



# Wooden Spoon

The children's charity of rugby

## LMAX Exchange Everest Rugby Challenge

### Training plan

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**Take your game to new heights**  
[woodenspoon.org.uk/everest](http://woodenspoon.org.uk/everest)

## **Introduction**

The ultimate goal, and highlight of this trip, is arriving at Advanced Base Camp used on the North Side of Everest, ready to play a game of sevens or full contact rugby.

Here you stand just below the North Col from where the sheer grandeur of Everest's north face smacks you in the face!

This trek takes you as close to the summit of Everest as any non-climber can go. As such, training for Everest North – Advanced Base Camp shouldn't be taken lightly.

Mount Everest Advance Base Camp (EABC) not to be confused with **Everest Base Camp** is approached from Tibet and is the highest that one can go on Everest without a climbing permit. It's also the world's highest trek on an established trail.

A combination of cardiovascular endurance, strength training and hiking is vital to prepare for the trek.

Nothing can truly prepare you for the altitude. It's approximately 22km (12miles) of trekking from Everest Base Camp 17,598 ft (5,364 meters) to Advanced Base Camp but you gain (4300 ft / 1310m). This is a substantial distance at this high elevation, but you can make your trek easier with proper training and by reaching a fitness level capable of trekking with a day sack on your back. That's my goal before beginning my trek to Everest North – Advanced Base Camp Nepal.

**Important note: Please always consult with your doctor before embarking on a training regime.**

### **How to train for Everest North – Advanced Base Camp Trek**

As I am sure you are aware trekking to Everest North – Advanced Base Camp is not a technical climb and no technical climbing experience is needed to make this trek. You don't even need experience at high altitude to complete this trek.

While we can't train for the altitude at home we can ensure that we are physically fit and shouldn't struggle with the daily hikes of 4, 5, 6 hours or more. If you are an experienced hiker this trek probably isn't a difficult one for you. I would consider it to be of moderate difficulty and would recommend everyone train before taking it on.

By training properly you will improve the chances of an enjoyable and memorable trek, free of painful mornings and sore bodies.



## Training Regimen

***Before you start training: BUY YOUR BOOTS NOW!***

I can't stress the importance of this enough. You want to have your boots broken in weeks or months before your trek. I have been wearing mine every day walking the dogs, to the gym, and even at the gym while I train (ask in your gym if it's ok as you can get funny looks)!

**I went with: LOWA - Mountain Boot GTX** <https://www.alpinetrek.co.uk/lowa-mountain-boot-gtx-trekking-shoes/>



I purchased these because my years of mountain experience I gained as a Royal Navy Mountain Leader, LOWA has always served me well. This is a personal choice as there are many great boots out there. The key is getting them early and not a month before you go!

If they keep my feet dry and comfortable then they will keep yours dry and fit too. These are great boots and I highly recommend them. Any boot from LOWA or Scarpa is a good decision in my opinion.



### **Recommended Training**

I try to maintain a strength training programme five times per week at the gym. This consists of compound lifts focusing on strengthening the entire body.

I run a steady pace 5k twice a week, but experience has showed me that strength training is important for this kind of trek but should not be your only focus. I add a few key exercises to my daily training to make sure my endurance is ready for the trek.

If you are fit I suggest that you start roughly 8 weeks prior to the trek. Strength training from now so these eight weeks were only the addition of cardio training.

I would recommend 12-16 weeks if you aren't already hitting the gym regularly. Regular trekking uphill with a weighted day sack cannot not be underestimated and there's no substitute for just getting out there and doing it. The more you do this the more it will help combat fatigue on uphill climbs.

*(Keep in mind this is my personal training and you should consult a physical trainer or your doctor before following any tips).*

### **Key Exercises**

I maintained my current strength routine at the gym but added a few other exercises that would help for the trek. You do not need to train for Everest North – Advanced Base Camp with these lifts. These are part of my current and on-going routine. However, strengthening your legs is a great way to improve your trekking performance.

My workouts included:

- Dead lifts
- Squats

- Front Squats
- Military Press
- Bench Press
- Incline Press
- Pull-ups
- Push-ups
- Weighted step-ups
- Many other various lifts

My strength routine lasts 45-60 minutes per day. I added an additional 30 minutes of training devoted to cardiovascular training daily in addition to strength training.

You don't need to add any of these lifts to your routine but strengthening your legs is a good idea.

### **Cardiovascular Training for Advanced Base Camp**

Any type of cardiovascular conditioning is good training for Everest North – Advanced Base Camp.

Your days will be spent walking rolling hills with a weighted sack and a few litres of water. A couple of days will be spent on tough up-hill climbs so the more training the better.

Shortness of breath at altitude is hard to train for, but the key is to take it slow and steady.

I recommend walking inclines on the treadmill with a weighted sack to start. This is a low-impact exercise and a great way to start your training. Eventually add the stair climber to your routine. Wearing a weighted day sack is a good way to build endurance. I recommend training with more weight than your full day sack. This way the day sack will seem lighter by comparison.

Running, rowing, cycling, swimming, and walking uphill are all a great way to build your endurance. Mix it up and choose the exercise you enjoy the most. My goal is to simulate the trek as closely as possible.

**My Day Sack:** [Osprey Manta 28 Hydration Sack](#)



I would recommend [checking out all of the Osprey backs](#) and pick a bag to meet your needs.

What I like about this day sack was the 3-litre water reservoir. My goal will be to drink 6 litres a day. This sack will help ensure I drink 3 litres by lunch and 3 before dinner.

Be sure to buy and train with a larger day sack. I would purchase a 40-litre day sack. Check out the other day sacks  
<https://www.cotswoldoutdoor.com/c/equipment/rucksacks/daysacks.html>

### **Training Mask:**

If you want to take your training up a notch buy this:

<https://www.trainingmask.co.uk/products/training-mask-2-0>



This mask helps with:

- Increased lung capacity
- Increased Mental and physical stamina increase
- Increased Mental Focus gets better
- Increased oxygen efficiency
- Increased energy Production

**Also see** <https://trainright.com/do-altitude-training-masks-work-for-endurance-athletes/> This mask will make workouts a lot more difficult, but it has been proven to help prepare you for altitude.

### **Trekking conditioning for Advanced Base Camp**

The best way to train for a trek is to do some trekking. If you are fortunate enough to live in a place with hiking trails nearby there is no better way to train. Lace up your boots, strap on your day sack, and hit the hills. Mix these hikes in with your strength and conditioning routines and fully prepare yourself for the trek.

The key is to build endurance and get used to walking for long periods of time in your boots with a heavy day sack on.

### **Altitude Training for Advanced Base Camp**

Unless you live at altitude there is no way to truly train for this. You can use the altitude mask to simulate your lung capacity and stamina but there you can't properly train your body at sea level for high altitude trekking.

The best thing you can do is get in top physical shape. Your body will adjust as you trek to Base Camp. The key is to walk slowly even when your body can push you further. The

strongest athletes are often the ones who race too quickly each day and feel the symptoms of altitude sickness. Train hard. Fight easy.

Date for your diaries: First training weekend with Adventure Peaks | 21 to 23 September 2018.