

Physical Fitness

Getting Yourself and Your Crew Physically Ready for Philmont

NCAC HAC Training Session I

November 12, 2017

Rush Williamson



Philmont is TOUGH!

- Altitude – 6,500 to 12,500 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



What Are We Talking About?

- Physical Conditioning
 - Aerobic (Cardiovascular) Training
 - Strength Training
 - Trail Conditioning
- Weight



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



The Nature Of Backpacking

“Backpacking is hard – that’s just the way it is.”

Dave Miller (“AWOL”) AT 03
AWOL On The Appalachian Trail



Overweight - What to Do???

- When do you Start?
- What do you do BEFORE Starting?
- What is Your PROPER Target Goal?
- WHY is that the Goal?



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?



Advisor's Hike

- March 10 or March 17, Catoctin Mountain Park (PATC Map 5-6)
- Must Make One Date (either one)
- 10 Mile Hike – 30lb Pack
- Pack a Trail Lunch
- Rain/Snow or Shine!
- Details later (Feb) - email to all Advisors



Advisor's Hike

- Advisors unable to make the hike contact Matt before the hike for an alternate hike
- After March 19 we go to Bob's Hill/Cat Rock
- (ask Robert about this hike)

“Advisors who have not completed and passed an Advisors Hike by May 1st

WILL be DROPPED! **No Refunds**



Advisor's Hike

- "Rush's speed on the Come To Jesus hike **actually is just about** how fast the teenagers will go."
- Comment made by an Advisor at the Post - Philmont Advisor's meeting



Enjoy Preparing For A Wonderful Experience

If You Have Any Questions On Fitness,
Equipment, Prep-hikes, Philmont, or
Anything Else, Please Contact The HA
Committee

