

Training for a hike

Train for hiking. Like?

- To hike you need to be in good shape. You will have more fun if you are physically fit!



Training your physical health

- ◇ Try not to overdue it, but you should have definite goals. You should train regularly 2 or 3 times a week for at least 30 minutes. Training shouldn't exceed 70-80% of your pulse for health reasons. If you have pain like heart stings, you should stop training immediately. Muscle ache indicates over training...so watch out!
- ◇ Great ways to keep up your overall condition include: going swimming, riding your bike, running or going for a Nordic Walk.

Warming up

- Warming-up activities serve two major purposes: they enhance performance and prevent injuries. Consequently, warming-up is both physically and mentally useful. Cold muscles are really sensitive and get injured easily
- Older people should warm-up longer. The warming-up starts with a relaxed run. After that one should do stretching exercises. The most important muscle groups to stretch are the calf, back, neck, forearms and chest muscles.
- Each of these muscle groups should not be activated more than 4 to 5 times. You should warm-up for at least 10 minutes.

The first tours

When hiking you should make sure that you start gently at the beginning

For getting into the season, easy hiking trails with small differences in height are better

A well-conditioned and trained man can make 300 to 400 height meters per hour.



Conclusion

The training for hiking should fit into everybody's life as a leisure activity, it should make you happy. It should provide recreation.