

BCMC Training Program

Program Overview, Resources and Q&A

Program Overview:

BCMC is pleased to announce the launch of its Training Program. The goal of this program is to help BCMC members improve their fitness level in their chosen mountain sport and create a community of like-minded people that can support each other during the program.

BCMC is partnering with [Evoke Endurance](#) on this program. Evoke Endurance was founded by Scott Johnston in 2022. Scott Johnston is the co-author of two books - Training for the New Alpinism and Training for the Uphill Athlete.

Program fees is \$75 and covers the cost of a Training Plan of your choice and group Q&A sessions with an Evoke Endurance coach.

The [training plans](#) are developed by Evoke Endurance coaches based on the principles outlined in the book Training for the Uphill Athlete and Training for the New Alpinism. These plans will be made available through [Training Peaks](#) platform once the registration is closed for the program. Each training plan lasts about 12-14 weeks (one Mountaineering Plan is 24 weeks) and offers a mix of aerobic and strength workouts.

Individuals will follow the training plan on their own schedule and there is no required in-person component to this training program. BCMC volunteers might organize hikes or other trips for people at similar fitness level, but there are no group sessions with a coach.

Fitness has been a critical gap among participants in the BCMC Mentorship Program. So if you plan to apply for the Mentorship Program, you should consider joining this Training Program as it will help improve fitness level and will also help mentors in mentee selection. Please note that participation in this Training Program does not guarantee selection in the Mentorship Program.

Registration:

Registration for the program will be open January 8 - 15 and has two steps –

Step 1: Join/sign up for this event (posted on BCMC) and pay the \$75 fees using the Buy Now (PayPal) button under Course Online Payment section.

Step 2: Fill out this [registration form](#)

Link: <https://forms.gle/29pJB2hNxbFjaR4f9>

Program Support:

The training plans offered through this program are standard (and not custom plans) and each participant will have to adapt the plan based on training background, fitness level, availability, etc. BCMC will organize Q&A sessions with Evoke Endurance coach(es) where participants can

ask their questions. Depending on the interest level, BCMC can also organize zoom sessions for participants where experienced BCMC members can share training tips and answer questions about training plan set up in training peaks, heart rate zones, etc.

BCMC volunteers might also organize outdoor hikes and training sessions that might be open to all BCMC members. Participants can also join the BCMC Strava Club to log all their outdoor activities and seek inspiration from fellow BCMC members.

If you have questions about the program that are not answered in the Q&A (see below), please feel free to reach out to any of these program coordinators –

Shashi Shanbhag shashiraj8@gmail.com

Marie Amante mariechris.amante@gmail.com

Greg Hamilton greg.k.hamilton@gmail.com

Additional Cost:

In addition to the \$75 program fee, participants might incur some additional costs related to purchase of these optional but helpful items -

- a Heart Rate monitor / chest strap e.g. Wahoo Tickr, Polar H10, etc. (highly recommended to track heart rate and do some aerobic assessments)
- a Sports Watch with GPS e.g. Garmin, Coros, Suunto, etc.
- a Training Peaks Premium account (for advanced analytics and ease of moving around workouts)
- a Gym membership / equipment

Resources:

Evolve Endurance Links: [Training Plans](#) | [Book Club Videos](#) | [Podcast](#) | [Books](#)

Training Peaks: [Basic vs Premium](#)

Q&A:

[Q&A Session recording](#) – August 12, 2024

Questions submitted by members as part of the Pilot Training Program Survey:

1. *Are these the same training plans in Uphill Athlete and other online sources? the evoke endurance website has training plans for \$50-75. Are the training programs similar to workout routines that can be found online? The cost gets you the piece of paper listing your workout (Day 1, Day 2, Day 3, etc workout routine) for us to do on our own and a zoom call to answer questions?*

These are training plans provided by Evoke Endurance through an online platform called Training Peaks. These plans are built based on the principles shared in the book Training for The Uphill Athlete / Training for the New Alpinism.

Training Plans: <https://evokeendurance.com/training-plans/> (all costs on the website are in USD)

Training Peaks (see a sample plan) :

<https://www.trainingpeaks.com/training-plans/other/winter-sports/tp-374576/pre-season-ski-touring-training-plan>

Registration fee covers the cost of one training plan of your choice from Evoke Endurance (Backcountry Skiing, Mountaineering, Ice Climbing, Rock Climbing, Trail Running, etc.) and group consultation/Q&A sessions with an Evoke Endurance coach. The Registration Fee will vary based on the training plan you choose.

2. *Days time that the program will run if done in a group?*

For the most part, individuals will follow the plan on their own schedule. BCMC volunteers might organize outdoor hikes/workouts, but there are no planned/required group training sessions either in the gym or outdoors.

3. *Do you have to pay for training Peaks?*

No. You can use Training Peaks Basic for this program. But if you want advanced analytics and more flexibility in moving your workouts then you have to purchase Training Peaks Premium.

4. *How do you make sure that groups are on a similar fitness / training level?*

Fitness is very subjective. We might have participants who have a fast hiking pace, but might have to slow down based on their aerobic assessment (done at the beginning of

the program). BCMC volunteers might post trips and provide a range of time or pace (easy, moderate, etc.). Individuals can assess their own fitness and join these trips.

Training Plans are not custom plans and a given training plan (say Pre-Season Ski Touring) will be the same for all participants. It is up to the participants to adapt these plans based on their fitness, training background, availability, etc.

5. *How is it likely to get me fitter?*

Very likely if you follow the plan.

6. *How tailored to my body and needs are the plans? Will the coach adapt the plan throughout the training cycle? Will it be able to be adapted to accommodate injuries/restrictions?*

The training plan is not a Custom Plan and the Coach will not make any changes to the training plan. Individuals can make changes to their training plan (hours, intensity, etc.) based on their own needs.

If you need a custom plan, please checkout this page –

<https://evokeendurance.com/custom-training-plans-mountaineering-climbing-running-skiing-faq/>

If you are interested in a 1:1 call with a coach, please checkout this page –

<https://evokeendurance.com/talk-to-a-coach/>

7. *How will this be better/different than just reading Scott's excellent book?*

The training plan is based on the principles discussed in the books Training for the Uphill Athlete and Training for the New Alpinism. The training plans take the hassle out of planning your training cycle and individual workouts, and makes it easy for an athlete to follow the plan. You can also put together your own plan based on the guidelines given in the books mentioned above.

8. *I don't live in Metro Vancouver, would that geography work? Is there an in person component?*

Yes, you can still register for the program. You might not be able to participate in group hikes or other outdoor workouts if they are in Metro Vancouver, but you can still follow the plan on your own.

There is no in-person component to this training plan and individuals can follow the training plan on their own schedule.

9. *If this project goes forward, is the person who'll be leading this a qualified individual?*

The individuals leading his Pilot Training Program are not Certified Personal Trainers/Coaches. We are BCMC volunteers and are just putting together a program for the benefit of the club members. We might be able to answer some of the questions based on our own experience of using Training Plans, but are not experts by any means. Evoke Endurance coaches are more than qualified to answer any questions that individuals might have about the Training Plans.

<https://evokeendurance.com/coaching/meet-our-coaches/>

10. *Is it open to everyone?*

The program is open to all BCMC members

11. *Is there a diet program that comes with it? If not are there recommended resources that you could provide?*

There is no diet program that accompanies a training plan, but based on the interest, we can schedule a call with a Evoke Endurance coach who is qualified to answer any questions about diet –

<https://evokeendurance.com/coaching-jesse-rich/>

12. *Is there any way to offer an in-person Vancouver option? Would hybrid model be available i.e. train alone and group combo?*

The training plans are provided online and not meant to be in-person training session. Individuals at similar fitness level can get together and decide to do a group hike or a workout, but it will not be facilitated by a coach.

Group consultation/Q&A with an Evoke Endurance coach will be through a Zoom call.

13. *What would the climbing program look like over the course of Sep-Dec?*

You can review the details of the climbing plan here -

<https://evokeendurance.com/multi-pitch-plan/>

14. *Will the "live" sessions be at fixed days/ times? I'd prefer to make sure I can attend before paying the fee.*

Q&A sessions with Evoke Endurance coach will be scheduled based on the availability of the coach. We will be recording these sessions, so if you cannot make it to the session, you can always watch it later.

15. Can I train for multiple sports?

Yes, you can but you will have to plan your training cycle to accommodate different workouts and make sure that you are not overtraining. If you want to get more than one training plan, follow the registration process twice.

BCMC Pilot Training Program - Virtual Kick-Off Session Q&A

Week of January 20th

1. I have an injury. I would like to figure out how to adapt the program
2. Can we do this without strava?
3. Does HR monitoring need to be continuous or can it be spot checked?
4. Where can we purchase the suggested gear...heart rate monitor, ect?
5. Is there a way to adapt the garmin hr zones to this method?
6. Curious if people are willing to share their AET test results so we may group ourselves into similar levels of fitness for planning activities.
7. If we are unable to start training on the suggested date (sept 16) will that affect the program for myself or others?
8. can you combine 2 sports eg back country skiing an mountaineering?
9. I will be away for three weeks, will i have acces to the training program if I miss sessions?
10. Can we request friends to be paired with in our groups?