

# **Grand Canyon Whitewater Preparation Program**

## **Aerobic Training Program “A”**

**This portion of the training program is designed to build your cardiovascular and muscular endurance in long-duration, steady-state aerobic exercise. This will improve your ability to be active for extended periods of time as well as improve your ability to recover from bouts of exercise that are more strenuous.**

**For this portion of the program, you will want to plan on a brisk walk outdoors with your backpack and hiking shoes on if possible. Your goal is to maintain consistent movement, without rest, for the desired amount of time. Your pace should be fast enough to increase your heart-rate and breathing-rate, but not so fast that you have to stop and rest!**

- **Weeks 1-2**
  - **30 minutes**
- **Weeks 3-4**
  - **45 minutes**
- **Weeks 5-6**
  - **60 minutes**