



# **FITNESS GUIDE FOR WALKING AND HIKING**

This guide has been thoughtfully designed to provide you with effective walking fitness and nutrition recommendations to help you prepare for a leisurely, moderate, or even challenging hike or trek with Bike and Hike Granada.



# Walking and Hiking Fitness Recommendation



Congratulations on booking an exciting walk or trekking adventure with BHG! You're likely wondering about the fitness requirements for these trails. The good news is that if you're generally active, in good health, and accustomed to spending time outdoors—especially on long walks over varied or elevated terrain—you're likely ready for most of our treks and walks. That said, enhancing your fitness can significantly boost your confidence and enrich your overall experience. To make the most of your walking holiday, we recommend following a few targeted training tips to help you prepare effectively.

Whether you're a regular exerciser or just starting out, we offer a range of recommendations tailored to your fitness level, aligned with our trail grading system. There's no need to feel pressured—train according to your own schedule and what works best for you. After all, this is a holiday, even if it's an active one! However, it's essential to consult your healthcare provider before beginning any training plan. If you have existing health conditions—such as joint or muscular issues, asthma, diabetes, heart conditions, epilepsy, or high blood pressure—seeking medical advice and, where appropriate, professional training guidance is strongly recommended.

## Fitness Plan

### LEVEL 1 PLAN



Suitable for trek Level 1-3, Leisurely or Moderate treks

REFER TO PAGES 4-5

### LEVEL 2 PLAN



Suitable for trek Level 4-6, Challenging treks

REFER TO PAGES 6-7

### LEVEL 3 PLAN



Suitable for trek Level 6-9, Tough or Tough plus treks

REFER TO PAGES 8-9

## PREPARATION – ESSENTIAL FITNESS FOR ALL WALKS AND TREKS

**Cardiovascular (Aerobic) Fitness:** Building cardiovascular endurance is crucial for improving stamina on the trail. If you're already active in exercises like swimming, cycling, rowing, or running, consider increasing the duration or intensity of these activities. More importantly, include walking-focused cardio that gradually increases in pace, duration, and hill intensity to better prepare your body for trekking.

**Note:** During the actual trek, maintain a slow and steady pace—especially on inclines—for sustained comfort and energy conservation.

Your training should align with both your current fitness level and the difficulty of your chosen trek. We've created three training plans based on our walking grades:

- **Level 1:** Suitable for relaxed to moderate walks
- **Level 2:** For more demanding and challenging treks
- **Level 3:** Designed for strenuous treks and expeditions

The effort required will vary: moderate treks need less preparation, while tougher routes demand more. Use the self-assessment chart in the following pages to determine the appropriate level of cardiovascular training for you. As your fitness improves, increase your training intensity by walking faster, for longer durations, and on steeper gradients.

### Training Gear Tips:

Maximize the effectiveness of your training walks by wearing your actual trekking gear:

- **Footwear:** Good quality boots
- **Clothing:** Layered, breathable, and weather-appropriate
- **Daypack:** Properly fitted, with essential gear
- **Hydration:** Use a hydration bladder or camelback for convenience
- **Trekking Poles:** Helpful for joint or back support, steep terrain, heavy packs, or improved balance—especially for older hikers

If using poles, practice the proper technique: keep them close to your body's natural line of movement. Adjust pole height so your hands rest just below elbow level.

# SELF-ASSESSMENT CHART TO TRACK YOUR CARDIO WORKOUTS AND THEIR PHYSICAL EFFECT ON YOUR BODY

## EFFORT LEVEL

## PHYSICAL EFFECTS

### Immensely Light effort/ Activity

One can effortlessly engage in a conversation. Your breathing is normal.

### STRETCHING

You shall feel a similar way while doing stretching for all the training plans and walking grades.

### Moderately Light Activity

You are engaged in work and can carry on with work for hours at a stretch. You can breathe comfortably and maintain a conversation.

### WARMING UP

Necessary to practice for all training plans.

**LEVEL 1:** Take long walks on flat terrains and do steady cardio sessions

### Moderate Effort/ Activity

Breathing becomes heavier. You have to pause between conversations. Mild sweating.

**LEVEL 1:** Average cardio sessions and while trodding uphill for long walks

**LEVEL 2:** steady cardio sessions and long walks

**LEVEL 3:** Steady cardio sessions and long walks on flat terrain.

### Fairly Hard Effort/ Exercise

Heavy Breathing. Broken conversations. Noticeable sweat.

**LEVEL 2:** When you pause or increase the gradient or speed

**LEVEL 3:** when you are climbing up at high altitude with a bag pack

### Intensely Hard Exercise- Dynamic pace

Shortness of breath. Difficulty in maintaining intensity. Extreme sweating.

### LEVEL 3

The intervals feel this way when you increase your intensity with gradient and speed.

## Strength Training- Resistance Exercises

Practicing resistance training will help to strengthen those muscles which are used for trekking/ walking. Those muscles which are used for trodding on uneven terrains are not used in everyday life. There are also activities in which you have to move up, down and sideways than the usual routine movements. For leisurely to challenging treks, practising normal body weight exercises will be enough to strengthen your core, back and leg muscles. For only intensely tough treks, gym equipment and heavier loads are required for training.

Intend to perform exercises in a steady and controlled manner. Aim to finish the recommended repetitions accompanied by 1-2 mins of rest before advancing to other repetitions of the same set or moving to the next exercise. While practising any strength exercises, avoid flexing the spine or rounding the shoulders. Try to maintain an appropriate posture, focusing the eyes on the horizon, keeping shoulders steady at the back, with chin and chest forward. For maintaining a strong posture, keep your stomach muscles tight.

## Warming-Up and Cooling-down

Before you begin any exercise session, make sure to do some cardio exercise for 5-10 mins so that your pulse rate increases gradually. This helps in stabilising the gradual pumping of blood to your muscles and it will prevent the body to sustain sudden shocks due to intensive workouts. When you end the sessions, decrease the intensity and speed of the exercise gradually, until you start to breathe normally. Lastly, do some stretching.

## Stretches

Stretches for muscles used in your walks and exercise routines. They are essential to minimise injuries and encourage flexibility for your walking/trekking holiday. Refer to page 10 for basic stretches.

## Rest, Recover and De-escalate

It is extremely important to have adequate rest during your training period for your muscles to rest and recover which improves your overall fitness eventually. Take a day off if you feel tired after a long cardio session. A week before your trip, lessen the time of your training in terms of length and intensity to a minimum level. De-escalating your schedule will allow your body to restore and re-energise for the actual trip. This resting period is extremely crucial to make sure you are perfectly fit for your holiday.

## Lifestyle Fitness

Along with the fitness schedule, make sure to perform your everyday activities which will facilitate your back, core and legs further. This could be small changes like preferring stairs over the lift. You can carry your cycle to work, if not go walking to buy your groceries. You can increase your intensity while doing household chores or gardening. Make sure to bend your knees and avoid flexing your lower back. Take a power walk to your office or shop in the extra time.

# LEVEL 1 PLAN

## Leisurely to Moderate Walks & Treks

**USE THIS GUIDE** in case you do not possess an everyday fast-paced routine, although it is comfortable to walk for 25 mins.

Suitable for



- ▶ Walk in a relaxed manner where you can easily converse except while climbing terrains. Stretch your sessions if you find them too easy. While practising outdoor, wear your walking clothes and backpack.
- ▶ **Steady Cardio:** This can be regular walks to nearby places or hitting a treadmill session. Other ways could be Cycling, rowing, tennis or swimming.
- ▶ **Medium Effort Cardio-** These sessions usually refer to hilly treks preferably with your bag pack. If going outdoors is not possible, walk or jog on a treadmill at an incline.
- ▶ **Longer Walking cardio:** This training must be done on hilly terrain but it should be at a comfortable pace.
- ▶ **LEVEL 1 strength exercises-** Refer to the following page. You can even try some gym equipment given on page 12. (optional)

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week		<b>Steady cardio &amp; strength</b>		<b>Medium effort cardio</b>		<b>Long walking cardio</b>	
ONE	Relax	Do 30-40 mins steady cardio & Strength Exercise from Level 1	Relax	Do 30-45 mins fast paced walk on hills	Relax	Do 30-40 mins steady cardio & Strength Exercise from Level 1	Relax
TWO	Relax	Do 30-45 mins steady cardio & Strength Exercise from Level 1	Relax	Do 35-50 mins fast paced walk on hills	Relax	Relax	Do 1hr 30 hills walking-comfortable and slow paced
THREE	Relax	Do 35-45 mins steady cardio & Strength Exercise from Level 1	Relax	Do 40-60 mins fast paced walk on hills	Relax	Do 10 mins cardio warm up followed by Level 1 Strength Exercises	Do 2-3 hrs hill walking- Comfortably paced or treadmill
FOUR	Relax	Do 40-60 mins steady cardio & Strength Exercise from Level 1	Relax	Do 60-70 mins fast paced walk on hills	Relax	Do 10 mins cardio warm up followed by Level 1 Strength Exercises	Do 3-4 hrs hill walking-steady paced with intervals
FIVE	Relax	Do 40-60 mins Steady Cardio & Strength Exercise from Level 1	Relax	Do 30-90 mins fast-paced walk on hills	Relax	Do 10 mins cardio warm-up followed by Level 1 Strength Exercises	Do 3.5 hrs- 5 hrs hill walking-steady paced with intervals
SIX	Relax	Do 40-60 mins steady walk outdoors	Relax	30-60 minute walk on hills and at a faster pace	Relax	Relax	Do 3-5 hrs hill walking-steady paced with intervals

# LEVEL 1 STRENGTH EXERCISES

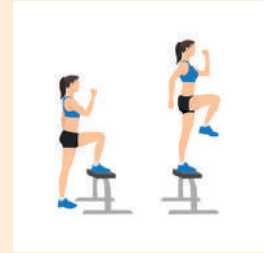
Exercise: 10-14 Repetitions/ 1-2 circuits

Alternatives and Continuations

## BENCH STEP UP

Stand straight facing the bench. Place your right foot on the top of the bench and raise the other leg pushing the right leg firmly. Your left thigh and the bench should be parallel. Step off the bench one leg at a time. Repeat with the other leg.

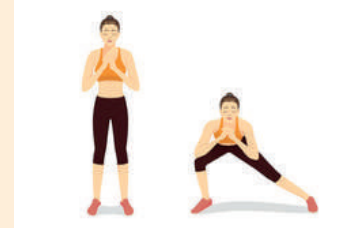
To up the intensity, use dumbbells or a bag pack. In the other case, use a low-height bench.



## SIDE LUNGE TO BALANCE

Stand straight with feet touching each other. With one foot out wide. Bend down on the outer leg keeping your head, chest and feet facing forward. Keep the other leg straight. Come to the middle posture and repeat on the other leg.

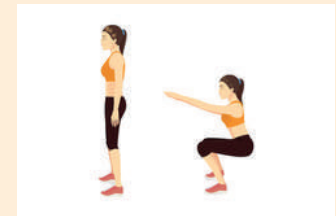
If you find it difficult, use a pole to maintain the balance. To make it a bit intense, use dumbbells.



## SQUAT

Stand straight and keep your feet wide apart than your shoulders. While practising, keep your head upright and your shoulders broad. Go down in a seated position, bending the ankle, knee and hip. Get up by pushing your heels. Repeat.

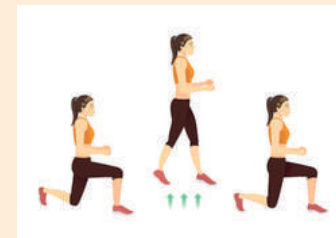
If you find it difficult, use a pole to maintain the balance. To make it a bit intense, use dumbbells.



## LUNGE FORWARD (optional pole support)

Stand straight with your head and chest upright. Take your right knee forward and bend your left knee at 90 degrees. When you go back, use your thigh and buttock muscles to drive you back to your main position. Repeat.

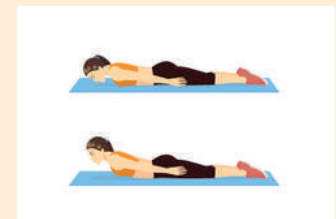
To make it intense, use the forward leg by bending it to 90 degrees and taking the other leg in front.



## FLOOR COBRA

Lie down on the floor facing down. Spread your arms. Now, tighten your buttocks and stomach and slowly lift your chest. Point your thumbs upwards. Hold the posture for a few seconds and relax. Repeat.

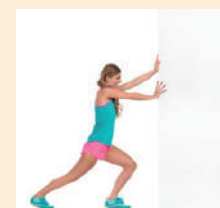
Another option is to try it with a Swiss ball. Lie down in a way that your hips and stomach are under the ball. Try to raise your chest.



## WALL PRESS UP

Face a wall and stand 2-3 feet apart from it. Keeping a shoulder hand distance between your palms, place your hands on the wall. Squeeze your chest muscles while pushing to the wall and coming back. Repeat.

You can increase the intensity by standing further apart from the wall or placing your knees on the floor.



# LEVEL 2 PLAN

## Challenging Treks

**USE THIS** If you are comfortable walking outdoors continuously for hours at a stretch or if you are actively participating in sort of cardiovascular exercises a couple of times a week. Follow this exercise schedule if you are already comfortable doing the Level 1 exercises.

**Suitable for**

4



Moderate / Challenging

5



Challenging

6



Challenging / Tough



- ▶ **Steady Cardio:** This refers to working out on a treadmill or it can be a walk to the shop or office. Other cardio includes tennis, swimming, cycling or rowing. While performing steady cardio exercises, do it until you experience short pauses while conversing, deep breaths and mild sweat.
- ▶ **Interval Cardio:** Perform these exercises by taking office stairs and urban hilly parks to elevate your intensity. The interval sessions should feel like practising a difficult exercise where your breathing gets heavier, conversations become difficult and the sweat is visible. While taking breaks, get comfortable by decreasing your pace and breathing calmly.
- ▶ **Longer Walking Cardio:** Practice this at a moderate pace but necessarily on hilly terrain. If it is difficult to access elevated hill clings, try climbing 3-4 flights of stairs and walk for 10 mins thereafter. Repeat this cycle for a couple of hours while on training days. Make sure you practice with your clothes, shoes and backpack which you intend to take on your holiday.
- ▶ **Level 2 strength training exercises** are mentioned on the following page. Gym equipments are given on Page 12. (optional)

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week		<b>Steady cardio &amp; strength</b>		<b>Intervals</b>	<b>Strength</b>		<b>Long walking cardio</b>
ONE	Relax	Do 30-45 mins steady cardio & Strength Exercise from Level 2	Relax	Do 30-45 minutes jogging or brisk walk. Elevate the intensity for 90 seconds, and slow down for 3 minutes. Do 5-7 repetitions.	Do 10 mins cardio warm-up followed by Level 2 Strength Exercises	Relax	Walk on the hills- 2 to 3 hrs with 200-400 meters of total ascent.
TWO / THREE	Relax	Do 30-45 mins of steady cardio & Strength Exercise from Level 2	Relax	Do 30-50 minutes of jogging or brisk walk. Elevate the intensity for 2 minutes, and slow down for 3 minutes. Do 5-7 repetitions	Do 10 mins cardio warm-up followed by Level 2 Strength Exercises	Relax	Walk on the hills- 2.5 to 4 hrs with 300-500 meters of total ascent.
FOUR / FIVE	Relax	Do 30-50 mins brisk walks and Strength Exercise from Level 2	Relax	Do 45-60 minutes jogging or brisk walk. Elevate the intensity for 2 minutes, and slow down for 3 minutes. Do 6-8 repetitions.	Do 10 mins cardio warm-up followed by Level 2 Strength Exercises	Relax	Walk on the hills- 3 to 5 hrs with 400-600 meters of total ascent.
SIX	Relax	Do 45-60 mins steady brisk walk (preferably outdoors)	Relax	Do 45-60 minutes jogging or brisk walk. Elevate the intensity for 2 minutes, and slow down 2 minutes. Do 6-8 repetitions.	Do 10 mins cardio warm-ups followed by Level 2 Strength Exercises	Relax	Walk on a hill- 4-7 hrs with 400-600 meters of total ascend
SEVEN	Relax	Do 45-60 mins steady brisk walk (preferably outdoors)	Relax	Do 60-90 minute steady brisk walk outdoors or at 3-8 % incline on treadmill	Relax	Relax	Walk on the hills- 2-4 hrs with 200-400 metres of total ascend

# LEVEL 2 STRENGTH EXERCISES

Exercise: 12-16 repetitions & 1-3 sets

Alternatives and Continuation

## STEP UP SIDWAYS

Stand beside a bench in parallel with it. While keeping your back straight, step sideways on the bench or step. Lift the other leg forming a 90-degree angle. You can hold weights as well. Go down to the main position and repeat.

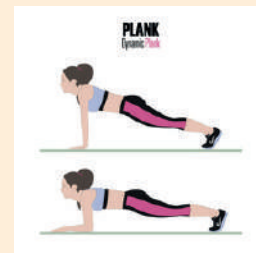
You can lift light-weighted dumbbells or wear a fully loaded backpack. If you want an intense workout, increase the weight capacity of the weights.



## ELBOW TO HAND PLANK

Lie down on the ground facing the floor. Draw your palms under your shoulders, keep your core tight and lift off your body. Make sure only elbows, toes and balls of the feet are touching the floor. Straighten up your arms, keeping your spine long. Do 5-10 repetitions.

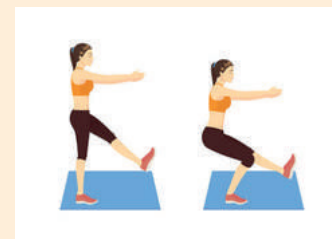
To make it more intense, lift only one leg.



## SINGLE LEG SQUAT

Stand straight on the right leg and bend the knee slightly. Now go down by lowering your hips and bending the knee to 70 degrees while trying to reach down. Keep your head forward and chest uptight. Come back while still maintaining the one leg position and hand near your ears. Do 12-16 repetitions. Practice on both legs.

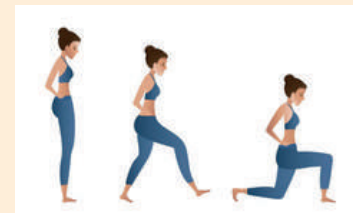
Try to lift weights or a dumbbell. But it is optional.



## WALKING LUNGE WITH ROTATION

Stand straight and take your right leg forward. Your chest should be firm and uptight and your head upright. Go down and bend both legs to 90 degrees. The left leg shouldn't touch the ground. Take both the hands in front of you and rotate both the hands towards your right. Repeat with the other leg.

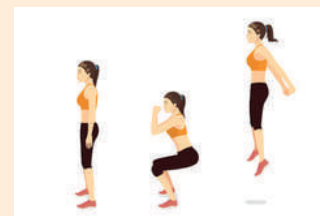
You can hold a ball or any object available, between your palms.



## SIDE HOP AND STABILIZE

Try to stand on one leg. Go down and bend the knee slightly. The other leg should be folded back and not touching the ground. Hold on for 2 seconds and switch legs. Make sure that only one foot touches the ground at a time while practising the set.

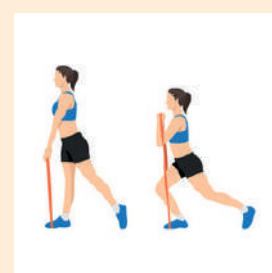
You can intensify your workout by holding weights or lifting a backpack.



## SQUAT TO CABLE/ BAND ROW

Stand tall and spread apart your legs 1 foot apart. Grip the band making sure your elbows are pointed behind your back. Go downwards bending your knee into the squat posture and release your hand forward in a straight line. Come back upwards pushing your elbows at the back. Repeat.

Try wrapping a resistance band around a pillar. If at the gym, use a cable machine.



# LEVEL 3 PLAN

## Tough & Tough Plus Treks

**USE THIS** If you possess prior trekking experience and bear exemplary physical fitness. This will aid you in perching higher altitudes and strengthen your muscle. Consecutively, it will foster easy ascents and descents in steep terrains, and lateral movements and provide immense power.

Suitable for



- ▶ **Steady Cardio** walk implies any walk outdoors, or on a treadmill with an easy to moderate incline with a steady brisk pace. Exercise until you undergo brief pauses while speaking, deep breathing and mild sweat.
- ▶ **Interval Cardio** sessions refer to brisk walks with great speed or walking on a challenging inclination. It should feel like doing a dynamic exercise where you experience difficulty in speaking, shortness of breath and heavy sweating. Take breaks in between so that you return to normal breathing and you can walk again at a comfortable pace.
- ▶ Longer or extended Walking cardio can be practised at a moderate speed in the mountains. While matching the demands of an elevated trek, use a loaded backpack during your training. If you are unable to go outdoors or hills are not accessible, you can practice climbing 3-4 flights of stairs followed by a steady walk for 10 mins. Continue practising this cycle for a couple of hours while training.
- ▶ Please refer to the level 3 exercises given on the following page. If you are keen on using gym equipment, please refer to page no 12. (optional)

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week		<b>Steady CV &amp; Strength</b>	<b>Intervals</b>		<b>Steady CV &amp; Strength</b>		<b>Longer Cardio Walk</b>
ONE	Relax	Do 45-60 min steady, inclined brisk walk or carry a loaded backpack or other cardio & Level 2 or 3 exercises	Do 30-45 min brisk walk, jog or run outdoor. Increase the intensity for 90 sec, then slow down for 2 min. Do 5-8 repetitions.	Relax	Do Level 2 or 3 strength training exercise & 10 min light cardio warm-up.	Relax	Do a 3-5 hrs walk in the hills with a loaded backpack. Target ascent of 500-700 meters.
TWO / THREE	Relax	Do 45-60 min steady, inclined brisk walk or carry a loaded backpack or other cardio & Level 3 exercises.	Do 40-50 min brisk or jog. Increase the intensity for 2 mins, then slow down for 3 min. Do 5-8 repetitions.	Relax	Do a 20-30 min brisk walk or jog an incline while carrying a loaded backpack & Level 3 strength exercises.	Relax	Do a 4-5 hrs walk in the hills with a loaded backpack. Target ascent of 700-800 meters.
OUR / FIVE	Relax	Do 30-45 min steady, inclined brisk walk or jog carrying a loaded backpack & Level 3 exercise.	Do 40-50 min brisk walk, jog or run outdoors. Increase the intensity for 2 mins, then slow down for 2 min. Do 6-8 repetitions.	Relax	Do 20-30 min brisk walk or jog at an incline while carrying a loaded backpack & Level 3 strength exercises.	Do 40-50 min brisk walk, jog or run outdoors. Increase the intensity for 2 mins, then slow down for 2 min. Do 6-8 repetitions.	Do a 5-8 hrs walk in the hills with a loaded backpack. Target ascent: 700-1000 meters.
SIX / SEVEN	Relax	Do 45-60 min steady, inclined brisk walk or jog carrying a loaded backpack	Do 45-60 min brisk walk, jog or run outdoors. Increase the intensity for 2 mins, then slow down for 2 min. Do 8-10 repetitions.	Relax	Do 30-45 min brisk walk or jog at an incline while carrying a loaded backpack & Level 3 strength exercises.	Do 40-50 min brisk walk, jog or run outdoors. Increase the intensity for 2 mins, then slow down for 2 min. Do 6-8 repetitions.	Do a 6-8 hrs walk in the hills with a loaded backpack. Target ascent of more than 1000 meters.
EIGHT	Have enough rest before you commence your trip. Follow the easy Week 1 routine skipping the strength exercises.						

# LEVEL 3 STRENGTH EXERCISES

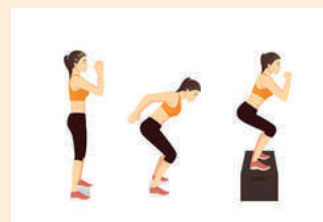
Exercise: 10-6 repetitions. Do 2-3 sets.

Alternative and Continuation

## BOX OR BOSU STEP OVER

Place a box or a BOSU (both sides over) in front of you. Come in a lunge position placing your right foot forward on the box. Lift your left leg and go over the box and descend over a forward lunge. Again take off your left foot and go backwards.

If you find it challenging, try practising the forward lunge only.



## BODY ROW ON HEELS or BALL

Lie down beneath a bar. Grip the pole in a way that is in line with your chest. Keeping heels touched to the ground, lift off the body 30 degrees above the ground. Grip the bar in a rowing movement. Make sure to keep your body straight.

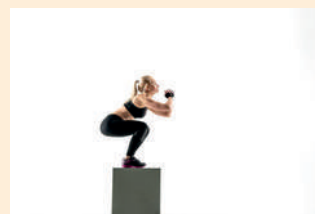
While practising at the gym, try using an Olympic pole on a squat rack/TRX suspension system.



## LATERAL SQUAT BOSU or BOX JUMP

Stand straight with feet hip-width apart. Make sure to keep your chest and head forward till the end. Go down on your hips. Take a jump on the BOSU. Hop backwards and repeat.

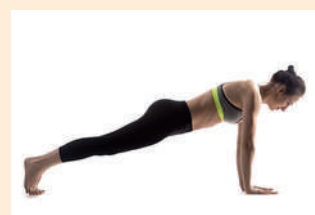
In case you do not have a BOSU, you can try squat jumps on the ground.



## PUSH UP (optional knee side lift)

Lie down on the floor facing downwards. Lift your body with your hands and toes touching the floor. Keep your core, buttocks and knees tight. When you go down, bring your left knee towards your side towards the chest. Again go up, tighten your chest muscles, and straighten your arms and both the toes touching the floor.

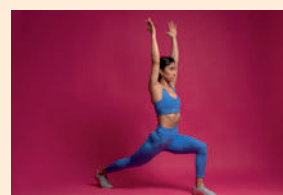
To intensify the challenge, use BOSU and place your hands or feet on it. You can also crawl sideways between each push-up.



## JUMP LUNGE

Stand in a deep lunge position. Bend your knees till you form 90 degrees. Make sure your hips and shoulders are aligned with your back knee. Take a giant leap and land in the squat position with your other leg. Repeat.

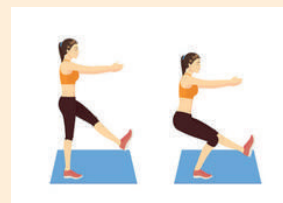
Use a weighted ball between your palms to intensify the exercise. If you find it easy, then place your hands on your hips.



## SINGLE LEG SQUAT and CABLE PULL

Stand straight on the right leg and the other leg curled behind. With the left arm, try to hold the cable. While going down, stretch the cable and the other arm extended backwards. Come up while still being the same leg. Repeat.

Instead of cables, you can use a resistance band tied around a pole. If you are exercising at the gym, use a cable machine.



## WALKING LUNGE with OVERHEAD PRESS

While standing, lift the weights towards your chest. Then go down in the squat position making a 90-degree angle. Lift your hand, taking the weights overhead. Come back to the normal position. Switch sides. Repeat.

For the weights, you can use barbells, dumbbells or a loaded backpack.



# FULL BODY STRETCHES (ALL LEVELS)

- ▶ The best time to stretch is immediately after the exercise. It minimises the risk of injury and enhances flexibility.
- ▶ You can practice after coming back from a trail as it feels so soothing.
- ▶ It is not compulsory to have a pole.
- ▶ Switch sides after holding a stretch for 30 seconds.
- ▶ If you feel tightness in any area, hold the stretch for 60 seconds.



## STANDING SQUAD STRETCH

Stand tall and grip the toe or ankle of your right leg. Move your heel up and stretch backwards slowly. Try to touch your toes to your buttocks until you feel a comfortable stretch in the thighs. If you find yourself losing your balance, stand with the support of a wall or a pole.



## HAMSTRING- BACK OF THIGH STRETCH

Stand upright on your left leg and slightly bend your knee. Take your right foot forward and extend it keeping it straight. Touch the heel of your right leg to the floor, with your toe pointing up. Try to bend forward maintaining the alignment of your upper body. Go down until you feel a stretch in the backside of your thighs. Practice on the other leg.



## GLUTE / BUTTOCK STRETCH

Stand on one leg, then place your ankle of opposite leg across the thigh of standing leg. Bend at the knee of the standing leg. Use a pole or bench to balance.



## CALF STRETCH

Stand straight and stretch your right foot forward. Keep the pelvis facing straight in front. Push the heel of the left leg towards the floor. You can take the right leg a bit forward to increase the stretch on the calf muscles of the other foot.



## CHEST STRETCH

Stand straight. Keep your feet wide apart parallel to your shoulders. Hold a pole on your left hand keeping one hand distance from your body. Holding tightly, swirl your body away from the pole. Do the same with your hand.



## SPINAL ROTATION

Stand with feet apart, parallel to your shoulder. Hold a pole in your arms and push it at the back of your shoulders. Twist from your trunk towards your left, making your left-hand swivel at the back and your right hand to the front. Pause for a while and then switch sides.



## BACK AND LEG STRETCH

Stand upright with your feet shoulder apart. Don't stand too tight. Bend forward from your lower back at 90 degrees. Extend your arms forward so that your biceps touch your ears. You can take support of your bench or a pole.



# Adequate Nutrition Guide for Cycle Training

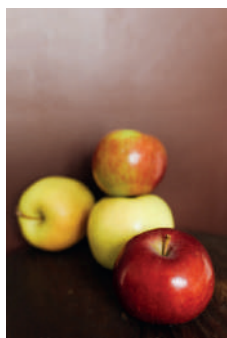
People who exercise daily are recommended by sports nutritionists to consume a diet rich in carbohydrates and keep themselves sufficiently hydrated. This in return will give them energy from glycogen which is stored in muscles and the liver of your body. Say if a person who weighs 80 kgs, will burn 270 calories if he/she walks at a normal pace of 4.2km on a flat gradient. And the same person will burn 526 calories on an 8% gradient, given the other factors are constant. One needs 1350-2630 calories to sustain the given regime. Your normal diet is adequate to support walks on a flat landscape. But one needs additional complex carbohydrates to keep you energised while attempting long hilly walks. All the carbohydrates are made to serve differently. Sugary carbs give a rapid burst of energy for a short period. Although to prepare your body to exercise for prolonged and intensive trekking for a long period, one needs a combination of carbohydrates which offer a gradual release of energy which can last for hours. Apart from this, to sustain the energy on hilly terrain, your body also requires protein, good fats and a nutrient-rich diet so that you don't feel hungry for hours at a stretch. Each person will have their own nutritional needs depending upon their health, age, gender, and metabolism as well as the duration, speed and gradient of the ride. Read through the general guidelines mentioned below for a healthy individual.



## WHAT AND WHEN TO EAT BEFORE YOU START TO EXERCISE

Make sure to consume your meals 2-4 hours before you start exercising. Pre-workout meal options rich in carbohydrates and protein includes- a sandwich along with cheese, egg, fish, chicken or peanut butter; jacket potato with tuna, chicken, beans, and cheese; chunky soup with brown rice or bread; salmon with vegetables; chicken with rice; vegetable and chicken casserole with potatoes; pasta with tomato sauce and vegetables. Options for breakfast include- eggs and toast or porridge with milk.

One should consume snacks 30 mins before starting the exercise. Recommended good snack options include- dates and raisins; fresh fruit; dried apricots; energy or nutrition bars; smoothies; oatcakes.



## During and after exercise

If you are practising moderate to intense workouts which last over an hour, eating carbohydrates during your workouts can prevent fatigue and stops glycogen from being depleted. You can experience low blood sugar levels or temporary hypoglycaemia if you exercise for a couple of hours without carbohydrates. You can feel light headed and your muscles will feel heavy. To avoid this scenario, consume food/drinks which are easy to digest and absorb like- Bananas, raisins, energy bars, beans, cereal bars, fruit juice, and sports drinks.

Immediately hydrate yourself after you finish the exercise and eat something within 15-20 minutes. Exercise uses glycogen and breaks down the muscle protein. Try to consume more protein-rich foods with carbohydrates that replenish your sugar levels quickly. Good options could be a sports bar, tuna, oat or rice cakes, fresh fruit with milk or yoghurt, peanut butter, a handful of nuts or dried fruits.

## Hydration & fluids

If you want to stay hydrated, consume 2 litres of water every day. This will also boost your energy levels. While you are on a workout regime, increase your water intake by an extra 0.5-1 litre after every hour you exercise. More than the necessary amounts of caffeine can also hinder water absorption levels in the body.

# Gym equipment options used in level 1, 2 and 3 plans



## **BOSU**

BOSU are half-hemisphere domes with a rigid platform attached to them. It quickly helps in maintaining the stability required for balance and strength training.



## **CABLE JUNGLE**

These are multifunctional machines which come with adjustable weights used for upper body push and pull exercises.



## **SWISS BALL**

These are soft, elastic stability balls which are inflated with air. These are primarily used for core exercises to stretch and strengthen the abdominal muscles.



## **TRX- SUSPENSION**

These machines are found in gyms where the straps are attached to a handle. They use your body weight and gravity for resistance training. They enhance the body by providing strength, balance, flexibility and core stability.



## **SQUAT RACK**

These are racks which support weight training equipment. It supports the heavyweights in a safe and secured way.

## **Disclaimer:**

The programmes and plans outlined in this document may not be suitable for everyone. Individuals with health concerns or those recovering from an injury should consult a medical professional before beginning any of the activities suggested. While the author has taken care in developing these plans, they cannot accept responsibility or liability for any injuries or harm that may result from participating in this programme or from the use of any exercises, equipment, or facilities mentioned.

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