



THE UNIVERSITY OF  
NEWCASTLE  
AUSTRALIA

# Fitness preparation & injury prevention

## Larapinta Trail Challenge 2017

### Your training

Train in the gear you'll be wearing for the actual trek. This will identify any problems early on (and also help break in those fancy new boots!).

Be prepared to carry a day-pack weighing up to 8kgs.

When training on a treadmill, utilise the incline at a minimum of 3% to more closely simulate normal walking.

Typical travel speed on the trek will be at 4–6km/h dependent upon weather and terrain – it's useful to train at the pace that you are aiming for on the trek.

Train in a group or join one of the group exercise classes to push yourself and increase fitness level. This will put your fitness and mental determination to the test.

Follow along with the exercise guideline over the page so you improve all aspects of your strength and fitness in preparation for the trek.

### Injury prevention

- Decrease your risk of injury by following the exercise guidelines to allow your body to adapt in order to withstand repetitive endurance activities.
- Strengthen at-risk areas to avoid pain and injury (e.g. bad ankles on rough terrain).
- Take the time to effectively prepare joints and muscles for activity by stretching and warming prior to activity.
- Stay hydrated and protect yourself from the elements.
- Preparation beats blisters. If you are prone to blisters, haven't allowed adequate time to break in your boots or have a hot spot when travelling long distances then pad up those problem areas with tape to eliminate the threat!

- Remain aware of your body, watch your step and walk with good posture. Engaging in endurance activities with poor form will likely lead to pain or injury.

### Your gear

- Choose a day-backpack that's comfortable, adjustable and fits snug on your shoulders without swaying. A chest strap is ideal. Always wear double strapped.
- Thinner style moisture-wicking socks that allow good circulation and have padded soles (e.g. merino wool) are recommended.
- Footwear needs to be comfortable, worn in, but not worn out. They need to suit warm days and sharp, uneven rocky surfaces. If you are buying new boots make sure you wear them in and seek the advice of knowledgeable retailers in reputable outdoor equipment stores.
- Much of the Larapinta Trail is rough, rocky, exposed with little cover and covered in spiky spinifex grass. Take this into consideration when choosing your trek clothes.

As a Challenge Champion, you are invited to join UON's small groups active training program at the Callaghan campus, Newcastle.

This is a program run exclusively for UON staff – and is offered free of charge to our Larapinta Trail Challenge trekkers!

Sessions run morning, lunchtime and afternoon – choose up to three sessions a week from 3 April until the trek.

See the enclosed poster for more information.



## General exercise guide – April to July 2017

	APRIL Weeks 1 – 2	APRIL Weeks 3 – 4	MAY Weeks 1 – 2	MAY Weeks 3 – 4	JUNE Weeks 1 – 2	JUNE Weeks 3 – 4	JULY Weeks 1 – 2	JULY Weeks 3 – 4
<b>Distance</b>	4 – 5km	5 – 6km	7 – 8km	10 – 12km	10 – 12km	10 – 12km	16 – 20km	8 – 10km
<b>Time goals</b>	<70 minutes	<70 minutes	<90 minutes	<150 minutes	<150 minutes	<150 minutes	<300 minutes	<100 minutes
<b>Notes</b>		Boots	Boots & daypack 4–5kg	Boots & daypack 4–5kg	Boots & daypack 5–10kg	Boots & daypack 5–10kg	Boots & daypack 8–10kg	Boots & daypack 6–8kg
<b>Additional training focus</b>		Extra core training & general fitness	Attempt some rough terrain	Incline/dec line training	Incline/dec line training	Lots of stairs	Endurance	

- Attempt to reach your target distances within the time periods 1-2 times per week.
- Work on additional training focus points as often as possible for each two-week block.

	APRIL Weeks 1 – 2	APRIL Weeks 3 – 4	MAY Weeks 1 – 2	MAY Weeks 3 – 4	JUNE Weeks 1 – 2	JUNE Weeks 3 – 4	JULY Weeks 1 – 2	JULY Weeks 3 – 4
<b>Exercise A</b>	Cardio	Cardio	Knees	Hips, core & lower back	Trapezoids, shoulders & upper back	Feet & ankles	Trapezoids, shoulders & upper back	Knees
<b>Exercise B</b>	Cardio	Feet & ankles	Cardio	Hips, core & lower back	Knees	Cardio	Feet & ankles	

- Attempt to complete the exercises in both group A and B at least once a week.
- Descriptions of the exercises are shown on the following page or Google the names of the exercise to find a video demonstration online.

### Focus areas for stretching

Lower leg	Calves, tibialis anterior
Upper leg	Quadriceps, hamstrings
Hips	Glutes, hip flexors



## Exercise list

Add the following exercises to your workout of the day with your choice of cardio to improve general fitness as well.

These exercises are designed to improve potential weaknesses and ensure that you succeed in the Larapinta Trail Challenge trek.

**1. Feet and ankles:** balance work, stretching lower leg, side-to-side strength, ankle flexion / extension with resistance bands.

- Bosu ball balance and squats (black side up = advanced)
- Single-leg Romanian deadlifts
- Ice skaters
- Resistance band on foot extension / flexion.

**2. Knees:** VMO strength, hamstring strength and endurance, rectus femoris endurance.

- Step ups and side-facing step ups
- Lunges
- Squats
- Hamstring curls.

**3. Hips, core and lower back:** reduce time sitting, couch stretch for hip flexors, increase core strength, lower back carries load when we lose posture, (train the glutes and core to take the load rather than the lower back).

- Glute bridge
- Good mornings
- Reverse ab curls
- Russian twist.

**4. Trapezoids, shoulders and upper back:** trapezoid endurance, upper back control and endurance.

- Rowing strength machine
- Farmers carry (focusing on posture, core activation).

**5. Cardio suggestions:**

- Skipping
- Rowing
- Walking
- Running
- Stairs
- Step ups.

For more information contact

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