

CLIMBING FOR MOSIRO

MOUNT KENYA
FEBRUARY 19th – 24th

2022

12-week training schedule:
Monday 23rd November 2021 to Monday 14th February 2022

Climbing Dates:
Saturday 19th – Thursday 24th February 2022

Route:
Chogoria - Sirimon

The team will attempt to summit Point Lenana at 4985m abl. This can be reached by any fit walker with no major health problems, suitably equipped. In order to adequately prepare for the climb, training is important and greatly increases the chances of success on the mountain.

On the mountain it is important to Dress right, Eat right and Drink right. The hiking is on rough trail. You must be able to walk with a modest day pack for 6-8 hours per day.

The below training schedule is borrowed from Hal Higdon's 10k-training guide. This can be found on the following link.

<https://www.halhigdon.com/training-programs/10k-training/advanced-10k/>

We will use this as a guide to our training.

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
2021/2022							
JULY 31, 2021 SEPT 26, 2021						ELEPHANT HILL SAGANA	
1 23rd – 29th Nov 2021	stretch & strength	4km run	30 min cross	3.5km run + strength	Rest	5km run	40 min cross
2 30th Nov – 6th Dec	stretch & strength	4km run	30 min cross	3.5km run + strength	Rest	5km joint run 5.12.21 Venue TBD	40 min cross
7th – 13th Dec	stretch & strength	4km run	30 min cross	3.5 km run Run +strength	Rest	5.5 km run	40 min cross
14th – 20th Dec	stretch & strength	4km run	35 min cross	3.5km run + strength	Rest	6.5 km joint run 19.12.21 Venue TBD	50 min cross
5 21st – 27th Dec	stretch & strength	5km run	35 min cross	3.5km run + strength	Rest	7 km run	50 min cross
6 28th Dec – 2nd Jan 2022	stretch & strength	5km run	40 min cross	3.5km run + strength	Rest	8 km run	60 min cross
7 3rd – 9th Jan	stretch & strength	5km run	40 min cross	3.5km run + strength	Rest	8.1.22 Climb - TBD	STRETCH & REST
8 10th – 16th Jan	stretch & strength	5km run	45 min cross	3.5km run + strength	Rest	9 km run	60 min cross
9 17th – 23rd Jan	stretch & strength	5km run	30 min cross	3.5km run + strength	Rest	10km joint run 22.1.22 Venue TBD	60 min cross
10 24th – 30th Jan	stretch & strength	5km run	30 min cross	3.5km run + strength	Rest	10km run	60 min cross
11 31st Jan – 6th Feb	stretch & strength	5km run	30 min cross	3.5km run + strength	Rest	5.2.22 ABERDARES	STRETCH & REST
12 7th – 13th Feb	stretch & strength	5km run	30 min cross	3.5km run + strength	Rest	60 min cross & Final Briefing	60 min cross
14th – 20th Feb	stretch & strength	Rest	Rest	Rest	Rest	19/2/22 Nairobi - Hike to Lake Ellis	20/2/22 Lake Michelson

Stretch & Strength: Mondays are the days in which you are advised to do some stretching along with some strength training. This is actually a day of rest following your long run on Saturday. Do some easy stretching of your running muscles. This is good advice for any day, particularly after you finish your run, but spend a bit more time stretching on Mondays. Strength training could consist of push-ups, pull-ups, use of free weights or working out with various machines at a health club. Runners generally benefit if they combine light weights with a high number of repetitions, rather than pumping very heavy iron. It is also suggest that you do some strength training following your Thursday workouts; however, you can schedule strength training on any two days convenient for your business and personal schedule.

Running workouts: Put one foot in front of the other and run. It sounds pretty simple, and it is. Don't worry about how fast you run; just cover the distance--or approximately the distance suggested. Ideally, you should be able to run at a pace that allows you to converse comfortably while you do so. This isn't always easy for beginners, so don't push too hard or too fast. Under this workout plan, you run three days of the week: Tuesdays, Thursdays and Saturdays, Saturdays being a longer run (see above).

Cross-Training: On the schedule, this is identified simply as "cross." What form of cross-training works best for runners preparing for a 10-K race? It could be swimming, or cycling, walking, cross-country skiing, snowshoeing, or other forms of aerobic training, or even some combination that could include strength training if you choose to do it on Wednesdays and Saturdays instead of as indicated on the schedule. And feel free to throw in some jogging as well if you're feeling good. What cross-training you select depends on your personal preference. But don't make the mistake of cross-training too vigorously. Cross-training days should be considered easy days that allow you to recover from the running you do the rest of the week.

Rest: The most important day in any running program is rest. Rest days are as vital as training days. They give your muscles time to recover so you can run again. Actually, your muscles will build in strength as you rest. Without recovery days, you will not improve. In this program, Friday is always scheduled as a day of rest to compliment the also easy workouts on Mondays.

Long Runs: The longest runs of the 10-week schedule are planned for Saturdays, since you probably have more time to do them on the weekends. If Saturday isn't a convenient day for your long runs, feel free to do them on Sunday--or any other day of the week for that matter. What pace should you run? Go slow. There is no advantage to going fast during your long runs, even for experienced runners.

Walking: Walking is an excellent exercise that a lot of runners overlook in their training. In the training schedule below, I don't specify walking workouts, but feel free to walk during your running workouts any time you feel tired or need a break. Nobody cares whether you run the full 10-K, they're more concerned that you finish. If this means walking every step--in practice and in the race, do it!

** For those who choose not to run/jog, a brisk walk covering the same distance can work...but a jog here and there would be great.*