

Getting fit for treks

Some thoughts from previous trekkers



1. Start walking everywhere you can right now.

If you're not going to your normal place of work, get up at as if you were and walk round the block so that you get home in time to start work. Then do the same at the end of your working day.

If you're not working at the moment, first and last thing are still the most pleasant times to walk.

If you're going into work make a concerted effort to walk more while you're there – at lunch time for instance.

2. Start small and work up.

Find somewhere you love to walk and do that route regularly. You'll see how different you feel after you have completed it each time as your fitness improves. You could choose the same route around your village, a local hill, or the walk to a local shop or viewpoint.

Time yourself as you do it and aim to improve every month.

3. Carry a rucksack with you.

Start with an empty rucksack to get used to the feel of it. Then add some weight each week.

The recommended daypack size of 25-30 litres sounds big but it won't be full of heavy things apart from your 2-3 litres of water, which weighs 2-3 kgs. Most people's full rucksacks don't weigh more than 5-6 kg.

4. Try to do longer walks at the weekend.



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Walk on both days at the weekend (or on your days off) whenever you can to build up your stamina and get your body used to daily walking. If you don't fancy walking in the countryside then town walking is just as valuable. Or walk to the market with an empty rucksack and bring it back full of fruit and veg.

5. Find a walking buddy.

Or find a few! Other trekkers, friends and family. Someone you know with a dog.

You can take turns choosing a route and encourage each other to get out more regularly.

6. Choose a second form of exercise and do that at least once a week too.

It's easier than ever exercise online (starting with Joe Wicks). Some trekkers have found a personal trainer useful. Others have rediscovered their love of swimming or joined an exercise class.

7. Make sure you're properly kitted out for your walks.

Trainers or walking boots, hat if it's sunny, comfortable clothes and at least a litre of water even on a local walk. Many trekkers swear by walking poles too see if you can borrow a set to try them out.

8. Enjoy yourself.

Walking is proven to be good for your mental health as well as your physical health.

Listen to the birds and notice the change in the seasons. Catch up on all the gossip with your walking buddy. Or immerse yourself in a podcast or your favourite tunes. Even if it's hard work at first you should soon notice the difference.