

MOUNTAIN TRAINING PROGRAMME

A comprehensive 12-week guide tailored for the **Our Sporting Life** community. Whether you're eyeing the Welsh 3000s or your first Alpine summit, this plan builds the strength, stamina, and resilience required for big mountain days.

EXPERT INSIGHT: THE DESCENT

Your quads act as your body's brakes. During Phase 1 and 2, focus on the **eccentric** (lowering) phase of your lifts. This prepares your patellar tendons for the thousands of high-impact steps involved in a 1,000m+ descent.

PHASE 1: BUILDING THE ENGINE (WEEKS 1-4)

| DAY | FOCUS | ACTIVITY |
|-----------|-----------------------|---|
| Monday | Active Recovery | 20 min mobility flow or light swim. |
| Tuesday | Foundational Strength | Squats, Deadlifts, Lunges, Planks (3 x 12). |
| Wednesday | Zone 2 Aerobic | 45-60 min "Chatty Pace" walk or jog. |
| Thursday | Foundational Strength | Repeat Tuesday or functional circuit. |
| Friday | Rest | Full recovery. Focus on nutrition. |
| Saturday | Time on Feet | 3-hour hike. Focus on consistent pace. |
| Sunday | Mobility | Deep stretching: Hips, calves, and ankles. |

PHASE 2: STRENGTH & INCLINE (WEEKS 5-8)

Time to add resistance. Increase pack weight by 1-2kg per week and prioritise steep gradients.

EXPERT INSIGHT: CORE STABILITY

A heavy rucksack shifts your centre of gravity. Incorporate unilateral movements like single-leg deadlifts to build the micro-stability needed for technical scrambles.

PHASE 3: THE PEAK SIMULATION (WEEKS 9-12)

| WEEKEND BLOCK | ACTIVITY | DURATION |
|---------------|------------------------|--|
| Saturday | Summit Day Simulation | 6-8 hours with target event pack weight. |
| Sunday | Back-to-Back Endurance | 3-4 hours hike on pre-fatigued legs. |