

## Preparing Yourself Physically For Climbing Mt. Kilimanjaro

The main things you should do right now to prepare yourself physically for the climb is to 1) make an appointment with your doctor to not only get a physical but tell him what you will be doing and get his advice, 2) set up a diet plan and stick with it, and 3) set up an exercise regimen and follow it. It is extremely important to be very physically fit if you want to reach the summit of Mt. Kilimanjaro! Do not underestimate this!

1. Doctor appointment and physical – Get as soon as possible so you can develop and training plan and get started. A doctor’s written approval is required to go on the trip.
2. Diet – set yourself a weight goal that you know help achieve your desired fitness and come up with a diet plan to achieve your goal. Ask your doctor or personal trainer if you need help getting setting up a plan.
3. Physical training - The sooner you set up and begin a cardio plan the better. Here is an example to consider that was recommended to me and which I follow as a **minimum** each year for my training for Mt. Kilimanjaro. Some weeks I will do significantly more. For a June climb you can do the following. Adjust depending on a different month of the year for your climb:
  - November – 1 hour/week (1/2 hour sessions)
  - December – 2 hours/week (1/2 hour sessions)
  - January – 3 hours/week (1/2 hour sessions)
  - February – 4 hours/week (minimum of 1-2 hours per session)
  - March – 5 hours/week (minimum of 1-2 hours per session)
  - April – 5 hours/week (minimum of 1-2 hours per session)
  - May – 5 hours/week (minimum of 1-2 hours per session)
  - June – You are ready to climb Mt. Kilimanjaro!

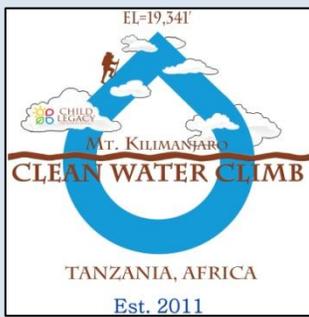
**Websites:** [childlegacy.org](http://childlegacy.org)    [cleanwaterclimb.net](http://cleanwaterclimb.net)    [facebook.com/Clean.Water.Climb](https://facebook.com/Clean.Water.Climb)



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Select your favorite exercises for a good cardio workout and begin. Mine are cycling, stairs, and treadmill. Other good ones are swimming and outdoor jogging. Stairs are much better than Stairmaster. Jogging is much better than Treadmill.

For each month, try to increase the intensity of your work out a little bit each week. For example swim faster, jog faster, or ride faster.

Keep the hours the same; just increase your work out level. It was recommended to me to not lump all the hours for a week into 1 or 2 days and then take 5 days off. That was just this person's opinion, but it's reasonable.

Be sure to get approval from your doctor before you start a new exercise program. Ask the doctor perform a stress test to determine your maximum heart rate as well as your fitness.

Buy a heart rate monitor and use it every time you work out. You should work out at 60% of your maximum heart rate. Use a spread sheet to record all your work outs: date, type of exercise, hours & minutes of work out, number of calories burned, maximum heart rate, and average heart rate. This way you can see how you are doing and stay on schedule.

You might want to consider getting a personal trainer, who could add more insight to your training.

**Websites:** [childlegacy.org](http://childlegacy.org)    [cleanwaterclimb.net](http://cleanwaterclimb.net)    [facebook.com/Clean.Water.Climb](https://facebook.com/Clean.Water.Climb)



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