



# ***TRAIN TO CLIMB PROGRAM***

*2017*

## **PROGRAM OUTLINE**

There is nothing like training for a goal, and climbing Mt. Rainier is an exciting and achievable goal! For 11 years we have been preparing climbers for success.

Statistics show that **50%** of the climbers who attempt to climb Mt. Rainier, fail. This includes professionally guided climbs as well as self guided climbs. Failure happens for many reasons, including lack of preparation, (physically, nutritionally and mentally), poor planning, inadequate gear selection, altitude sickness and weather.

With the exception of the weather, the Train to Climb program addresses all other concerns. Our training program is comprehensive, intensive and progressive. Our peripheral activities add support and team building.

Our goal with Train to Climb is to have you not just *endure* your climb, but *enjoy* your climb!

**For further information, please contact Michael at:**

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**or**

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The Train to Climb Program is approximately 6 months and includes:

## **Ortho-Kinetics Assessment**

Island Fitness Professional Trainers carry multiple certifications and degrees, including certification from the Ortho-Kinetics Institute in Dallas, TX. The Ortho-Kinetics assessment is the basis of all of our training at Island Fitness and is a key factor in helping you prevent injury and succeed in your fitness goals. Through a series of three assessments; postural pattern, joint bias and functional movement analysis, trainers identify imbalances which may limit you from reaching maximum efficiency and potential. Imbalances often create compensations which, if left unaddressed, lead to pain and movement limitations.

## **1-on-1 Personal Training**

You will begin with 2 private training sessions per week with your own certified Island Fitness Ortho-Kinetics Professional Trainer. You will also receive direction for exercising on your own, including the very important cardio-training program.

Training is coordinated by Specialist Trainer, Loretta Stanton, and the Island Fitness Training team.

Needed most are three things: ***strength endurance*** or the ability of muscles (particularly the core, or torso, and legs) to carry what feels like a substantial amount of weight for an extended period of time, ***cardiovascular endurance*** or the ability to keep moving for several hours at a time, and finally the ***attitude*** to know that you can achieve this goal.

## **Goals/Thresholds:**

You will train with incremental goals in order to meet your ultimate goal. Your training team will constantly assess your strength and progress. This may be through a progression of exercises, a hike, or an endurance event. The purpose of these goals is to help the climber understand where they are in relation to the group and to their personal goals



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## **Nutritional Guidance:**

Successfully fueling your body is a major key to success in any endurance event. During a 3-day climb of Mt. Rainier, it is normal to burn up to 20,000 calories! It is nearly impossible to take in this many calories, and this is complicated further by the fact that most people lose their appetite at altitude. Our Nutrition Staff will advise you on factors that contribute to an optimum training diet, as well as fueling for the climb.

## **Monthly Seminars**

Covering: gear selection, basic mountaineering, nutrition, cardio and heart-rate training, program overview, exercising at altitude and networking with the team.

## **Monthly Hikes**

Hikes are progressive; on Island, in the Olympics & Cascades.

**Mountaineering School** – All the mountaineering skills you will need to climb both Adams and Rainier, taught by qualified guides working with *Alpine Ascents International*.

## **Private Training Sessions**

Island Fitness professional trainer services range in cost from \$70-\$125/hour. Full program cost depends on your training schedule.

**Non-member pricing, add 15% to training**

**Non-members wishing to join Island Fitness and take part in *Train to Climb* will have Joining Fee waived.**



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***If climbing with the Island Fitness team, climbing fees contracted and paid directly through Alpine Ascents:***

Guided climb of Mt Adams

\$ 1,100\* (cost approximate) 2-day Guided Climb of Mt. Adams (optional but recommended)

**Guided climb of Mt. Rainier**

**\$ 1,583\* 3-day Guided Climb of Mt. Rainier**

**As part of the "Train to Climb" plan for success, Mt. Adams is strongly encouraged as a preliminary to Mt. Rainier.**

**Climbers wishing to climb Mt. Adams only will be accepted.**

**Climbers who already have climbed Mt. Adams or a similar mixed alpine climb at altitude *may* be released from this requirement.**

**Please note that it is customary but not required to offer your guides (or a favorite guide) a gratuity of at least 10%.**

\*All guided fees with the exception of \$550 deposit are owed to Alpine Ascents International. \$550 payable to Island Fitness (to reimburse IF for the climb deposit)



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## OPTIONAL AND RECOMMENDED

### **Additional Personal Training Sessions**

The program begins in late February, however some people start early!

### **Massage**

Massage relieves muscle soreness, enhances recovery time, increases oxygen & blood flow to muscles and reduces your chance of injury.

Massage is offered at Island Fitness in 1/2 hour, 1 hour & 1 1/2 hour sessions. We recommend 1hour sessions.

15% discount offered on massage to TTC participants for the duration of the program.

### **Full Nutritional Coaching**

There is more to nutritional coaching than weight loss. We have Nutrition Coaches who offer private sessions and can help you develop a nutrition plan based on a holistic approach to nourishing your body. Nutritional coaching offered in 1/2 hr or 1 hr sessions

### **Book a Room!**

Mt Adams is approximately a 5 hour drive from BI. We usually book rooms the night prior & the night following the climb.

We also highly recommend that Rainier climbers book a room @ the Inn at Paradise on August 9 preceding and August 12 following your climb. It's awesome to relax with friends & family and soak in your experience!



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## **TRAINING PROGRAM PHASES**

The training program is progressive and is roughly broken down into six phases.

### **Begin with an Ortho Kinetics Assessment:**

This is a 3-hour postural, joint, and movement assessment conducted by an Island Fitness professional trainer which will identify the best movement patterns and exercises for you to achieve maximum results.

### **Phase 1 – Corrective Exercise Training**

Goal: Correct muscle imbalances, joint dysfunctions, neuromuscular deficits, postural distortion patterns as well as recondition each individual and improve total kinetic chain structural integrity.

### **Phase 2 – Integrated Stabilization Training**

Goal: Increase stabilization strength and develop optimal neuromuscular efficiency.

### **Phase 3 – Stabilization Equivalent Training**

Goal: Improve stabilization strength and endurance during functional movement patterns.

### **Phase 4 – Muscular Development Training**

Goal: Increase maximum muscular strength without causing major hypertrophy increases. Working large muscle groups with short rest intervals is a tremendous way to increase a person's anaerobic capacity.

### **Phase 5 – Muscle Endurance Training**

Goal: Teach the muscular system to maintain sub maximal effort for prolonged periods of time.

### **Phase 6 – Develop high amounts of power and endurance.**

Goal: Increase intensity levels, and maintain this over extended periods of time. Prepare for the climb.