

HIGHER GROUND Kilimanjaro Trek GUIDE

September 1-8, 2024
LEMOSHO

BOOK NOW:
BERNIE@HIGHERGROUNDTREKS.COM
IG: @HIGHERGROUND_TREKS



Hosted by:
Bernie Anderson





Higher Ground II 2024 | 8 - day Kilimanjaro Trek Sept. 1-8, 2024 - Lemosho Route

TREK ITINERARY:

- ***Aug. 29** - (Thursday) Depart US (depart 8/30 at the latest) *(NOTE: this departure date is an EARLY arrival in Tanzania and will require additional night's stay at pre-trek hotel Arusha Serena (\$145 double, \$190 single.) that is NOT included in package price.)*
- **Aug. 30** – (Friday) Depart US > JRO/Kilimanjaro airport, transfer to [Arusha Serena Hotel](#), Arusha, Tanzania (INCLUDED IN PACKAGE)
- **Aug. 31** (Saturday) - Rest/recover, gear check, trek orientation, visit Arusha, meet the team
- **Sept. 1- 8** | (Sunday) Transfer to Londorossi Gate | 8-day Trek Lemosho Route
- **Sept. 8** – (Sunday) Exit Mweka Gate Transfers to [Burunge Tented Lodge](#) for overnight
- **Sept. 9 - 10** | (Mon. - Tues) 2-day Safari ([Ngorongoro Crater](#), [Tarangire National Park](#))
- **Sept. 9 - 13** | (Mon. - Fri.) 5-day Northern Serengeti Safari
- **Sept. 11** – DEPARTURES TO US transfers JRO airport – 2-day safari travelers
- **Sept. 14** – DEPARTURES TO US transfers to JRO airport

INCLUDED:

- ALL INCLUSIVE
- ALL TRANSFERS INCLUDING pick-up from JRO AIRPORT and transfer back post-trek
- Pre/Post Trek hotel (dbl. occupancy, ADD'L CHARGE FOR SINGLE)
- GRATUITIES "tips" FOR MOUNTAIN CREW
- PROFESSIONAL GUIDES, PORTERS, COOKS
- PREK-TREK IN-COUNTRY BRIEFING WITH LEAD GUIDE
- DAILY BRIEFINGS
- GEAR LIST
- TENT ON THE MOUNTAIN (dbl occupancy, ADD'L CHURCH FOR SINGLE)
- ALL PARK FEES AND CAMPING FEES
- CAMPING GEAR INCLUDED: CHAIRS, SLEEPING PAD, TENT
- FEES FOR GUIDES, ASSISTANTS, COOKS, PORTERS
- 3 MEALS A DAY
- PURIFIED DRINKING WATER (3-4 LITRES A DAY)
- TEAM ZOOM CALLS LEADING UP TO TRIP
- TRAINING PLAN
- RENTAL GEAR AVAILABLE
- ACCESS TO YOUR "KILI CONCIERGE" BERNIE

NOT INCLUDED:

- **AIRFARE**, SLEEPING BAG, PERSONAL SNACKS, TRIP INSURANCE, DAYPACK, TANZANIAN VISA (\$100), PERSONAL GEAR, LARGE DUFFLE, SAFARI, ALCOHOLIC BEVERAGES, PERSONAL INCIDENTALS

SAFARIS | 5-day Sept. 9-13, 2-day Sept. 9-10

INCLUDED:

- ALL INCLUSIVE
- ALL AIRPORT TRANSFERS
- DRIVER/GUIDE GRATUITIES "TIPS"
- **ACCESS TO YOUR "SAFARI CONCIERGE" BERNIE**
- ALL ACCOMMODATIONS
- TOYOTA LANDCRUISER SAFARI VEHICLES
- ALL MEALS (3 MEALS PER DAY)
- PURIFIED WATER
- DAILY BRIEFING
- DAILY INSPIRATIONAL MESSAGE
- PRE-SAFARI ZOOM CALLS WITH TRIP HOST
- PACKING LIST
- IN-COUNTRY FLIGHT

NOT INCLUDED:

AIRFARE, PERSONAL SNACKS, TRIP INSURANCE, TANZANIAN VISA (\$100), ALCOHOLIC BEVERAGES, INCIDENTALS

SAFARI ITINERARY:

- 9/9 - **Day 1:** GAME DRIVE Tarangarie National Park
- 9/10 - **Day 2:** GAME DRIVE Ngorongoro Conservation Area "Crater"
- 9/11 - **Day 3:** GAME DRIVE Serengeti
- 9/12 - **Day 4:** GAME DRIVE Serengeti
- 9/13 - **Day 5:** GAME DRIVE Serengeti

KILI & SAFARI ALL-INCLUSIVE PRICING:

- 8-DAY (LEMOSHO) KILIMANJARO (**TREK ONLY**) - **\$4,165**
- 8-DAY (LEMOSHO) KILIMANJARO TREK + 5-DAY SAFARI - **\$7,860**
- 8-DAY (LEMOSHO) KILIMANJARO TREK + 2-DAY SAFARI (CRATER & TARANGIRE) - **\$4,720**
- 5-DAY NORTHERN SERENGETI (**SAFARI ONLY**) - **\$4,550**
- 2-DAY SAFARI (**CRATER & TARANGIRE ONLY**) - **\$2,205**

TO REGISTER:

Complete this [FORM](#) and submit your **\$500 NON-REFUNDABLE DEPOSIT**, pay in-full, or make payments on or before due dates using **Venmo** @pastorb33, **Zelle** accepted: highergroundclimb@gmail.com
Credit Cards accepted with service fee. Or submit your deposit and other payments using a **CHECK**.
Make payable to: Lifted Life Solutions, LLC **Send to:** 3573 Chandler Estate Dr., Apopka, FL 32712

PAYMENTS:	DUE DATES:	Deadline to register and pay deposit or in full: FRIDAY JULY 5, 2024 Deposit: \$500 non-refundable Monthly payment breakdown by package: 8-day Kili Trek only / Kili Trek + 5-day Safari / Kili Trek + 2-day Safari / 5-day safari only / 2-day Safari only
DEPOSIT	Now	\$500 (non-refundable)
PAYMENT #1	DUE: Mar. 1	\$891.25 / \$1,840 / \$1,055 / \$1,013 / \$426.25
PAYMENT #2	DUE: Apr. 5	\$891.25 / \$1,840 / \$1,055 / \$1,013 / \$426.25
PAYMENT #3	DUE: May 3	\$891.25 / \$1,840 / \$1,055 / \$1,013 / \$426.25
FINAL PAYMENT	DUE: June 7	\$891.25 / \$1,840 / \$1,055 / \$1,013 / \$426.25
Packages: <ul style="list-style-type: none"> • 8-day Trek only - \$4,165 • 8-day Trek + 5-day Safari - \$7,860 • 8-day Trek + 2-day Safari - \$4,720 • 5-day Safari only - \$4,550 • 2-day Safari only - \$2,205 		TOTAL(s): \$4,165 trek only \$7,860 trek + 5-day safari \$4,720 trek + 2-day safari \$4,550 5-day safari only \$2,205 2-day safari only

DETAILED ITINERARIES:

HIGHER GROUND 8-DAY LEMOSHO KILIMANJARO TREK & 2-DAY SAFARI			
31-Aug	Arrival: Arusha Serena Hotel		Arusha Serena Hotel
1-Sep	Kili Day 1: Londerossi Gate to Mti Mkubwa	Kilimanjaro National Park	Tent
2-Sep	Kili Day 2: Shira 1 camp	Kilimanjaro National Park	Tent
3-Sep	Kili Day 3: Shira 2	Kilimanjaro National Park	Tent
4-Sep	Kili Day 4: Lava Tower then to Barranco camp	Kilimanjaro National Park	Tent
5-Sep	Kili Day 5: Karanga camp	Kilimanjaro National Park	Tent
Sept. 6	Kili Day 6: Kosovo camp (higher base camp)	Kilimanjaro National Park	Tent
Sept. 7	Kili Day 7: Summit Uhuru then to Mweka camp - arrival day for Safari only PAX	Kilimanjaro National Park	Tent / Arusha Serena Hotel
Sept. 8	Kili Day 8: Mweka gate and everyone transfers to Burunge Tented Lodge		Burunge Tented Lodge
Sept. 9	Safari Start: Tarangire and overnight at Farmhouse	Tarangire National park	Ngorongoro Farmhouse
Sept. 10	Morning Crater and transfer to Lake Masek Tented Lodge	Ngorongoro Conservation Area	Lake Masek Tented Lodge
Sept. 11	Transfer to JRO		

HIGHER GROUND 8-DAY LEMOSHO KILIMANJARO TREK & 5-DAY SAFARI

Aug. 31	Arrival: Arusha Serena Hotel		Arusha Serena Hotel
Sept. 1	Kili Day 1: Londorossi Gate to Mti Mkubwa	Kilimanjaro National Park	Tent
Sept. 2	Kili Day 2: Shira 1 camp	Kilimanjaro National Park	Tent
Sept. 3	Kili Day 3: Shira 2	Kilimanjaro National Park	Tent
Sept. 4	Kili Day 4: Lava Tower then to Barranco camp	Kilimanjaro National Park	Tent
Sept. 5	Kili Day 5: Karanga camp	Kilimanjaro National Park	Tent
Sept. 6	Kili Day 6: Kosovo camp (higher base camp)	Kilimanjaro National Park	Tent / APL (Safari Only)
Sept. 7	Kili Day 7: Summit Uhuru then to Mweka camp (arrival day for Safari only PAX)	Kilimanjaro National Park	Tent / Arusha Serena (Safari Only)
Sept. 8	Kili Day 8: Mweka gate and everyone transfers to Burunge Tented Lodge		Burunge Tented Lodge / Kili only group transfer to Arusha Serena
Sept. 9	Safari Start: Tarangire and overnight at Farmhouse	Tarangire National park	Ngorongoro Farmhouse
Sept. 10	Morning Crater and transfer to Lake Masek Tented Lodge	Ngorongoro Conservation Area	Lake Masek Tented Lodge
Sept. 11	Central Serengeti game drive with overnight at Tanzania Bush Camp	Center Serengeti National Park	Tanzania Bush Camps
Sept. 12	Northern Serengeti game drive with overnight at Intimate Places Tented Camp	Northern Serengeti	Intimate Places Tented Camp
Sept. 13	Northern Serengeti game drive with overnight at Intimate Places Tented Camp	Northern Serengeti	Intimate Places Tented Camp
Sept. 14	Morning flight from Serengeti to Arusha and transfer to JRO	Serengeti-ARK-JRO	Flight back home



MOUNT KILIMANJARO

Packing Guide



MANDATORY GEAR

Bags + Poles

KEY

▲ NEEDED FOR SUMMIT



PAIR OF TREKKING POLES

QUANTITY: 1

Lightweight and collapsible poles are preferred so they easily can be packed in your luggage. Poles are great going up the mountain and also important for coming down to brace the impact!

KIT BAG FOR PORTERS *

QUANTITY: 1

We recommend a 90-liter soft duffel-style bag, ideally canvas or waterproof (like a dive bag). All of your gear will fit in this bag, and a porter will carry it for you. Want to bring a full-size backpack? Just make sure it has an internal frame and is squishy on the outside.

* FIRM RESTRICTIONS

- One kit bag only per hiker.
- Rolling bags or luggage are not allowed.
- The bag with all your gear cannot weigh more than 12 kilos (roughly 26 pounds).



MUMMY SLEEPING BAG

(SYNTHETIC OR DOWN)
QUANTITY: 1

No, you cannot bring a thick, rectangular sleeping bag lined with felt that you would have brought to your friend's sleepover party. You'll need a real sleeping bag from a real backpack shop, rated for at least -5°C and consider a warmer one if you get cold easily. If you don't want to invest the \$150, you can rent one from REI!



DAYPACK

QUANTITY: 1

We recommend an 18–35-liter hiking daypack, which you'll use to carry your daily items such as your water bottles, snacks, sunscreen, and extra layers. Hiking daypacks are created to ergonomically distribute weight, so we suggest one over a Jansen-style backpack. Even better, get a daypack that can hold a bladder/hydration pack!

MANDATORY GEAR

Accessories For Your Head + Hands



DARK SUNGLASSES ▲

QUANTITY: 1

Protect against harsh UV rays at higher altitude and ice glare (yes, that's a real thing!) with dark sunglasses. Our staff team recommends a \$25 pair of Goodr glasses, which are polarized, stylish, and made for running so they don't slip down your face!

PRO TIP

Be sure you are comfortable with polarized or non-polarized, hiking with them ahead of time. Hiking with a brand new pair of glasses that you're not used to can cause nausea!



SUN HAT OR BASEBALL CAP

QUANTITY: 1

Give yourself some added sun protection. Pack the hat you'll receive when you get two kids sponsored.



WARM FLEECE HAT OR BALACLAVA ▲

QUANTITY: 1

In the mornings, evenings, and on summit night, you'll want a warmer hat that covers your ears to protect against the cold and wind. It can be either wool or synthetic.



WARM GLOVES

QUANTITY: 1

Those little cotton gloves you grab from the dollar bucket at Target won't work. You need something with a warm inner liner. Think thermal fleece.



HEADLAMP ▲

QUANTITY: 1

A headlamp is absolutely essential for summit night, and helpful for all other evenings. LED headlamps are perfect. Remember to pack it with fresh batteries.



THICKER OUTER MITTENS ▲

QUANTITY: 1

You'll want a really warm pair of water- and wind-proof mittens (not gloves) to use on the hike up to summit. You may only use these on summit night when temperatures are below zero...but you will want them!

MANDATORY GEAR

Upper Body Apparel

Dressing on the mountain is all about layers. We recommend having 4–5 upper body layers, all of which can be worn together. We’ve also carefully suggested the amounts per item so you are comfortable but aren’t overpacked!



SHORT-SLEEVE SYNTHETIC HIKING SHIRT

QUANTITY: 1–2

Pack lightweight short-sleeve or sleeveless shirts with ‘wicking’ properties. You’ll wear these on the first and last days on the mountain when we’re at lower altitudes.



LONG-SLEEVE SYNTHETIC HIKING SHIRT

QUANTITY: 1–2

Stay away from the cotton variety, which traps moisture, and look for polypropylene, thermalator, or similar options. Long-sleeve shirts in these materials will help to regulate your temperature while also having ‘wicking’



FLEECE JACKET

QUANTITY: 1

Spend the cheddar on a nice fleece. You’ll probably wear this every day in the evenings, and layered over your base layers on summit night. Patagonia, The North Face, and REI make great options.



RAIN JACKET ▲

QUANTITY: 1

We recommend a lightweight jacket—Gore-Tex or similar—that can be packed into a small bag. You’ll likely carry this jacket in your daypack while hiking each day. It should be breathable, wind- and waterproof to cover your other layers in rain and wind, and a hood is a must!



DOWN JACKET

QUANTITY: 1

You will definitely want this on the summit night with your layers. You’ll want 2-3 layers, plus the fleece, plus the down jacket plus the waterproof rain coat/windbreaker over everything. This can be a synthetic or down jacket.



SPORTS BRAS QUANTITY: 2–3

Stick to moisture-wicking options, which will help keep you comfortable when it is warm or cold.

MANDATORY GEAR

Lower Body Apparel



□
**SYNTHETIC BASE
LAYER BOTTOMS**

QUANTITY: 1

Stay away from the cotton variety, which traps moisture, and look for polypropylene, thermalator, or similar options that have 'wicking' properties.



□
**SYNTHETIC
HIKING PANTS**

QUANTITY: 2

Look for pairs that have 'wicking' properties and are wind-resistant. The zip-off pants are very practical!



□
RAIN PANTS ▲

QUANTITY: 1

These waterproof pants are great for protecting you against the elements, including wind. GORE-TEX is more costly but breathable, and can be rented.



□
UNDERWEAR

QUANTITY: 6

Stick to moisture-wicking materials and stay away from cotton.

MT. KILIMANJARO TRAINING PLAN

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	3 YASSO 800s	45' LEGS, 15' CORE 15' CARDIO	ACTIVE RECOVERY	6K RUN	30' UPPER BODY + 15' CORE	1 MILE RUN + 35' HIKE	REST
2	3 YASSO 800s	45' LEGS, 15' CORE 15' CARDIO	ACTIVE RECOVERY	6K RUN	30' UPPER BODY + 15' CORE	1 MILE RUN + 35' HIKE	REST
3	4 YASSO 800s	45' LEGS, 15' CORE 25' CARDIO	ACTIVE RECOVERY	6K RUN	30' UPPER BODY + 15' CORE	1.5 MILE RUN + 40' HIKE	REST
4	4 YASSO 800s	45' LEGS, 15' CORE 25' CARDIO	ACTIVE RECOVERY	6K RUN	30' UPPER BODY + 15' CORE	2 MILE RUN + 45' HIKE	REST
5	5 YASSO 800s	45' LEGS, 15' CORE 25' CARDIO	ACTIVE RECOVERY	6K RUN	30' UPPER BODY + 15' CORE	3 MILE RUN + 45' HIKE	REST
6	5 YASSO 800s	45' LEGS, 15' CORE 25' CARDIO	ACTIVE RECOVERY	6K RUN	30' UPPER BODY + 15' CORE	2.5 MILE RUN + 45' HIKE	REST
7	6 YASSO 800s	45' LEGS, 15' CORE 25' CARDIO	ACTIVE RECOVERY	6K RUN	30' UPPER BODY + 15' CORE	3 MILE RUN + 45' HIKE	REST
8	6 YASSO 800s	45' LEGS, 15' CORE 25' CARDIO	ACTIVE RECOVERY	6K RUN	30' UPPER BODY + 15' CORE	4 MILE RUN + 45' HIKE	REST
9	8 YASSO 800s	45' LEGS, 15' CORE 25' CARDIO	ACTIVE RECOVERY	6K RUN	30' UPPER BODY + 15' CORE	5 MILE RUN + 50' HIKE	REST
10	8 YASSO 800s	45' LEGS, 15' CORE 25' CARDIO	ACTIVE RECOVERY	6K RUN	30' UPPER BODY + 15' CORE	6 MILE RUN + 60' HIKE	REST
11	9 YASSO 800s	45' LEGS, 15' CORE 25' CARDIO	ACTIVE RECOVERY	6K RUN	30' UPPER BODY + 15' CORE	6.5 MILE RUN + 65' HIKE	REST
12	9 YASSO 800s	45' LEGS, 15' CORE 25' CARDIO	ACTIVE RECOVERY	6K RUN	30' UPPER BODY + 15' CORE	7 MILE RUN + 70' HIKE	REST
13	9 YASSO 800s	45' LEGS, 15' CORE 25' CARDIO	ACTIVE RECOVERY	6K RUN	30' UPPER BODY + 15' CORE	6 MILE RUN + 60' HIKE	REST
14	10 YASSO 800s	45' LEGS, 15' CORE 25' CARDIO	ACTIVE RECOVERY	6K RUN	30' UPPER BODY + 15' CORE	8 MILE RUN + 80' HIKE	REST
15	8 YASSO 800s	45' LEGS, 15' CORE 25' CARDIO	ACTIVE RECOVERY	6K RUN	30' UPPER BODY + 15' CORE	9 MILE RUN + 90' HIKE	REST
16	6 YASSO 800s	45' LEGS, 15' CORE 25' CARDIO	ACTIVE RECOVERY	6K RUN	30' UPPER BODY + 15' CORE	7 MILE RUN + 70' HIKE	REST
17	4 YASSO 800s	15' CORE 15' CARDIO	ACTIVE RECOVERY	6K RUN	30' UPPER BODY + 15' CORE	REST	REST
18	DAY #1 ORIENTATION + HIKING BEGINS	DAY #2 HIKING	DAY #3 HIKING	DAY #4 HIKING	DAY #5 SUMMIT!	DAY #6 HIKE OUT	REST

Blue weeks indicate a benchmark week.



MOUNT KILIMANJARO

THE JOURNEY TO HEAVENLY SKIES OF AFRICA

The purpose of this program is to prepare you for the physical demands of climbing to the highest peak in Africa. The following pages will help guide you through each week's workout to ensure your body is prepared for the climb. You might be familiar with these types of exercise but if you are new to them, fear not! Mastering exercise that you are not used to might be intimidating at first, but with time, practice, and repetition, you will see improvements and experience just how strong you can be. You will see your core strength, stability, and endurance gradually progress from week to week, all to set you up for success. Let these pages help guide you through this journey!

THE CHALLENGE

Our goal will be to summit by 8 AM. My last team didn't hit that time, but everyone made the summit. But because this training will help us get to that goal time! One writer describes the path up to the summit as a "soul-demoralizing hill of scree" – whew. This training will prepare you to rock summit night and your descent to our next camp. Hit it hard! It's all to change lives!

PRE-WORKOUT WARMUP

Before exercising, it's important to get the muscles warmed up. This serves to prepare your body for the workout of the day.

- 1. 30 sec walk-in-place; 30 sec jog in place; 15 sec high-knee butt-kickers**
- 2. Hit the floor & flow through cat/cow stretch, downward dog, pigeon stretch, world's greatest stretch**
(2-3 sets)
- 3. Jumping Jacks**
(15-20 reps)
- 4. Skipping**
(forward 20 yds, backward 20 yds)
- 5. Side Shuffle**
(side 20 yds, other side 20 yds)
- 6. Carioca/Grapevine**
(side 20 yds, other side 20 yds)
- 7. Mini Frog Jumps**
(forward 10 yds, backward 10 yds)
- 8. World's Greatest Stretch/Runners Stretch** (easy, 7-10 seconds a side)
- 9. Standing Quad stretch**
(easy, 7-10 sec a side)

BREATH AND LIFE BREATHING EXERCISES

Breathing techniques for life on the mountain and optimal altitude adaptation. Reference these exercises in your training throughout the week.

PRE-WORKOUT BREATHING

Spend 3-5 minutes before every workout doing this combination of breathing exercises to warm up your respiratory system, focus your mind, and activate your sympathetic nervous system to be primed for the work ahead.

Box Breathing (*Repeat for 1 min*) 4 sec nasal inhale, 4 sec hold, 4 sec controlled nasal exhale, 4 sec exhale hold

Cadence Breathing (*Repeat for 1 min*) 4 sec nasal inhale, 4 sec hold, 8 sec controlled nasal exhale, 4 sec exhale hold

Super Ventilations (*Repeat 2 rounds of 30 secs*)

1:1 Inhale to Exhale Ratio, fast breathing tempo of 1-2 breaths per second, driven by the belly

Laying on your back or seated upright and cross-legged on the floor, perform 30 seconds of 20-30 quick super ventilations (using your belly as the pump) in through the nose and out through the mouth. After each round, hold your exhale for 20-30 seconds.

Note: This may cause a little bit of light-headedness or dizziness, which is normal. This will subside as soon as your breathing returns to normal.

Belly Breathing (*1 min*) Using the belly as the pump let breathing return to a light nasal inhale, nasal exhale.

INTRA-WORKOUT BREATHING

Take 30-60 seconds intermittently during exercise as needed. To be used between interval repeats (such as Yassos) to recover quickly or when you become out of breath or fatigued during any workout or training run.

Power Breathing

(This is used to bring in oxygen quickly and clear out carbon dioxide rapidly, typically to balance blood gases during bouts of high intensity exercise.)

Take 4-6 fast power breaths in through the nose and out through the mouth.

Powerful inhale through the nose and short sharp exhale through the mouth followed by slowed controlled breathing in through the nose and out through the mouth.

POST-WORKOUT BREATHING

Spend 3-5 minutes after every workout or training run. Lay on your back with your legs straight up against a wall or your feet resting on a chair, box, or bench. This is designed to bring the body back into a calm and relaxed state to promote and induce recovery.

Nasal Only Breathing

(Put one hand on your belly and one hand on your chest to feel the belly fill, ribs expand, and chest softly rise and fall.) Elongating the exhale helps trigger your parasympathetic (rest, digest, and relax) state. The ratio of breathing is 1 to 2, which means for every 1 second you breathe in through your nose, then double the length you breathe out through your nose.

Definition of breath: Inhalation = Inspiration. Inspire “literally” means: blow into, enflame, breathe life into

Genesis 2:7

Then the LORD God formed the man of dust from the ground and **breathed into his nostrils the breath of life, and the man became a living creature.**

Job 33:4

The Spirit of God has made me; the **breath** of the Almighty gives me life.

Corinthians 6:9–20

Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore, honor God with your bodies.

MONDAY INTERVAL DAY

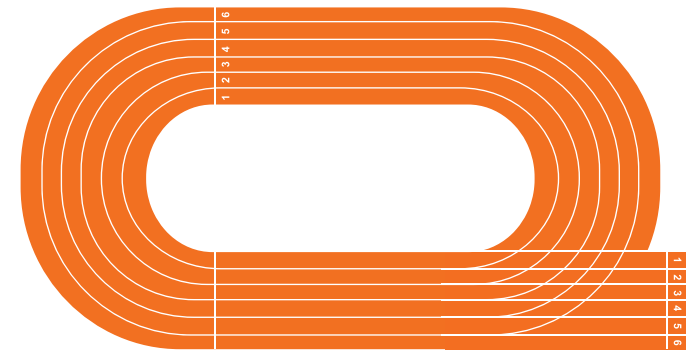
Interval day is all about building your “anaerobic capacity” to improve your body’s ability optimize breathing efficiency. This is one of the key ways to improve your VO2 max, which will help your body better tolerate altitude once we get on the mountain. This paired with the “aerobic” work that we’ll do on Thursdays and Saturdays will make for a robust system to function and feel great for Mt. Kilimanjaro and life. These instances of intense work followed by intermittent “intra-workout reset breathing” will help you improve your ability to breath, catch your breath, and have a bigger engine when trucking up the great hill of Africa.

YASSO 800s

Not familiar with Yassos? That’s okay. Acquaint yourself by reading [this article](#) and follow the workout below.

1. Do the **Pre-Workout Breathing** as part of your warmup (see page 3).
2. Continue with the **Pre-Workout Warmup** (see page 2).
3. Run 800 meters HARD. Record your time.
4. Walk/jog 400 meters and do the **Intra-Workout Breathing** (see page 3) before your next interval (back to a perceived normal, easy breathing, low heart rate).
5. Repeat. Run 800 meters as fast as you can and record your time.
6. After you finish your last Yasso, do **Post-Workout Breathing** for recovery (see page 3).

Note: If the day asks for “4 Yasso 800s” that means 4 X 800-meter hard runs, with a 400-meter recovery walk/jog after each run.



Want to see a yasso?
[Watch the video here.](#)

TUESDAY LEGS/ CORE/ CARDIO

This workout is essential for building strength, stability, and resilience in your legs for the mountains, valleys, and diverse terrain of Mt. Kilimanjaro.

These workouts will incorporate various leg dominant exercises to build strength and resilience for the various climate zones, unique terrain, long hours on your feet, and the incline gain that you'll experience on your journey to the top of the mountain (and back down!). The goal is to keep this workout concise while also progressing and growing your volume in 4-week increments. In an effort to help you conquer this workout, every week, we have given a list of exercises

that can be performed practically anywhere with your own body weight. (For those of you that want to incorporate weights or machines, please feel free to do so).

This is about building strong legs, not bigger legs, developing a strong core to support good posture over long days with a backpack on, and a growing a robust aerobic base so that you can efficiently breath

(and function) in the higher altitudes. Keep the leg portion to no more than 45 minutes, followed by 15 minutes of core exercises, and finishing with 15-25 minutes of steady state cardio. Steady state cardio can be on a treadmill, elliptical, rower machine or stationary bike. We want your heart rate elevated at a "steady state" without being out of breath (you should be still conversational).

EXERCISE	REPS	FREQUENCY	VIEW EXERCISE
7 Way Hips	1 Set	—	Watch here
Air/Body Weight Squats	2 sets of 20-25/ea	Add 1 set every 4 weeks	Watch here
Split Squat/Rear Elevated Lunge	2 sets of 15-20 reps/ea leg	Add 1 set every 4 weeks	Watch here
Bodyweight step-ups to balance	2 sets of 15-20 reps/ea leg	Add 1 set every 4 weeks	Watch here
Bodyweight walking lunges	2 sets of 20 steps	Add 1 set every 4 weeks	Watch here
Bear Crawls (front/back & side/side)	2 sets- 20 ft all directions	Add 1 more set at Week 9	Watch here
Dead bug w/perfect reps	2 sets of 1 min/ea	Add 1 sets every 4 weeks (or add 30 seconds to each set)	Watch here

WEDNESDAY ACTIVE RECOVERY

Today is all about active recovery. Choose one (or two) of the activities listed and then finish with the **Post-Workout Recovery Breathing**. This day should be followed by a night of restful and high quality sleep. During today's activity we want you to listen to your body. Try various recovery practices in the weeks ahead so you can determine what works best for you. As always, hydrate well and eat high quality (non-processed) food to nourish your body for optimal recovery.

Choose one of the below activities for Active Recovery:

- Take an easy walk outside
- Take a low-key or restorative yoga class (ex: Yin Yoga)
- Go for a relaxed swim
- Take a Tai-Chi class
- Foam roll for 15-20 minutes
- Stretch for 15-20 minutes
- Take a contrast shower

Post-Workout Recovery Breathing (see page 3)

After completing the workout of your choosing, complete the breathing exercise.

THURSDAY AEROBIC BASE BUILDING

Go for a run! Get your heart rate up to a mid-range zone, keep the pace steady, nasal only breathing to stay “aerobic” and know that once you get to the 6K distance, this will be your “Thursday 6K”.

1. Do the **Pre-Workout Breathing** as part of your warmup (see page 3).
2. Continue with the **Pre-Workout Warmup** (see page 2).
3. Run 6k (3.7 miles) with moderate intensity.
4. Try to maintain “nasal only” breathing throughout the whole run. If you find yourself out of breath try to slow down a little bit and/or use the **Intra-Workout Reset Breathing** to get back to controlled nasal breathing.
5. Once you finish your 6k do the **Post-Workout Breathing** as recovery.

FRIDAY UPPER BODY AND CORE

Today's focus is to develop and build a strong upper body while furthering core strength and endurance.

The following workout will focus on various upper body muscles groups, targeting the chest, shoulders, back, biceps, and triceps, building lean and equipped upper body strength. This is paired with a second day of core exercises to further develop a balanced body. It's important to have the awareness and ability to maintain good posture for healthy spine stability over long days of hiking with a backpack on.

The goal for this adventure is to get you so physically prepared that your experience is the best ever. We believe that unlocking your body's divine ability will give you enhanced capacity to experience God and appreciate His brilliant design.

**Better Health =
More Energy & Efficiency**

**Optimized performance =
More Kingdom Work
Getting Done**

EXERCISE	REPS	FREQUENCY	VIDEO
Push-ups	2 Sets of 15-20 reps	Add 1 set every 4 weeks	Watch here
Lat Pulls and Rows	2 Sets of 5-8 reps	Add 1 set every 4 weeks	Watch here
Tricep Dips (Tricep Kickbacks or Pushdowns)	2 Sets of 15-20 reps	Add 1 set every 4 weeks	Watch here
Dumbbell Biceps Curls to Press	2 Sets of 15-20 reps	Add 1 set every 4 weeks	Watch here
Bent-over Dumbbell Reverse Flys	2 Sets of 15-20 reps	Add 1 set every 4 weeks	Watch here
Forearm Power Plank Front	2 Sets of 30-60 sec	Add 1 set every 4 weeks	Watch here
Forearm Side Plank (both sides)	2 Sets of 30-60 sec each side	Add 1 set every 4 weeks	Watch here
High Plank Mountain Climbers	2 Sets of 25 reps each side	Add 1 set every 4 weeks	Watch here

SATURDAY BRICK DAY (BACK-TO-BACK WORKOUTS)

Today is all about simulating what this adventure will feel like. Back-to-back workouts prepare you for the beautiful reward that is summiting Mt. Kilimanjaro with your team!

Long Run + Hard Hike

1. Park at the base of hiking trail. Warm up with the **Pre-Workout Breathing** and the **Pre-Workout Warmup**, like you have been on previous days.
2. Run your distance away from the trail head. For example: Do an out and back run so that you finish at the trail head, ready to hike. As soon as you finish your training run, immediately put on your hiking boots and daypack, hitting the trail hard (both uphill & downhill are equally important)
3. It's very important that when you finish your training run, that you do NOT let your heart-rate drop before the hike—no long stops. Grab your bottle of water, fuel, put on your hiking boots and daypack, and start your hike!

4. Your hike should be at a moderate pace (nasal only breathing = aerobic base building). Cut the miles in half, so the first half is up and the second half is back. Don't forget to cool down, stretch, and do the **Post-Workout Breathing** as recovery.

Note: As you increase in your distance and time hiking, we encourage you to lace up your boots to get your feet acclimated and conditioned. We also suggest putting your daypack on and slowly adding some weight over the weeks to get your body prepared for the days on the trail in Tanzania.

BENCHMARK WEEKS

Week 5

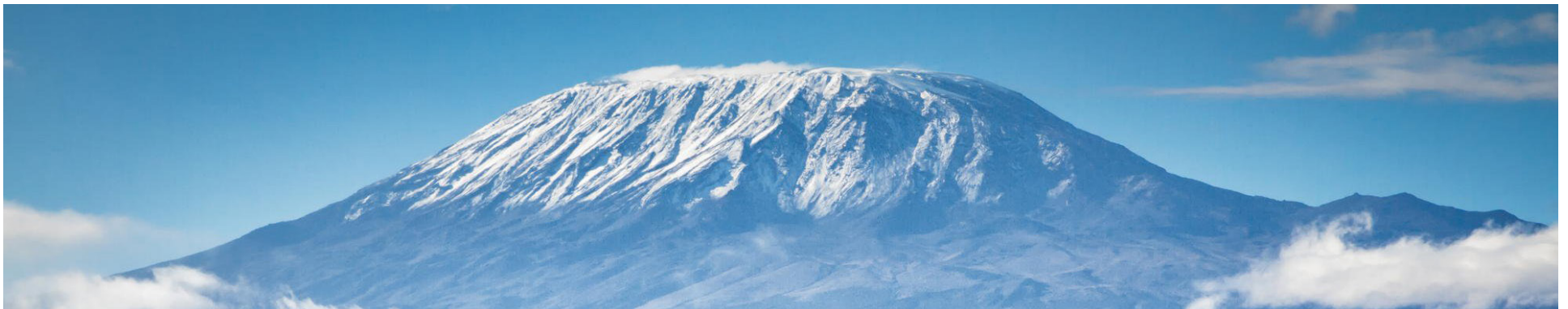
3 mile run (12 min. miles) and 45' hike with pack in 1.5 hours

Week 10

6 mile run (12 min. miles) and 60' hike with 5-10 lbs. in pack in 2.5 hours

Week 15

9 mile run (12 min. miles) and 90' hike with 10-20 lbs. in pack in 3.5 hours



REST DAY

Rest is so important! So take it easy, hang with your family, have a healthy meal with friends, take a nap, read a book, play board games with your kids, etc. Rest, relax, and recharge. Make sure to hydrate well and eat high quality food to nourish your body for optimal recovery.

Go to bed early so you can start the week out right on Monday.

BEDTIME PROTOCOL

Spend 5-10 minutes before bed doing this gentle breathing. This is a great way to get relaxed and ready to fall asleep at night. It's the same as **Post-Workout Breathing**, except after each exhale you'll want to add in a post expiratory pause, which simply means holding your breath for 10-15 seconds after each exhale. This exhale hold helps bring the body into a lower level of relaxation.



MANDATORY GEAR

Footwear



HIKING BOOTS

QUANTITY: 1

This is the most important item on your list. Happy feet = happy climb. Make a visit to REI or a local backpacking shop to get fitted for waterproof (GORE-TEX) hiking boots. Good boots can run up to \$200-\$300, but they'll keep your feet dry and comfortable and your body well supported.

IMPORTANT

You should train in your running shoes, but you'll want to make sure your hiking boots are well worn in. Wear them around the house, on walks, or other training hikes with your socks to make sure they're comfortable and don't cause blisters.



GAITERS ▲

QUANTITY: 1

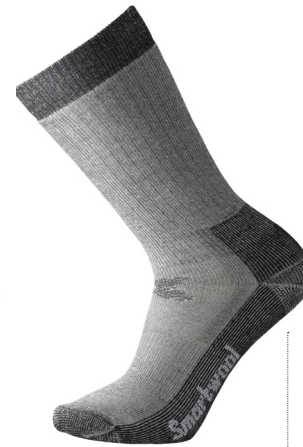
The summit of Kilimanjaro is covered in skree (like loose gravel), and gaiters help to keep debris out of your boots. Get the Alpine type, not the anklets, and make sure they are large enough to fit over your hiking boots.



WOOL SOCKS

QUANTITY: 6

Choose between wool or synthetic—whatever your preference is—but stay away from cotton. You'll ideally have a fresh pair daily. Trust us—a fresh pair of socks will make you feel like a whole new person each morning!



MOUNTAINEERING SOCKS ▲

QUANTITY: 1-2

Bring a pair or two of thick socks, wool or synthetic. Summit night is cold, and summit day is long, so you'll want the extra warmth and very heavy cushioning.



YAKTRAX® ▲

QUANTITY: 1

The summit is also partially covered by a glacier! Yaktrax® give you added traction for hiking on snow and ice.

