragm move down, allowing the lungs to expand and forcing the abdomen out; then feel your chest expand with your collar bones rising last.
4. **Remove your thumb from your right nostril.** Keep your right hand by your nose and your lungs full of air.
5. **Use your ring and middle finger to close your left nostril.** Most people find it easier to continue using the same hand to block either nostril, but you're welcome to switch hands depending on which nostril you're blocking.
 - You can also switch if your arm gets tired.
6. **Exhale slowly and completely with the right nostril.** Feel the collar bones dropping, chest deflating, and abdomen shrinking as the lungs collapse. When you've finished exhaling, keep your left nostril closed.
7. **Inhale through the right nostril.** Fill your lungs.
8. **Close the right nostril and open the left.**
9. **Breathe out slowly through the left nostril.** This process is one round of AnulomVilomPranayam.
10. **Continue for 5 min for 8 days increase up to 15 minutes.** Take a minute's rest after every five minutes of exercise. Relax your muscles during rest

Method4

UdgeethPranayam: Chanting Breath

1. **Breathe in deeply through the nose.** First, feel the diaphragm move down, allowing the lungs to expand and forcing the abdomen out; then feel your chest expand with your collar bones rising last.
2. **Exhale very slowly while saying Om.** Allow the syllable to draw out as slowly as you can. Make sure to keep the O long and the M short. ("OOOOOom.")
3. **Repeat 10 times.**

For details read <http://www.wikihow.com/Do-Pranayam>