







# EXERCISE CHART (For Mountaineering)

DAY	EXERCISES	THREE MONTHS PRIOR	TWO MONTHS PRIOR	ONE MONTH PRIOR
Day 1, 3 & 5	Uphill training (Stairs Climb-up & down) 	20 minutes (10 minutes continuously×2 sets) 1 minute break between each set	30 minutes (15 minutes continuously ×3 sets) 2 minute break between each set	50 minutes (25 minutes continuously ×2 sets) 2 minute break between each set
	Push Up 	15×2 Set (30) (1 minute rest between each set))	20×3 Set (60) (1 minute rest between each set)	25×3 Set (75) (1 minute rest between each set)
	Sit Up 	15×2 Set (30) (1 minute rest between each set)	25×3 Set (75) (1 minute rest between each set)	30×3 Set (90) (1 minute rest between each set)
Day 2, 4 & 6	Jog 	15 minutes (cover 3 km of distance)	25 minutes (cover 5 km of distance)	35 minutes (cover 7 km of distance)
	Crunches 	15×3 Set (45) (1 minute rest between each set)	25×3 Set (75) (1 minute rest between each set)	30×3 Set (90) (1 minute rest between each set))
Day 7	Rest 	Rest	Rest	Rest

Before embarking on the trek, participants should be able to cover a distance of **7 km in 35 minutes**.