

Preparing Yourself Physically for Climbing Mt. Kilimanjaro

The main thing you can do right now to prepare yourself physically for the climb is to check your diet and exercise regimen and adjust accordingly.

1. Diet – set yourself a weight goal that you know you would be happy with and come up with a plan to achieve your goal. Talk to your doctor or personal trainer if you need help.
2. Cardio exercise - you need to be doing 5 hours of Cardio/week from April 1 until you leave for Africa - sometime in June or July. Of course you could and should start before this. The sooner you begin the better. Here is an example to consider that I follow each year for my training for Kilimanjaro:

- December – 1 hour/week
- January – 2 hours/week
- February – 3 hours/week
- March – 4 hours/week
- April – 5 hours/week
- May – 5 hours/week
- June – 5 hours/week
- July – You are ready to climb Mt. Kilimanjaro!

For each month, try to increase the intensity of your work out a little bit each week. For example swim faster, jog faster, ride faster. Keep the hours the same; just increase your work out level.

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.

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 stay on schedule.

Select your favorite exercises for a good cardio workout and begin. Mine are treadmill and cycling.

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