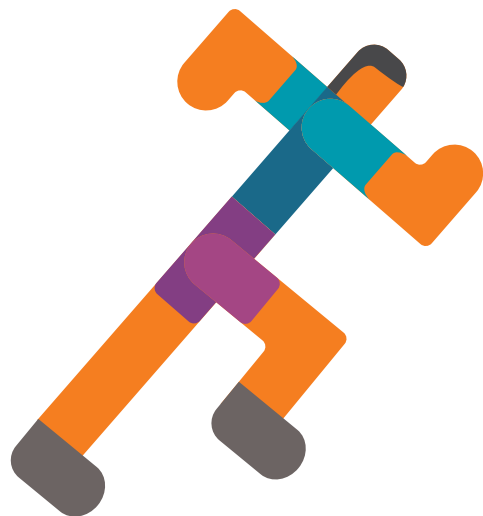


PREPARATION CHART

Strong physical fitness is a must for any Himalayan Treks. At every 100 meter altitude gain the body efficiency drops by 1% because of the oxygen deficiency. Whenever one is undertaking such thing, make sure that you are preparing yourself for the trek in terms of Aerobic fitness, muscle strength and breathing rhythm.



Running

Uplifts Physical Conditioning of your Heart and Lungs.

	Easy	Moderate	Difficult
Week 1	3 kms. in 30 mins.	4 kms. in 40 mins.	4 kms. in 40 mins.
Week 2	3 kms. in 25 mins.	4 kms. in 35 mins.	4 kms. in 35 mins.
Week 3	3 kms. in 20 mins.	4 kms. in 30 mins.	4 kms. in 30 mins.

Squats

Strengthens quadriceps, hamstrings and calves.

	Easy	Moderate	Difficult
Week 1	20 x 2 sets	25 x 2 sets	30 x 2 sets
Week 2	25 x 2 sets	30 x 2 sets	40 x 3 sets
Week 3	25 x 3 sets	40 x 3 sets	50 x 4 sets



Jogging

Enhances Aerobic Fitness

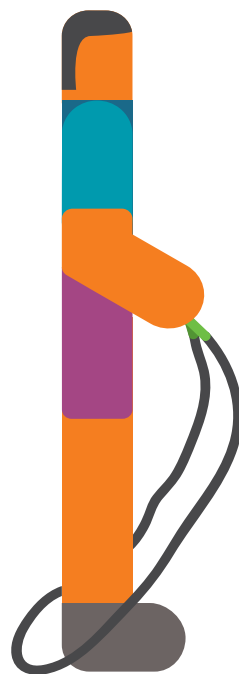
	Easy	Moderate	Difficult
Week 1	3 kms. in 30 mins.	4 kms. in 40 mins.	3 kms. in 30 mins.
Week 2	3 kms. in 25 mins.	4 kms. in 30 mins.	3 kms. in 25 mins.
Week 3	3 kms. in 20 mins.	4 kms. in 25 mins.	5 kms. in 20 mins.



Skipping

Full body workout which uses your abdominals to stabilise the body, legs for jumping, shoulders and arms for turning the rope.

	Easy	Moderate	Difficult
Week 1	20 x 2 sets	30 x 3 sets	40 x 4 sets
Week 2	25 x 2 sets	40 x 3 sets	50 x 4 sets
Week 3	25 x 2 sets	50 x 3 sets	60 x 4 sets



DIFFICULTY LEVEL OF YOU TREK

Chandrakhani Trek
Pataalsu Peak Trek

Sar Pass Trek
Hamta Pass and
Chandrataal Trek
Bhrigu Lake Trek

Pin Parvati Pass Trek
Bhaba Pass Trek
Sara Umga Pass Trek
Bara Banghal Trek