



## INCA TREK CONDITIONING GUIDELINES

### Basic Fitness Requirements

For this trip we would recommend concentrating on improving your aerobic fitness and strengthening your legs for hills, particularly steps, as The Inca Trail is a 43km paved trail of mostly stone and steps, starting at 2700m and finishing at 2400m with two high passes at 4000m and 3800m in between. There are a lot of steps to go up and down the steeper sections. We will walk an average of 10-12kms per day which will take about 6-8hrs each day over 4 days, so you will want to work on your aerobic fitness by walking for 30 - 60mins at least 3 times/week, preferably with some hills or steps included to strengthen your legs.

**Note:** If you haven't been doing much already, start with 30min x 3/wk and gradually build up to 4 x/week including an hour or more of walking in the hills or up and down steps.  
Don't do too many steps in one hit though – its best to vary the terrain and pace to avoid injury!

### Example of weekly routine to establish baseline fitness.

**Mon** – Rest    **Tues** – 30mins    **Wed** – Rest    **Thurs** – 30mins    **Fri** - Rest  
**Sat** – 60mins    **Sun** – 2hr bushwalk in the hills

**Note:** on some of the easy days you can ride a bike instead, which also helps develop leg strength.

### Sample Program – 3 Months Pre-trip.

#### Month 1

**Continue as above**, alternating short and longer walks during the week, building up to **3hrs or more of walking in the hills** once a week – ensuring that you have some rest days in between (remember to stay **well hydrated** over summer and walk in the early morning or late in the day **when its not so hot**)

**Attend Half Day Group Walk**

#### Month 2

**Continue as above**, alternating short and longer walks during the week, building up to **4-5hrs or more of walking in the hills** once a week – ensuring that you have some rest days in between (remember to stay **well hydrated** over summer and walk in the early morning or late in the day **when its not so hot**)

**Attend Full Day Group Walk** \*Carry 5kg daypack

#### Month 3

**Continue as above**, alternating short and longer walks during the week, building up to **5-6hrs or more of walking in the hills** once a week – ensuring that you have some rest days in between (remember to stay **well hydrated** over summer and walk in the early morning or late in the day **when its not so hot**)    \* Carry 10kg daypack

**2 Weeks prior to Trek– Taper off** by reducing distance and intensity – easy walks, rides, swim, massage.