

LEAN POWER YOGA

R E T R E A T S

***** TRAINING RECOMMENDATIONS *****

MACHU PICCHU TREK

There are many training programs available on the internet to prepare you for trekking Machu Picchu. But I think we can help simplify things and still make sure you're in shape for our adventure. Feel free to put in additional work, look up other programs or even make your own training regimen, as everyone is at a different fitness level, have different expectations on how to experience Machu Picchu and have different physical/time constraints. Increasing your physical preparedness will only make your trek more enjoyable.

Altitude will make the trek a challenging one. Understand at the beginning of the trek you'll already be starting at an elevation of around 11,000 ft. and continue to over 15,000 ft. at the end of your trek. Mileage on hiking days will range from 6-14 miles, with an elevation gain of 5,000 ft. on the longest day.

- START WALKING -

A GOOD GOAL: 100 MILES

The Salkantay Trek is truly a slow-paced and non-technical trek up to 15,000 feet. And since you'll be trekking almost 50 miles you'll want to make sure your feet are prepared, first and foremost. So, I recommend finding your hiking boots or trail shoes early, putting them on and walking in them for as many miles as you can. Do this wearing the sock you plan to wear on the trek. This will not only help to break in your chosen footwear and allow you to test them out for any unusual rubbing or discomfort, but also help to prepare your feet. Even if it's on a treadmill or your side-walk...this process will pay dividends on the mountain. Nobody wants to worry about sore feet and blisters if they can help it.

- CARRY A PACK -

A GOOD GOAL: 10-15 POUNDS

Thankfully we'll have horses to carry all but a few items up the mountain. But you will be carrying your daypack for a good amount of time. If you're not used to carrying a pack now's a good time to start getting your shoulders ready. Load up your pack with some clothes or water or rocks and hit the road. It's a good opportunity to get familiar with your pack, make sure it fits and is adjusted to suit you and feel what a few pounds feels like on your back. For example, a liter of water weighs 2.2 lbs.

- HIT THE TRAILS -

A GOOD GOAL: HIKE 10-12 MILES

So, you've put in the miles and you've carried around your daypack...not so bad. The longest day will cover about 14 miles. It sounds daunting, but at a slow pace, with breaks (and even a meal) it's not as bad as it sounds. But, it's a good idea to know what that many miles can feel like all at once. Find a trail, strap on a light pack and go for a long stroll...even near sea level on flat ground, this is still good preparation.

- GET SOME ALTITUDE -

A GOOD GOAL: 14,000 FEET

If you've never been at altitude before, it wouldn't hurt. And hey...2 mountain treks in 1 year is something many don't accomplish. You'll feel some symptoms of altitude sickness on this trek. If you have an opportunity to get some altitude it'll help you know what your body might do and how you'll feel. And it's a fantastic time to test the recommended Diamox.