

# Grand Canyon Whitewater Preparation Program

## Aerobic Training Program “B”

This portion of the training program is designed to build your cardiovascular endurance for repeated efforts of short-term but more strenuous activities. This will improve your ability to hike on steeper sections of the trail, load and unload your gear at camp, and get on and off the boat. This will also train your body to recover more quickly from these more intense efforts.

For this section of the program, you'll need to find a set of stairs that covers 2 or 3 floors. You will also want to wear your backpack and hiking shoes and have a stopwatch or timer available. To progress this workout over time, you will increase the weight of your pack every two weeks as outlined below.

*\*note: to better prepare yourself for loading and unloading gear, it is recommended that you CARRY your pack in your arms rather than strapping it onto your back. This will increase the demand for upper body strength!*

For this workout, you will go up and down stairs at a consistent and rapid pace without stopping for 60 seconds. After 60 seconds, rest for 2 minutes and then repeat for 10 cycles. The outline is as follows:

- 10 x 60 second intervals; 2 minutes rest between sets
  - Weeks 1-2: unweighted backpack
  - Weeks 3-4: backpack with ½ expected weight on trip
  - Weeks 5-6: backpack with full expected weight on trip