

# Getting fit for Aoraki Bound



Attending Aoraki Bound is an opportunity to improve your fitness and to begin a healthier lifestyle. Courses involve physical activities such as running, tramping and rowing. It's important that people who start a course are physically ready for the activities they will be doing. The **minimum fitness requirement** is to be able to regularly **run 3km in 25 minutes** but the fitter you are the more you will be able to enjoy the course. Don't be intimidated thinking you need to be super fit before you start – your fitness will develop throughout the 20 day course.

We've put together some tips on getting fit for Aoraki Bound. If you haven't exercised for a while or have a medical condition please talk to a doctor or health nurse before starting your training.

## Starting to train

**Get the right gear** – running can put pressure on your joints so make sure you are wearing good running shoes to help prevent injuries. Wear loose fitting comfortable clothes like track pants or shorts (remember to wear sun block).

**Get some support** – sometimes it's easier to train with someone else or at least to have the encouragement of other people. Tell them why you are training and what your goals are.

**Warm up and stretch** – before beginning any exercise warm up and stretch your muscles. After exercise warm down and stretch again to prevent sore muscles and injury.

**Drink and eat** – before, during, and after exercise remember to drink plenty of water. Try to eat 50% carbohydrates in your daily food intake, as this will give you more energy to exercise.

**Build up** – start by walking or alternating between jogging and walking so that you ease into it. Recognise the difference between tired muscles and injured ones and if you're not feeling good take a rest or walk. Swimming is a low impact way of increasing your fitness so it's a great idea to add this to your schedule. Visit [www.sparc.org.nz](http://www.sparc.org.nz) for more information, and click on "getting active".

You need to be comfortable in the water, and ideally should be able to swim 20 meters with confidence. Life jackets are available for water based activities.

## Keep training

Once you've started to train, work out a schedule that will fit in with your other commitments. Don't overdo it, as days off can be as valuable as training days because they give your muscles time to recover. If you experience pain, try to work out if it is due to an injury or tired muscles, and don't train through an injury as you might make it worse. If you find that the pain does not go away seek help from a physiotherapist.

Running with other people is a good way to keep up motivation for getting fit. Find a local running club as they usually have group runs to suit different levels of fitness. You might be able to encourage other people you know to go for walks and runs with you.

Your appetite might increase as your body uses more energy, so make sure you eat a balanced diet and drink plenty of water. Exercise in conjunction with a balanced diet will improve your fitness.

## After Aoraki Bound

While you're at Aoraki Bound you'll be exercising regularly and eating well. After you get back you can keep your fitness up by continuing to train. Having taken part in the many different outdoor activities you might want to get in touch with an outdoor club and try different ways of keeping fit. Tramping, rowing, swimming and running are some of the activities with which you can vary your exercise regime.

**If you have any questions please call us on 0800 OUTWARD (688 927)**