



Physical Preparation

Suggestions for preparing physically for course

Outward Bound courses are fun but they can also be quite physically challenging – they are designed that way! Many students often find that one of the best ways to have a successful experience is to get in shape before their course. Below are some suggestions for getting prepared before coming on course.

Exercise:

Outward Bound recommends **at least 30 minutes a day, five days a week of moderate to intense exercise**. Some of the most important exercise to prepare for your course is known as cardiovascular exercise, or “cardio.” Options for cardio include (but are not limited to):

- Running
- Swimming
- Dancing
- Team Sports
- Hiking
- Cycling

Weight and strength training will also be beneficial to your training for course. Try to do strength training exercises **at least twice a week, increasing your repetition count every few days** to strengthen your muscles. Lifting weights is often the most common way to build muscle, but you can strengthen your muscles with body weight exercises like pushups, sit-ups, squats, pull-ups, and lunges as well.

The internet is full of resources for cardio, strength training, and general fitness routines. Many people find more success with a plan rather than on their own. Here are some of our favorite internet and app based programs:

- Couch to 5K
- Zombies, Run
- 100 Push-Up Challenge
- YouTube at-home fitness tutorials (ex: Fitness Blender)

Hydration and Nutrition:

Eating right and staying hydrated are key factors to consider as well. Your water intake, especially in the weeks leading up to your course, is incredibly important. At rest, you should **consume at least 2 liters of water per day**, upping to **3 or 4 liters with exercise and preparing for hot weather and/or altitude**.

Your body will thank you for fueling it with a balanced diet, complete with plenty of fruits and vegetables. Veggies that are rich in nutrients, like leafy green vegetables, are wonderful for working out and healthy eating. Protein-rich foods will help your body gain and restore the muscle that you are building. Carbohydrates found in grains and vegetables will help fuel those extra long workouts, especially ones that are heavy in cardio.