

# Fitness Preparation

What are the Four Keys to Having  
a "GREAT TIME" at Philmont?

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# The Four Keys to Having a Great Time at Philmont:

- Be in Great Shape (THE Most Important!)
- Keep Your Personal Weight Down
- Keep Your Pack Weight Down
- Be Properly Trained
- Pertains to Scouts Too!



# Philmont is TOUGH!

- Altitude – 6,500 to 12,441 Feet
- Rugged, Mountainous Terrain (Sangre de Cristos = the Southern Rockies!)
- Desert Southwest – Can be VERY Dry and Dehydrating
- Trekkers will be BACKPACKING Between 50 and 100 miles over 10 Days, with Packs Weighing Between 35 and 65 lbs



# Reality Check

- 50% of all Advisors - NO Meaningful Physical Preparation!
- 30% of all Advisors - Inadequate Preparation!
- Only 10% of all Advisors Have Done Enough!
- Only 10% of all Advisors Have Done More Than Enough!

***Which Category Will You Be In?***



Are You in Shape?  
Or Are You in Denial?

How Can You Tell for Sure?



# You Are In Denial If You Can't:

- Jog 2 ½ miles in less than 30 Minutes
- Climb a 10-story building staircase 10 consecutive times, two steps at a time
- Carry a loaded backpack (25% of your weight minimum) for 10 miles on roads or bike paths, in less than 4 ½ hours

... AND BE ABLE TO DO IT AGAIN TOMORROW  
& THEN THE NEXT NINE DAYS!



# All the Usual Excuses

- No Time to Exercise, aka: “I’m Too Busy”
- I’m Already in Good Shape Because I Do “\_\_\_\_\_”
- “I’m Really Busy”
- “I’ll Get in Shape on the Trail”
- “I’m WAY Too Busy”
- “How Hard Can it Be?”
- “Do You Have Any Idea of How Busy I Am?”



# Consequences

- The Good,
- the Bad,
- and the Ugly.

and the Worse...





# Philmont Medical Checks (Also Known As "The Wall")

- Trekker Weigh-In (Especially If You're Obviously Overweight!)
- Advisor Blood Pressure Check – 150/95
- Zero Tolerance / No Appeals  
( A \$5000 Mistake! )



# Philmont Weight Limits

HEIGHT	RECOMMENDED WEIGHT	MAXIMUM ACCEPTANCE
5' 5"	114 - 162	195
5' 6"	118 - 167	201
5' 7"	121 - 172	207
5' 8"	125 - 178	214
5' 9"	129 - 183	220
5' 10"	132 - 188	226
5' 11"	136 - 194	233
6' 0"	140 - 199	239
6' 1"	144 - 209	246
6' 2"	148 - 210	252
6' 3"	152 - 216	260
6' 4"	156 - 222	267



# Benefits Of Getting Ready

- Walking 6 to 9 miles a week helps your brain from shrinking as you age
- Reduces Heart Disease & Stroke
- 75% Lower Risk Type 2 Diabetes
- Helps You Sleep
- Cuts Down On Aches & Pains
- Can Relieve Anxiety & Stress
- Keeps You Slimmer



# Statistics For Successful Trek

- 90% of Backpacking is Mental Attitude
- To lose Weight = 80% is Diet, 20% is Exercise
- 20% of the Advisors Will NOT in Physical Shape and/or Have Weight Problems and Will Have a Tough Time



# Fitness Myths

- Exercise Can Erase A Bad Diet
  - 80% of what you look like is based on your diet
- You Just Need To Tone
- Always Stretch Before Exercising
- You Can Spot Reduce Fat
- You Burn Fat Only At Your Target Heart Rate
- You'll Burn More Fat On An Empty Stomach

Maik Wiedenback "101 Fitness Myths"



# Fads, Myths, and Bad Ideas

- “Crash Diets Work” (Why Not?)
- “Crash Exercise Programs Work” (Why Not?)
- “Sports is Philmont Training” (Why Not?)
- “Shakedown are Fitness Training” (What Are Shakedowns REALLY For?)
- “I’ll Get in Shape on the Trail” (When?)
- “I’m On Vacation -The Crew Will Carry Me” (How Will The Crew Feel About It?)



# Thru-hiker Thoughts

- “Amazingly, some people do no special training for long-distance hikes. They figure if they work and jog, or run marathons, they’re ready for the AT. These folks are in for a shock soon after hitting the trail.”
- “The best way to train for climbing mountains w/ a pack – climb mountains w/ a pack.”

George Meek (“Poet”)

Time for Everything



# How Can You Help Yourself?

## What Are the Adjustable Parameters for Trekkers?

- Is Pack Weight Adjustable?
- Is Personal Weight Adjustable?
- Is Fitness Level Adjustable?
- Is Trek Difficulty Adjustable?
- Is ATTITUDE Adjustable?





# Attitude

“ Everyone sweats, everyone pants for breath. The person who is in better shape will usually push himself to hike more quickly & bump into the same limitations. But when the fit person is stressed, he is less likely to attribute the difficulty to his short-comings. **Backpacking is hard** – that’s just the way it is.”

Dave Miller (“AWOL”) AT 03

AWOL On The Appalachian Trail



# Exercise Program

When Do You Start?

What Do You Do Before Starting?

When Can You Exercise?

How Often Should You Exercise?

WHEN DO YOU NEED TO BE IN SHAPE?



# What Are the 3 Types of Preparation Training?

Which is the Most Effective Form of Training?

Big Hint: What are you Going to be Doing???



# Aerobic (Cardiovascular) Training

- Walking/Treadmill, **Hiking**, Running
- Gym exercises (Jumping Jacks, Windsprints)
- Swimming, Rollerblading
- Climbing Stairs/Stairmaster/"Stadiums"
- Aerobic (Classes)
- Biking/Exercycling



# Strength Training

- Weightlifting (Free or Bench)
- Technical Equipment Circuits
- Strength Exercises (crunches, leg lifts, pushups, squat-thrusts, etc.)



# Backpacking Training

- Combines Aerobic and Strength Training
- But It's BETTER Than Either because:
  - It Toughens Shoulders, Hips, and Feet
  - It Accustoms You to Walking "At a Tilt"
  - It Breaks in your Boots! (and your feet - you don't *have* to get blisters!)



# Crew Shakedown Hikes Are Mandatory!!

- Why?
- Work up to 10+ Mile Hikes – 30+ lb Packs
- “Lather, Rinse, Repeat!”
- Rain or Shine!
  
- WFA and CPR Requirements!



# Diet and Exercise On The Ranch

- Vitamins – Make Up for that Food!
- Self-Medicating - “Vitamin I” – Don’t Overdo It!
- Stretching before Hiking, and after Breaks (Reduce Injuries and Muscle Soreness)
- Enough Calories? – Eat Everything!
- Enough Water? – Drink LOTS of Water!
- Scouts - Avoid “Advisor Abuse”!





# “Advisor Abuse”!

- What is “Advisor Abuse”!
- Max Heart Rates

220 minus your age = max heart rate

$$220 - 16 = 204 \qquad 220 - 48 = 172$$

Difference of **32** heart beats per min!



# HAC Advisor's Hike Mandatory - WHY!!

- 2007 - 11 out of 64 Advisors Dropped OUT after the hike & 7 had to hike again
- 2008 - None dropped out, 4 had to re-hike again
- 2009 – 5 Dropped out, 8 had to re-hike again
- 2010 – None Dropped out, 5 had to re-hike again, **but** 3 did affect the Crew's experience
- 2012 – 2 Dropped out, 11 had to re-hike
- 2013 – No One Dropped out or re-hiked



# Advisor's Hike

- March 5 – Catoctin Mountain State Park  
(PATC Map 5-6)
- 10 Mile Hike – 30lb Pack
- Rain, Snow or Shine!
- Advisors unable to make the hike contact Rush Williamson before the hike for an alternate hike
- Advisors who have not completed an Advisor's Hike by May 1<sup>st</sup> will be DROPPED! **No Refunds**



# One Last Time: The Four Keys to Having a Great Time at Philmont:

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Have a GREAT Trek!

