

KEDARKANTHA WINTER TREK

4-Week Fitness Blueprint & High-Altitude Acclimatization Tracker

1. THE 4-WEEK FUNCTIONAL CONDITIONING CALENDAR

TIMELINE	CARDIO ENDURANCE (3X / WEEK)	LEG & CORE ENDURANCE (2X / WEEK)	STAIR CLIMBING (WEEKEND LOAD)
Week 1	3 km slow, steady jogging. Target time: Under 22 mins.	2 sets of: <ul style="list-style-type: none">• 15 Bodyweight Squats• 12 Alternating Lunges• 30-sec Plank	Climb 10 flights of stairs continuously without taking static breaks.
Week 2	4 km brisk running. Target time: Under 28 mins.	3 sets of: <ul style="list-style-type: none">• 20 Bodyweight Squats• 16 Alternating Lunges• 45-sec Plank	Climb 15 flights of stairs continuously. Wear sports sneakers.
Week 3	5 km rhythmic running. Target time: Under 35 mins.	3 sets of: <ul style="list-style-type: none">• 25 Bodyweight Squats• 20 Step-ups (on a bench)• 60-sec Plank	Climb 20 flights of stairs continuously. Put a 3kg weight inside your daypack.
Week 4	4 km comfortable maintenance pacing. Do not exhaust yourself this week.	2 sets of: <ul style="list-style-type: none">• 20 Bodyweight Squats• 12 Calf Raises• 45-sec Plank	Climb 15 flights of stairs with a 4kg daypack to simulate your real trail configuration.

2. ALTITUDE SAFETY & AMS MANAGEMENT CHART (12,500 FEET)

✓ THE SAFETY "DO'S"

- **Hydrate Mechanically:** Drink a minimum of 4 liters of water daily. Hydration keeps your blood thin, assisting oxygen transport at high altitudes.
- **Ascend Progressively:** Maintain a slow, rhythmic "trekker's pace." If you find yourself gasping for breath to speak, you are moving too quickly.
- **Communicate Symptoms Early:** Inform your trek leader immediately if you develop a persistent headache, dizziness, mild nausea, or sleep issues.
- **Keep Electronics Insulated:** Sleep with your phone, batteries, and camera gear inside your sleeping bag to prevent thermal drain.

✗ THE SAFETY "DON'TS"

- **Never Ignore Early Signs:** Do not mistake an Acute Mountain Sickness (AMS) headache for minor fatigue. Ignoring symptoms can become dangerous quickly.
- **Avoid Sleeping During Daylight:** If you reach camp early, avoid sleeping immediately. Walk around the campsite to assist natural acclimatization.
- **No Alcohol or Tobacco:** Avoid alcohol and smoking entirely. They severely dehydrate your system and suppress respiratory function in thin air.
- **Don't Over-Exert on Day 1:** Avoid running or jumping around when you arrive at base camp, no matter how excited you feel. Save energy for the trail.

Disclaimer: This training program is designed for general physical conditioning. Always monitor your body on the trail. If your guide advises descending due to AMS indicators, comply immediately—the mountains will always be there.