



APRIL TO JUNE 2021

PHYSICAL PREPARATION PROGRAMME



PRESENTATION

The big day is approaching, only 2 months before departure time!

So to allow you to take full advantage of this adventure which promises to be unforgettable, the USMB sports department has concocted for you THE PREPARATION PROGRAMME necessary to withstand the differences in altitude!

The landscapes are going to be grandiose, so let's get motivated and follow the guide!

EXPLANATIONS

The following programme proposes **5 days of training per week**. We have divided the preparation period into **2 cycles of 4 weeks**. We have also planned a **transition week** between the two cycles.

The objectives that motivated its design are the following:

- Improving endurance qualities and cardiovascular adaptation capacities,
- Endurance and muscular strengthening,
- Refining balance sensations,
- Getting used to the specific effort required by a trek/trail.



The principle that guided us is **progressiveness**, so we start slowly and we finish in beauty without getting injured.



PROGRAMME

CYCLE 1

For this first cycle each week consists of 5 days of thematic work and 2 days of rest.

	MONDAYS <i>Strengthening ourselves</i>	TUESDAYS <i>Putting on trainers</i>	THURSDAYS <i>Refocusing</i>	FRIDAYS <i>Putting on trainers again</i>	SATURDAYS <i>Warming up the muscles</i>
1 WEEK 1 (5-10 APRIL)	Strengthening circuit 1	Light intensity running or brisk walking 30'	LIVE Pilates	Light intensity running or brisk walking 40'	Strengthening circuit 1
Video exchange time with accompanying teachers					
2 WEEK 2 (12-17 APRIL)	LIVE Circuit training 1	Light intensity running 50'	LIVE Pilates	Fast walking 50' with a light bag and some climbs	Circuit training 1
3 WEEK 3 (19-24 APRIL)	LIVE Circuit training 2	Light intensity running 1hr	LIVE Pilates	Fast walking 1hr with a light bag and some climbs	Circuit training 2
4 WEEK 4 (26 APRIL - 1ST MAY)	LIVE Circuit training 3	Light intensity running 1hr	LIVE Pilates	Fast walking 1hr15 with a light bag	Circuit training 3
Video exchange time with accompanying teachers					

SOME CLARIFICATIONS:

What is a light intensity?

- **Criterion 1, THE FEELING:** it corresponds to a breathing rate that is not too high and an ability to speak during the effort.
- **Criterion 2, THE RUNNING PACE:** this intensity can be assimilated to a running pace of between 8 and 10 km/h
- **Criterion 3, THE HEART RATE:** this intensity corresponds to running at a target heart rate of 60% of one's reserve heart rate according to the Karvonen formula.

To do this :

- Check your resting heart rate (in the morning when you get up).
- Determine your maximum heart rate = $208 - 0.7 \times \text{age}$.
- You can then calculate your reserve heart rate = max heart rate - rest heart rate.

*To find out your target heart rate of 60% to maintain during your run, you should follow the following formula:

$$\text{Run at 60\%} = (0.60 \times \text{Reserve HR}) + \text{Rest HR}$$

You can watch the **STRENGTHENING CIRCUIT 1** on video at the following address: <https://public.joomeo.com/albums/6059f87140dc5>

CIRCUIT TRAINING & PILATES sessions will be presented [LIVE on TEAMS](#)

- On Tuesday, participants will be **jogging at a moderate pace**
- On weekends we **lengthen the outing** (minimum 2hrs30) and add some **elevation gain** if we can at a low intensity pace.
- A test to calculate your **maximum aerobic speed**
- Remember to **fill in the "adaptation" questionnaire** that will be sent to you during this week.

CYCLE 2

(possibly adapted according to your answers to the questionnaire)

For this second cycle each week consists of 5 days of thematic work and 2 days of rest.

	MONDAYS <i>Strengthening ourselves</i>	TUESDAYS <i>Putting on trainers</i>	THURSDAYS <i>Putting on trainers again</i>	FRIDAYS <i>Warming up the muscles</i>	SATURDAYS <i>Loading the bag</i>
6 WEEK 6 (10-15 MAY)	LIVE Circuit training 1	Light to medium intensity running 45'	LIVE Pilates	Programme 1 Split 20/30	1hr30 fast walking with bag (Medium load)
7 WEEK 7 (17-22 MAY)	<i>Video exchange time with accompanying teachers</i>				
	LIVE Circuit training 2	Light to medium intensity running 1hr	LIVE Pilates	Programme 2 Split 30/30	1hr30 fast walking with bag (Medium load)
8 WEEK 8 (24-29 MAY)	LIVE Circuit training 3	Light to medium intensity running 1hr	LIVE Pilates	Programme 3 Long live the stairs	2 to 3 hrs fast walking with bag (Medium load)
9 WEEK 9 (31 MAY - 5 JUNE)	LIVE Circuit training 4	Light to medium intensity running 1hr	LIVE Pilates	Programme 4 Long live the stairs	2 to 3 hrs fast walking with bag (Medium load)
	<i>Video exchange time with accompanying teachers</i>				

SOME CLARIFICATIONS:

What is a medium intensity?

- **Criterion 1, THE FEELING:** *the race, a medium intensity should not allow you to speak but your breathing rate remains reasonable*
- **Criterion 2, THE RUNNING PACE:** *maintain a pace of 70% of your maximum aerobic speed*
- **Criterion 3, THE HEART RATE:** *an average running intensity corresponds to running with a heart rate of 70% of your reserve heart rate.*

Remember: Running at 70% = (0.70 x Reserve HR) + Rest HR.

Reminder:
CIRCUIT TRAINING & PILATES sessions will be presented [LIVE on TEAMS](#)



WEEK 10 (5-12 JUNE)

The start is imminent, **see you in Chamonix!!!**

Here are a few additional tips:

- Feel free to relax with the **yoga videos** available here: <https://public.joomeo.com/albums/6059f87140dc5>
- Our **nutrition recommendations** ("How to adapt your diet to exercise?") can be downloaded in the [drop-off area \(link to be confirmed\)](#).



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