

The Snowman Trek

THE SNOWMAN TREK, BUSTENI

Log trail is one of the hardest winter roads.



Team :classe XE



Equipment:

- backpack
- tent
- sleeping bags
- powers for external use
- hat
- the wind breeze
- whistle

- Start walking so that breathing is sufficient only on the nose!

-Get the road to the mountain without talking, this will help to adjust your breathing and give you the ability to listen to body signals, how it adapts slowly, but steadily for a lasting effort.

- This moving autoconcentration is of great use at the beginning of every road! Unwrap the warm clothing and on a cooler in the morning, so that you do not make the mistake of sweating already!

- At the beginning of the race, in the first 12-15 minutes and not earlier, we will reach a pulse of 120-150 minutes

- The general rule is: 180 pulses per minute, minus age!

- Constantly, rhythmically and without breaks - this is a rational walk

-Each longer shutdown reduces considerably the yield!

-Options longer than 1- 1.5 minutes to eliminate them to maintain maximum yield and eliminate the cooling of the body and implicitly lower the yield. And so called technical stops up to one minute for example: changing linen, roping, shooting, cornering, insurance maneuvers, drinking water or eating out of the wounded!

- Before reaching the proposed goal (conquering the peak, cottage, mouth of the cave) we will go the last 5-10 minutes slowly!