

Clean Water Climb

Preparing Yourself Physically For Climbing Mt. Kilimanjaro

Join Us to Make a Difference in Your Life!
Join Us to Make a Difference in the Lives of Others!

Overview

- 1) **Doctor** – Make a doctor appointment.
- 2) **Diet** – Set up a diet plan and stick with it.
- 3) **Exercise** – Set up an exercise regimen and follow it.

Details

1) Doctor appointment and physical – Make an appointment with your doctor to not only get a physical but tell him what you will be doing to see what he recommends for you. Set up your appointment as soon as possible so you can develop your training plan and get started. Please obtain your doctor's written approval for 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 setting up a plan. Use an APP (like MyFitnessPal) to track your calories. Consider using the APP along with a Keto (very low carb diet). High intensity training (15 second bursts followed by long normal intervals) aids in losing weight faster. Also, long walks speed up loss of weight. I try to do 10,000 steps every day.

3) Physical training – It is very important to be physically fit if you want to reach the summit of Mt. Kilimanjaro! Do not underestimate this! Set up a plan soon! Below is an example which I follow as a **minimum** each year for my training for Mt. Kilimanjaro. Some weeks I will do significantly more. For a July climb you should try to do the following (adjust depending on a different month of the year for your climb):

- December – 1 hour/week (two ½-hour sessions)
- January – 2 hours/week (two 1-hour sessions)
- February – 3 hours/week (minimum of 1-2 hours per session)
- March – 4 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 – 5 hours/week (minimum of 1-2 hours per session)

Websites: childlegacy.org

cleanwaterclimb.net

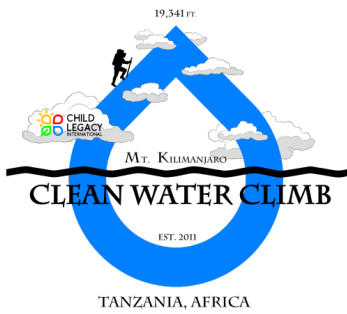
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Select your favorite exercises for a good cardio workout and begin. Mike's are cycling, stairs, swimming, and treadmill. Another good one is outdoor jogging. Stairs are much better than Stairmaster. Jogging is much better than Treadmill. Watch your knees though!

For the last 3 months, increase the intensity of your work out a little bit each week. For example, swim faster, jog faster, and/or ride your bike faster. Keep the hours the same; just increase your work out level. I recommend not to lump all the hours for a week into 1 or 2 days and then take 5 days off.

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. Consider using 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. My personal trainer has told me that swimming is the very best exercise for preparing to climb mountains. My orthopedic doctor has told me that swimming and bicycling are the very best exercises to strengthen your quad muscles that help minimize knee pain due to arthritis.

You Too Can Summit Kilimanjaro!

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in your life and in the lives
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