








EXERCISES FOR DIFFICULT TREKS

DAYS	EXERCISES	3 MONTH PRIOR	2 MONTH PRIOR	1 MONTH PRIOR
DAY 1, 3 and 5	 Uphill training (Stairs Climbing)	15 minutes (7 minutes continuously* 2 sets) 1 minute break between each set	30 minutes (15 minutes continuously* 2 sets) 1 minute break between each set	50 minutes (20 minutes continuously* 2 sets) 2 minute break between each set
	 Push Up	10*3 Set (30) (1 minute rest between sets)	20*3 Set (60) (1 minute rest between sets)	20*4 Set (80) (1 minute rest between sets)
	 Squats	10*3 Set (30) (1 minute rest between sets)	20*3 Set (60) (1 minute rest between sets)	20*3 Set (60) (1 minute rest between sets)
DAY 2, 4 and 6	 Jog	15 minutes (Cover 2.5 km of distance)	25 minutes (Cover 4 km of distance)	30 minutes (Cover 5 km of distance)
	 Crunches	10*2 Set (20) (1 minute rest between sets)	15*2 Set (30) (1 minute rest between sets)	15*3 Set (45) (1 minute rest between sets)
DAY 7	REST			