

FITNESS GUIDANCE

FOR SUMMER ADVENTURES



You really don't have to train to take part in one of our Summer Adventures, but being active and taking part in exercise is proven to be good for your wellbeing. So, it's no surprise that we're all for it!

If you would like to do a bit of prep ahead of your adventure, we've put together this guide to give you some simple and easy ideas of how to build up your fitness.

5 DAY ADVENTURE

ON AVERAGE
52 HRS
OF ACTIVITY
A WEEK

You are likely to be doing 3-4 hours a day of activities such as canoeing, kayaking or hiking.

BASECAMP



If you're going on a 5 Day Adventure, think about being active for around 1-3 hours a week in the run up to your course. Our ideas include:

- PE lessons at school or college
- Walking to school or college

7 DAY ADVENTURE

ON AVERAGE
58 HRS
OF ACTIVITY
A WEEK

Day long adventures with overnight expeditions to make it that little more challenging.

RIDGE



If preparing for a 7 Day Adventure, think about being active for around 3-7 hours a week. As well as taking part in PE at school, exercise or activities you could get involved in are:

- Playing for a school sports team
- Doing extra sports practice outside of school
- Walking whenever you can

14 DAY ADVENTURE

ON AVERAGE
64 HRS
OF ACTIVITY
A WEEK

There will be expeditions where you could be carrying rucksacks for 6-8 hours.

SUMMIT



Around 7-10 hours of physical activity a week could really help you prepare for your 14 Day Adventure. As well as getting involved in activities suggested for our 5 or 7 Day Adventures, why not try:

- Playing for a sports team outside of school
- Running or cycling
- Taking part in fitness classes
- Following activity videos on YouTube or similar

19 DAY ULTIMATE EXPEDITION

ON AVERAGE
83 HRS
OF ACTIVITY
A WEEK

Living out of your rucksack for 19 days, with everything you need to survive. Your main mode of transport will be your feet.

PINNACLE



The 19 Day Ultimate Expedition is our most physical adventure so think about aiming to taking part in 10 or more hours of activity or exercise a week in the run up to your course. In addition to the other activities we've suggested:

- Long distance walking with a bag or rucksack
- Running a few times a week
- Cycling, possibly with a bag or rucksack and on hills
- Train for distance runs, such as 5K or 10K