



"Southward Bound"

Zin Desert to Maktesh Ramon

AKIM-Jerusalem's Eighth Annual Trek
Tuesday-Thursday, March 9-11, 2010

Training Tips

Regular Walks

We advise you to start your training regime about three months before the trek. You can build up slowly and should start with one or two walks of at least an hour and half for the first month.

In the second month, we recommend that you build up to walking at least three days a week for a minimum of 20 kms per week with one walk of at least 12 kms. *Try wherever possible to include uphill sections in your training walks.*

The month before the trek, you should be walking as much as possible, with three walks per week minimum and at least one of those being at least 15 kms long.

Warming Up and Stretching

It is really important to warm up before a long walk – start walking slowly for at least 10 minutes to prepare the body for the more strenuous exercise to come. Add specific stretching exercises for the calves, shins, quads, hamstrings, lower back and hip flexors, as well as mobility and stretching exercises for the shoulders. Stretches should be performed after the warm-up and again when you have completed the walk.

Injuries

There are some common injuries that are experiences among trekkers.

Two of the most important points to remember are:

- a. You must have comfortable, worn-in pair of trekking boots/shoes
- b. Train sufficiently before you arrive on the trek itself.

Blisters

These are caused by excessive friction and can be very painful, preventing you from walking. To avoid blisters, apply Vaseline over your whole foot to reduce friction and wear walking socks that have already been through the laundry (the best socks are those that are made of wicking material or loop-stitch that wick away sweat - these can be found in all outdoor or camping shops).

Do not puncture blisters as this could cause infection. The moment you feel that a blister is developing, stop and apply a protective pad or plaster such as Moleskin to the affected area. If a blister should puncture, the dead skin over the blister should be cut away and area should be kept clean and dry.

Orthotics (Midrasim)

Many people have found it really useful to have special insoles, designed for your foot, placed inside their walking boots. This can help correct any unevenness when walking and can prevent knee, back or ankle pain.



AKIM-Jerusalem
telephone: 02-672-8731
fax: 02-672-8730

mmarcus@akim-jerusalem.org.il