

Physical exercise in mountaineering and trekking :

Vascular Endurance or Aerobic Exercise Cardio

We soon ran out of breath in the mountains. Because oxygen is scattered there, our heart rate increases a lot with little effort, because of which we pant. Through cardiovascular endurance exercise, we can bring our heart rate under control.

Benefits of Cardiovascular Endurance:

Through this training, the capacity of our heart will increase, we will be able to reach more blood in one heart pump than the amount of blood that a normal person can spread in the body. Through this training, the volume of the chambers inside the heart increases slightly. There is some hypertrophy in the heart muscle, the heart becomes a little stronger. Gradually, the heart rate starts to decrease. An ultramarathon runner's heart rate averages between 55 and 56 beats per minute, while a normal person's heart rate is 80 beats per minute. If we can do this training for 4-5 months to a year and a half, then our heart rate will start to decrease, but it is long-term training. It will also increase the capacity of our hearts to take pressure.

Do this:

1. Long-distance running
2. swimming
3. Jump rope
4. Spinning

There are many other types of aerobic exercise that you can find by just googling. It is not only necessary to do physical exercises but also to eat well. Protein should be included in the diet so that the muscles can recover quickly. Another important point is to ensure that the body does not become dehydrated during aerobic exercise. In the mountains, we have to carry a lot of weight, and at the same time, we have to walk a lot. So naturally, we have back pain, shoulder pain, or knee pain. Through strength training, we can train certain muscles in our body to prevent this injury or obstruction. You don't have to do all of what I'm sharing. It is important to warm up before doing this training and do a cool-down workout with stretching after training. Make sure to warm up properly before doing the workout; otherwise, there is a chance of injury.

Strength and endurance training :

These workouts are divided into 3 parts:

1. Upper Body: arms, chest, upper back muscles, and shoulders
2. Lower body legs and knees
3. Core: The muscles of our abdomen, thighs, and spine

It is best to do these exercises 2-3 times a week. Because the muscles we are training need at least one day to recover. It is better not to do upper and lower body exercises two days in a row. With upper-body exercises, we can walk with a lot of weight and do well in rock climbing. By practicing the following part, we can cover a long distance easily. The middle part of the body is a very important part for us. This part gets the most pressure. So the muscles in this part should be strengthened through exercise.

These exercises should be done 25 to 30 times. That is, it is better if you can complete a workout 10 times in 3 circuits. For example, 10 squats, 10 squats, and 10 sit-ups are one circuit. After doing this circuit two more times, it became 30 rounds. I hope I was able to understand. We may not be able to do that much the first time, so we have to do one circuit with a few rinses and move on. Be sure to include rest periods between each workout, along with water breaks. The pause time can be 10, 20, 30 seconds, or 1 minute.



www.trekkingbuddha.com

If you want, you can share the practice. Those who have less time can do it one day for the upper body, another day for the lower body, and another day for the middle part of the body. Which has all kinds of advantages. At least 15-20 minutes is enough for those who have less time.

A basic list of strength workouts

1. Push up.
2. Squat
3. The lounge
4. Mountain climber
5. Dead lift
6. Russian Twist
7. Raise the cuff 3-25
8. Front Raises
9. The cobra
10. Plank



Balance and flexibility exercises

Through this exercise, we can increase the flexibility of the various joint parts of our body and maintain balance with them.

Moreover, we can do interval exercises. For example, I ran for 5 minutes, and then I walked slowly for 2 minutes. This will give our bodies time to get oxygen. In addition, our anaerobic capacity will also increase.

Writing about some known subject, though we all know it

1. Wear loose clothing while doing the exercises.
2. Warming up well before doing the exercises and stretching the muscles at the end.
3. Care should also be taken to ensure that the body does not become dehydrated.
4. Try to do each exercise correctly.
5. Develop good eating habits.
5. Practices should be maintained. I did it for 2 days; I didn't do it for 1 month.