



THE PLAIDPATH  
TRAILS AND TREKS CORP.

## **Mind and Body Conditioning Guide: Preparing for Your Trek**

A successful trek isn't just about physical endurance—it's about preparing your body and mind to embrace the journey with strength, resilience, and ease. This guide provides a structured plan to help you condition for the adventure ahead. Whether you're a seasoned hiker or new to long-distance walking, these exercises will ensure you're ready for the challenges and rewards of the trek.

By following this conditioning guide, you'll be physically prepared and mentally aligned for an incredible trekking experience. Trust the process, and we'll see you on the trail!

### **Personalized Pre-Trek Coaching**

To ensure you're fully prepared for The VAN to VIC Trek, your Tour Coordinator will work with you through complimentary coaching calls before your journey begins. These sessions will help you develop a personalized conditioning plan tailored to your fitness level, goals, and any specific needs you may have. Whether it's building endurance, incorporating mindfulness practices, or refining your gear choices, these calls will support you in feeling confident and ready for the adventure ahead.

### **Pre-Trek Fitness Plan**

#### **1. Walking & Endurance Training**

*Gradually increasing your walking distance and intensity will help prepare your body for multiple trekking days.*

- ☐ **Week 1-2:** Walk 3-5 km, 3-4 times per week, on varied terrain.
- ☐ **Week 3-4:** Walk 5-8 km, 4-5 times per week, adding hills or uneven ground.
- ☐ **Week 5-6:** Walk 8-12 km, 5 times per week, incorporating a backpack with light weight.
- ☐ **Week 7-8:** Walk 12-15 km, 5+ times per week, carrying your expected trekking pack weight.

**Pro Tip:** *Walk in the shoes and socks you plan to use for the trek to break them in and prevent blisters.*

## **2. Strength Training**

*Building leg, core, and upper body strength will help with stability and endurance.*

- ☐ **Leg Strength:** Squats, lunges, step-ups (3 sets of 10-12 reps, 3 times per week)
- ☐ **Core Stability:** Planks, Russian twists, dead bugs (3 sets of 30-60 seconds, 3 times per week)
- ☐ **Upper Body Strength:** Push-ups, rows, overhead presses (3 sets of 10 reps, 2-3 times per week)
- ☐ **Balance & Stability:** Single-leg stands, Bosu ball squats (3 times per week)

**Pro Tip:** *Add resistance gradually and focus on controlled movements to build functional strength.*

## **3. Mobility & Flexibility Work**

*Keeping your joints and muscles flexible will prevent injuries and improve movement efficiency.*

- ☐ **Hip Mobility:** Hip circles, leg swings, deep squats (daily)
- ☐ **Ankle Mobility:** Calf stretches, dorsiflexion exercises (daily)
- ☐ **Hamstring & Quad Stretching:** Standing or seated stretches (daily)

- ☐ **Spinal Mobility:** Cat-cow, thoracic rotations (3-4 times per week)

***Pro Tip:** Dedicate 10-15 minutes to mobility work before and after walks or workouts.*

#### **4. Breathwork & Mental Resilience**

*Trekking requires both physical and mental endurance. Training your breath can help manage fatigue and stress.*

- ☐ **Diaphragmatic Breathing:** Deep belly breathing (5 minutes daily)
- ☐ **Box Breathing:** Inhale for 4 seconds, hold for 4, exhale for 4, hold for 4 (before and during strenuous activity)
- ☐ **Alternate Nostril Breathing:** Helps balance energy and calm the nervous system (5 minutes daily)
- ☐ **Visualization Techniques:** Imagine yourself successfully completing the trek, feeling strong and capable.

***Pro Tip:** Practice controlled breathing during walks to train your body to use oxygen efficiently.*

#### **Final Preparation Tips**

- ☐ **Simulate Trek Conditions** – Walk on uneven terrain, wear your gear, and practice with weight.
- ☐ **Hydrate & Fuel Properly** – Train your body to stay hydrated and eat energy-sustaining foods.
- ☐ **Listen to Your Body** – Allow for recovery and rest days to avoid overtraining.
- ☐ **Stay Consistent** – Small, daily efforts will build the endurance and resilience needed for your trek.

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