

# EXTRAORDINARY ENDURANCE

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**When taking on any physical challenge that incorporates uneven terrain, a multitude of ecosystems and altitude it is crucial that you invest in the important aspects of physical fitness.**



## Endurance/stamina

It's a bit obvious but for events that require sustained effort for three or more days (even at low intensity) it's crucial to start with the highest level of endurance/aerobic fitness you can manage.

**How:** Swimming, cycling, walking, running, circuit training, exercise classes (aerobics/step). If your challenge is a walking one then do big walks, if it's a running challenge then you need to run - nothing transfers better than the activity itself!

## Joint stability

Training muscle groups like the gluteus maximus, medius and minimus (i.e. your buttocks!) together with the upper back, (rhomboids and middle trapezius muscles), will help protect the lower back, knees and neck against joint stress caused by carrying equipment/rucksacks, not to mention enduring brutal terrain.

**How:** with exercises that demand muscles to activate and stabilise, i.e. Swiss ball bridges (see pics left).

## Core strength

Training the abdominals (the deeper transverse abdominals as well as the 'six pack' ones) will help support body biomechanics and minimise the impact of postural fatigue. You simply will be able to climb, walk, run and move more efficiently and in turn waste less energy in doing so - very useful when every ounce of energy counts at altitude where oxygen saturation is massively impaired!

**How:** with exercises that improve total body mechanics and activate the core, i.e. lateral crab walks (with press ups for additional challenge).



As I prepare for Kilimanjaro in December this year (in aid of the charity Afrikids), I would like to thank all my clients and friends who supported my fundraiser in July and whose commitment and kindness allowed us to raise over £1000 for Afrikids. You are all truly amazing people. If you want to support the continued fundraising sponsor me at: [www.justgiving.com/kelly-marshall](http://www.justgiving.com/kelly-marshall).