



KROKA
EXPEDITIONS

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Winter Semester 2021

Pre-Program Fitness Training

Expectations

Kroka's Winter Semester will likely be the most physically demanding thing you've ever done. Showing up on Day 1 prepared physically will set you up to thrive for the following five months, rather than just survive. Even more importantly, the success of the group depends on the fitness of it's individual members, instructors and students alike.

Towards this end, your instructors expect you to:

- Develop an exercise routine that incorporates the four elements of fitness: endurance, strength, flexibility, and balance.
- Set realistic yet challenging goals that will push you to achieve your best possible fitness before January 11th
- Fill out your fitness log daily
- Email your logs to the semester office on December 1 and January 1.

When we begin our exercise classes on the first full day of semester, you should not be huffing and puffing due to a lack of endurance. You are strengthening your team by coming to Kroka at your physical peak.

Developing Your Routine

You need to work up to a very high level of fitness. It takes time to get there. If you aren't already, start working out at least four days per week. Begin tomorrow. Make your routine fun and based on what you have at hand. Working out shouldn't require driving long distances, especially during a pandemic, or spending lots of money. Remember to spend at least 20 minutes stretching with each workout.

Definitions

Aerobic endurance

Aerobic endurance is the ability of the heart, blood vessels, and lungs to supply oxygen to muscles during physical activity for a prolonged period of time." Aerobic endurance will allow you to ski for many hours and miles each day, maintaining a constant speed through any terrain and varying conditions while carrying a load. Aerobic endurance can be developed through sustained aerobic activity such as running, biking, swimming, roller blading and long hikes as well as sports like soccer, Ultimate Frisbee, etc. *Activity needs to be conducted at a heart rate well above rest heart rate and increased breathing for at least one hour, 5 – 6 days a week.*

Muscular strength

The ability of your body to perform physical work at both peak times (e.g. splitting a big chunk of wood) and sustained times (e.g. carrying your pack all day) Strong muscles absorb stress to the joints and in doing so prevent joint injuries. Muscular endurance is best developed through work itself (a long period of splitting or sawing wood, paddling a boat, etc.). Muscular strength is best developed through exercises such as pull-ups, sit-ups, push-ups and weight lifting. *30-45 minutes, 5 days a week.*

Examples of Workouts

- 45 minute jog followed by 15 minutes of calisthenics
- 30 minute high intensity interval training with weights
- 25 mile fast-paced bike ride
- 1.5 hour competitive game of Soccer or Ultimate Frisbee
- Sprint day: fifteen minute warm-up run, followed by 30 minutes of sustained fast running, ending in a five minute jog, followed by stretching and strength training
- Hiking a mountain (at least 2-3 hours uphill)
- Cutting, splitting and stacking firewood for a few hours

Taking Care of Yourself

- Each day you should ease into your routine, allowing your body to warm up before pushing it hard so that you do not cause injury.
- After each routine do some jumping and shaking to prevent the build up of lactic acid.
- After working out be sure to stretch well while your body is still warm.
- Always cool down after workouts, jogging and walking for several minutes, then gently stretch again.
- After long runs or after your first routines as you are getting into shape, soak your feet in hot water and then put on wool socks and warm slippers.
- After long runs and big routines you can soak in a hot bath and then get dressed really warm.

Goal Setting

Record four basic exercises: squat jumps, burpees, number of abdominal crunches in a minute, and a timed mile run. Set and record your month end goals. This will help you to monitor your own progress. If you're unsure about these, or any other, exercises, a plethora high quality of "how to" videos are easy to find on YouTube.

Getting help

If you need help establishing or maintaining your routine, feel free to reach out via phone at 603-835-9087. We will be happy to answer your fitness training questions.

Habits that Make Unstoppable Athletes

- Make a slack line and use it every day.

Flexibility

The ability of muscles, tendons and ligaments to flex and retract. In times of stress to the joints, such as a fall or a twisted ankle, flexible muscles will absorb the stress and will not get torn. Develop a stretching routine, which addresses every muscle group: neck, shoulders, elbows, wrists, upper body, stomach, back, sides, hips, upper legs, lower legs. *Stretch for 3-5 minutes before all workouts. Stretch thoroughly, at least 15-20 minutes, after each work out, when your body is the warmest.*

Balance

Is the ability of your body to maintain a chosen position. Balance is subdivided into two categories: static and dynamic. For example static balance is used in yoga. Dynamic balance will allow you to ski down hills without crashing into the trees or mountain bike on single track without crashing off the trail! You can practice it on a slack line, unicycle, skateboard or any activity where you balance on something while involving movement.

Coordination

Is the ability to coordinate the movement of arms, legs and torso together in activities where the whole body is in motion. It is achieved through working on hand-eye exercises (throwing a ball, shooting a bow, splitting wood, etc.) or foot-eye exercises (kicking a ball, jumping from one rail of the train track to another, jumping on rocks in dry stream bed, etc.)

Reaction Time

Is the ability to respond quickly or move out of the way, such as paddling swiftly to avoid an unseen hole in a big rapid or getting out of the way of a falling log. Both coordination and reaction time can be well developed through conventional sports or through the practice of concentrated shooting, throwing or martial arts.

- Balance on logs and rocks in the trail, curbs in parking lots, or wherever else you have the chance.
- Put up a pull up bar in a high traffic area of your house. Do a pull-up (or five) every time you walk by.
- Do five (or fifteen, or twenty five) pushups after every time you use the bathroom.
- Walking to the end of the driveway to get the mail? Lunge walk instead.
- Going half a mile down the road to see a friend? Run it.
- Minimize carbs, and especially sugar, while increasing protein and fat.

Preparing to Thrive in the Cold

- Start sleeping outside. Your body will adjust to sleeping in the cold and will learn how to burn fewer calories and sleep warm.
- As the weather gets colder, work outside without gloves whenever you can. Your hands will adjust and you will learn how to work in the cold and stay warm.
- Take time every day to walk barefoot outside. Even if the snow covers the ground, make time to go outside barefoot for a few minutes a day.
- Swim in streams and lakes. After the freeze, you can maintain an open water hole if you are really determined!