NO ROADS
Delivering adventure every day

NRE Basic Fitness Guide

Physical Preparation

Whilst well worth the effort, many No Roads Expeditions can be a physical challenge. Trekkers must be healthy, and well-prepared physically and mentally.

Trips graded High Heart Rate Holiday and higher can be physically demanding. This usually means there are some long walks over elevated terrain with ascents and descents. Days are likely 6-8 hours, some shorter or harder. Our guides will ensure regular breaks are taken and adjust the walking pace to the fitness level of the group.
With the right attitude and fitness preparation, trips of any level can be an enjoyable experience.
Read the information below to assist you in your preparations.

Remember: Don't leave it until it is too late!

Fitness Self-Assessment

The first easy step you can take to ascertain your fitness condition is to attend your local gym and ask for a fitness assessment by one of their trained

instructors. The advice you receive will be related to your general level of fitness and not specific to any hike or trek.

To support the advice from a fitness professional you should arrange to attend one of our free No Roads training walks if you are located in Australia, usually held each month. Join the other trekkers and an Expedition Guide during a training walk, ask questions and try out your equipment. These walks are scheduled by our head office in Melbourne and require an RSVP to gauge numbers. More information can be found on our **Training Walks page**.

The following basic self-assessment tests for general fitness may help provide you with an idea on areas in your training program that may need modifying to improve your general fitness.

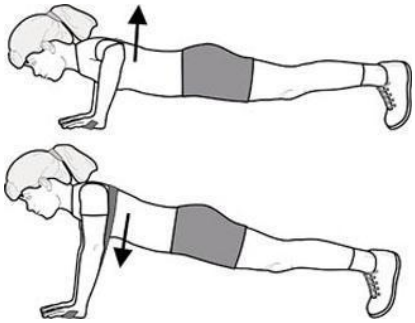
Always consult a fitness professional for specific advice. Remember, trekking can be challenging, and requires you to be in an average to a high level of fitness and to undergo specific training.

Note: Please warm up before all these self-assessment tests for at least 10 minutes.

NO ROADS
Delivering adventure every day

Push-Ups

Push-ups are a great indicator of your upper body strength/muscular endurance.



Use this self-test as a way of seeing whether your exercise routine needs to be further developed in this area.

Push-ups challenge the chest, shoulder, and upper arm muscles – and require good core stability.

Assume a push-up position as seen in the diagram. Begin making sure each repetition demonstrates good technique where the body should remain in a straight line, your head should be in line with the spine, and your arms should bend to at least 90 degrees.

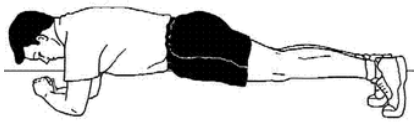
Continue for 60 seconds, remembering to count how many you do in this time.

NO ROADS
Delivering adventure every day

Self-assessment results guide:

Push-ups	**needs work**	**average**	**good**	**excellent**
Men	21 or less	22 to 34	35 to 54	55 or more
Women	12 or less	13 to 32	33 to 43	44 or more

The Plank



This self-assessment test is a good indicator of core stability and back strength and is one of the best and simplest tests to use. All you will need is some floor space and a stopwatch.

The plank will give you an obvious answer regarding your core and back strength, as it is a position that you will find difficult to hold if your core stability is poor. Simply practising this exercise movement will soon get your core stabiliser muscles working better.

Lie on your stomach with your forearms on the floor, elbows directly under your shoulders, and fists facing each other. Tighten your core muscles, curl your toes under, then press down through your forearms and extend your legs

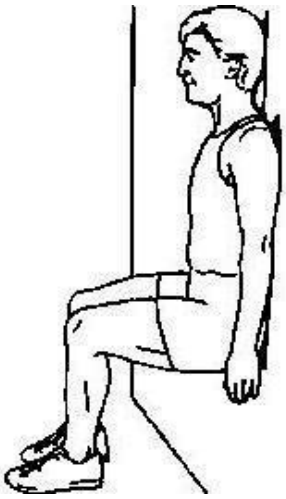
to lift your body. Your head, neck, back, and legs should form a straight line (like a plank of wood). Look at the floor.

Hold this position for as long as possible.

Self-assessment results guide:

Poor	Fair	Average	Good	Excellent	Strong	Very Strong	Outstanding!
0 to 15 secs	16 to 29 secs	30 to 44 secs	45 to 59 secs	60+ secs	2 mins	2 to 4 mins	30+ mins

Wall Sit



This self-assessment gives you an indicator of your leg muscle strength. Your leg muscles will obviously be critical to any trekking success.

In this test you sit on an invisible chair up against a wall until your thighs tighten.

Find a flat obstruction-free wall space, lean your back against it and shuffle your feet forward. Slide your back down the wall until your knee and hip joints are at a right angle, and then start timing. Hold this position as long as you can, breathing freely.

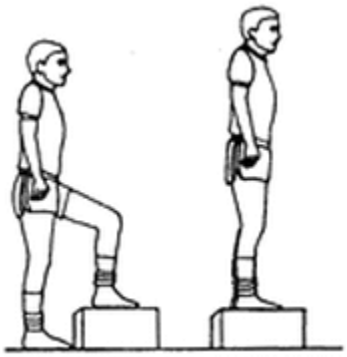
Self-assessment results guide:

NO ROADS
Delivering adventure every day

Wall Sits	**poor**	**below average**	**average**	**very good**
Male	30 secs or less	30 to 57 secs	58 to 75 secs	76 secs or more
Female	20 secs or less	20 to 35 secs	36 to 45 secs	46 secs or more

Step Ups

Simple self-assessment for cardiovascular fitness.



1. Find a sturdy step that is approx 30 cm high on level ground.
2. Begin timing for 3 minutes.
3. Step up and down in a smooth rhythm. Alternate which foot leads up and down each time. No need to speed up or down your pace, approx 30 steps per minute.
4. At the end sit down on the step and take your heart rate measured over 20 secs.

Self-assessment results guide:

- Multiply the (20-second) heart rate value by 3 to get an estimated heart rate for a minute.
- Refer to the respective men's or women's results tables below.

NO ROADS

Delivering adventure every day

MEN Age	18-25	26-35
Excellent	<79	<81
Good	79-89	81-89
Above Average	90-99	90-99
Average	100-105	100-107
Below Average	106-116	108-117
Poor	117-128	118-128
Very Poor	>128	>128

WOMEN Age	18-25	26-35
Excellent	<85	<88
Good	85-98	88-99
Above Average	99-108	100-111
Average	109-117	112-119
Below Average	118-126	120-126
Poor	127-140	127-138
Very Poor	>140	>138

Sit Ups

Abdominal muscle strength and endurance is important for core stability and back support.

This one-minute self-assessment test measures the strength and endurance of your abdominals and hip-flexor muscles.

Lie on a carpeted or cushioned floor with your knees bent at approximately right angles, with feet flat on the ground. Your hands should be resting on your thighs.

Squeeze your stomach, push your back flat and raise high enough for your hands to slide along your thighs to touch the tops of your knees. Don't pull with your neck or head and keep your lower back on the floor. Then return to the starting position.

Do as many of these sit-ups as you can in 1 minute. Don't change the technique as the results tables are based on the technique described only.

NO ROADS

Delivering adventure every day

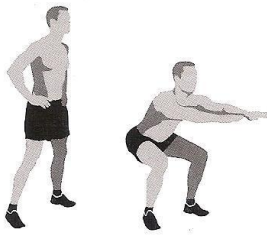
Self assessment results guide:

- Compare your results to the respective men or womens results tables below.
- Don't worry too much about how you rate - just try and improve your own score.

MEN	Age	18-25	26-35
Excellent		>49	>45
Good		44-49	40-45
Above average		39-43	35-39
Average		35-38	31-34
Below Average		31-34	29-30
Poor		25-30	22-28
Very Poor		<25	<22

WOMEN	Age	18-25	26-35
Excellent		>43	>39
Good		37-43	33-39
Above average		33-36	29-32
Average		29-32	25-28
Below Average		25-28	21-24
Poor		18-24	13-20
Very Poor		<18	<13

Squats



This self-assessment gives you an indicator of your leg muscle strength. Your leg muscles will obviously be critical to any trekking success.

In this test, you will need a chair or something simulating the height of a chair so that your legs bend to 90 degrees.

This test requires you to complete as many squats as possible with no rest.

- Stand in front of a chair, facing away from it, with your feet shoulder width apart.
- Squats down lightly touching the chair with your backside before standing back up and repeats this sequence of movements until you are unable to continue.

- Count and record the number of successfully completed squats.

Self-assessment results guide:

- Compare your results to the respective men's or women's results tables below.
- Don't worry too much about how you rate - just try and improve your own score.

MEN Age	18-25	26-35	36
Excellent	>49	>45	>
Good	44-49	40-45	35
Above average	39-43	35-39	30
Average	35-38	31-34	27
Below Average	31-34	29-30	23
Poor	25-30	22-28	17
Very Poor	<25	<22	<

WOMEN Age	18-25	26-35	36
Excellent	>43	>39	>
Good	37-43	33-39	27
Above average	33-36	29-32	23
Average	29-32	25-28	19
Below Average	25-28	21-24	15
Poor	18-24	13-20	7-
Very Poor	<18	<20	<

Fitness Training

To prepare adequately for your trek consider the following information:

Trekkers will need to carry some equipment (either their full pack, or at least a small day pack.

All participants must make special efforts to get into adequate physical condition for the trek. Typically, you should allow between 3-6 months before your trek.

You should consult a physician for a check-up well before the expedition date and make sure that you do not suffer from any chronic heart, lungs, cerebral, physical or any other serious illness.

NO ROADS
Delivering adventure every day

It is common sense to ensure that you are as fit as possible. The fitter you are the more you will enjoy your trek.

All participants must be aware that being well above your healthy weight range seriously impacts your ability to enjoy hiking and trekking.
If this is you, we highly recommend that you concentrate your training on an intensive weight loss/fitness program in consultation with a personal trainer to assist you with your fitness goals. If you require the services of a personal trainer within Australia, please contact our office as we should be able to assist. You should consult with your medical practitioner before undertaking any new training program.

No Roads is not a medical facility, and we take no legal responsibility for medical or other emergencies that may arise in the course of a trek. As your service provider and hosts, we will take all necessary steps needed to assist injured or ill clients on the understanding that all costs involved will be paid to us before leaving the country.

Training Program Ideas

The following is a basic training regime for the few months preceding your trek. You do not need to be Superman (or woman) to complete any expedition, but the fitter you are the more enjoyable you will find it.

All trekkers should prepare by either walking or jogging every day, where possible, and include resistance and endurance training (e.g. stair climbing, hills, inclines, and anything that goes in the upward direction). Half an hour per day should be a minimum.

To make jogging / walking interesting try the local parks or the odd mountain or three. Also, invite a friend along, that way both of you will benefit from the exercise and you will have someone to talk to.

Upper body strength is also important. A person with overall muscle tone, rather than one who is built like a brick outhouse is far better off. For those without access to gyms, push-ups, sit-ups, and chin-ups are excellent. All can be done at home or when you are out jogging.

- **Pack training**
- **Hill training - up and down**
- **Walking stairs**
- **Walking on sand**
- **Aerobic exercise**
- **Strength program**
- **Healthy diet**
- **Long hikes**

Basic Exercise Regime

Below is a basic exercise regime, which will condition and tone the muscle groups necessary to enable you to cope with the demands of a multi-day hike.

- **Sit-ups:**
  repetitions of 20 daily - increasing by 5 at the beginning of each week - max level 50

- **Push-ups:**
  repetitions of 10 daily - increasing by 5 at the beginning of each week - max level 100
- **Chin-ups:**
  repetitions of 5 daily - increasing by 5 at the beginning of each week - max level 30

If you have a gym at your disposal, then aerobic exercise, boxercise and the like are all excellent ways to increase your oxygen intake capacity and muscle fitness. Swimming is a low impact exercise but has the same benefits as aerobics. If you don't like to perspire then give swimming a try.

Hiking Specific Five Week Training Program

The one question we are asked the most here at No Roads Expeditions is about how fit you need to be for your trek, and what sort of training you should be doing to prepare for the trek.

Quite simply, you will want to be as fit as you can, as this will make the trek as enjoyable as possible, and you will make the most of your adventure.

Here is a five-week plan that will help you get on the right track to prepare for your trek.

NO ROADS
Delivering adventure every day

Week 1:

Monday: 60 min walk which includes a hill from the bottom to the top (450 metres) x 5
Tuesday: Min 45 mins on the treadmill. Hard walk at 6.5 kph with incline building over the course of the session to 10%
Wednesday: Weight session. 3 sets of 12 reps of each exercise Squats, Lunges, Step Ups. (squats using a 12kg dumbbell (females 8-10 kg) held on chest) lunges and step ups holding 6kg dumbbells (females 4-6 kg) in each hand) 45 min easy walk in the evening.
Thursday: Cycle (spin bike) 30 mins (heavy gear) / 30 mins of steady
Friday: Day off
Saturday: 60 min walk. (Including hills with a min of 10% gradient for 500 metres and do four times)
Sunday: Day off.

Week 2

Monday: 60 min walk which includes a hill from the bottom to the top (450 metres) x 5
Tuesday: Min 45 mins on the treadmill. Hard walk at 6.5 kph with incline building over the course of the session to 10%
Wednesday: Weight session. 4 sets of 8 reps of each exercise Squats, Lunges, Step Ups. (squats using a 12kg dumbbell (females 8-10 kg) held on chest) lunges and step ups holding 6kg dumbbells (females 4-6 kg) in each hand, 30 min easy walk in the evening.
Thursday: Cycle (spin bike) 40 mins (heavy gear) / 20 mins of steady

Friday: Day off

Saturday: 60 min walk. (Including a hill with a min of 10% gradient for 500 metres and do three times)

Sunday: 3.5-hour trail walk with a backpack (weight approx 6 kg)

Week 3

Monday: 60 min walk which includes a hill from the bottom to the top (450 metres) x 5

Tuesday: Min 40 mins on the treadmill. Hard walk at 6.5 kph with incline building over the course of the session to 8%

Wednesday: Weight session. 4 sets of 8 reps of each exercise Squats, Lunges, Step Ups. (squats using a 12kg dumbbell (females 8-10 kg) held on chest) lunges and step ups holding 6 kg dumbbells (females 4-6 kg) in each hand, followed by 45s squat hold against wall

Thursday: Cycle (spin bike) 40 mins (heavy gear) / 20 mins of steady

Friday: Day off

Saturday: 60 min walk. Including 3 hills with a min of 10% gradient for 500 metres and do three times

Sunday: 2.5-hour trail walk with a backpack (weight approx 6 kg)

Week 4

Monday: 60 min walk which includes a hill from the bottom to the top (450 metres) x 4

Tuesday: Min 45 mins on the treadmill. Hard walk at 6.5kph with incline building over the course of the session to 9%

Wednesday: Weight session. 3 sets of 10 reps of each exercise Squats, Lunges, Step Ups. (squats using a 12kg dumbbell (females 8-10 kg) held on chest) lunges and step ups holding 6 kg dumbbells (females 4-6 kg) in each hand, followed by 45s squat hold against wall holding dumbbell
Thursday: Cycle (spin bike) 20 mins (heavy gear) / 40 mins of steady
Friday: Day off
Saturday: 60 min walk. 3 hills with a min of 10% gradient for 500 metres and do three times
Sunday: 3-hour trail walk with backpack (weight approx 6 kg)

Week 5
Monday: 60 min walk which includes a hill from the bottom to the top (450 metres) x 5
Tuesday: Min 45 mins on the treadmill. Hard walk at 6.5 kph with incline building over the course of the session to 10%
Wednesday: Weight session. 4 sets of 8 reps of each exercise Squats, Lunges, Step Ups. (squats using a 12kg dumbbell (females 8-10 kg) held on chest) lunges and step ups holding 6kg dumbbells (females 4-6 kg) in each hand, followed by 1 min squat hold against wall. 45 min easy walk in the evening.
Thursday: Cycle (spin bike) 20 mins (heavy gear) / 40 mins of steady
Friday: Day off
Saturday: 60 min walk. (Including hills with a min of 10% gradient for 500 metres and do four times)
Sunday: Day off.