

Grand Canyon Whitewater Preparation Program

Training Program Instructions

- 1. CONSULT YOUR PHYSICIAN PRIOR TO BEGINNING THIS PROGRAM TO MAKE SURE YOU ARE HEALTHY ENOUGH FOR STRENGTH AND CARDIOVASCULAR EXERCISE! Complete this program at YOUR OWN RISK.**
- 2. Begin this training program 8-12 weeks before your trip so that you have enough time to complete the program. This is a 6-week training program at minimum, but you may find that an additional 2-3 weeks is necessary to maximize your results and your recovery between training sessions. Also, allow 5-7 days of total recovery and no training (very light aerobic exercise and stretching is okay) before your trip. This is to ensure your body is fully recovered from training and ready to go!**
- 3. Complete the “YMCA Step Test” as detailed in the included instructions. You will retest every 3 weeks to assess your progress and determine whether or not any modifications should be made to your training program.**
- 4. Do your best to follow the schedule and progressions as detailed in this program, but please understand that all people respond to training in different ways. If you need extra time before progressing your strength and/or aerobic exercises, please take it! Remember that every training session is only as effective as your ability to recover from it.**
- 5. Remember to fuel your body appropriately. If you are not currently engaged in an exercise program, or if this program increases your overall level of exercise, expect that you will be hungrier than usual. Don't worry, this is normal and you should allow yourself to eat more food to compensate for the additional energy expenditure. Be sure to prepare your meals and snacks ahead of time so that you are eating healthy foods that will aid your recovery and enhance your overall results. For best results, consult a nutritionist!**



6. While the use of cardiovascular and strength training equipment can be helpful, this entire program can be completed with just your backpack and a long set of stairs. It is recommended that you perform all your strength and cardiovascular exercises with the backpack and hiking shoes you plan to wear on your trip.

7. All the components of this training program were carefully considered to prepare you for the best possible experience on your trip with Grand Canyon Whitewater. That said, the **MOST IMPORTANT** component is **TIME ON YOUR FEET!** Do your best to follow this program as it is written. But, if all else fails, put on your hiking shoes and your backpack and get out walking or hiking for 30-60 minutes every day!

This program was written and prepared by:

*Jeff Schmelzle, M.A., CSCS
Hypo2 Lead Performance Coach
hypo2sport.com*

