



Pre-Trip Conditioning for NAHANNI CANOE TRIPS

Participating in Black Feather's canoe trips requires a reasonable level of overall fitness. You will be paddling between 4 and 6 hours per day. You will have the occasional portage, where we must carry our canoes and gear around a waterfall or rapid. As well, on many trips there are opportunities for extra activities, such as day hikes. To fully enjoy your trip, we recommend at a minimum, commencing a conditioning program 3 months prior to your trip.

Month 1:

Aerobic - walk or jog for 20 minutes, 3 times per week

Core Strength - core circuit for 20 minutes, 3 times per week including:

- ab. crunches 1 minute on/30 seconds off
- push ups (or modified) 1 minute on/30 seconds off
- lunges (alternate sides) 1 minute on/30 seconds off
- plank or modified plank 1 minute on/30 seconds off
- tricep dips 1 minute on/30 seconds off
- leg raises (slowly) 1 minute on/30 seconds off

* complete this circuit twice

Yoga/pilates - in place of 1 or 2 core strength workouts, substitute 1 or 2 yoga workouts

Upper Body - upper body workout for 15 minutes, 2 times per week including

- biceps curls 10 x 3 repetitions
- tricep extensions 10 x 3 repetitions
- wrist curls 10 x 3 repetitions
- pectoral squeeze 10 x 3 repetitions
- bench press 10 x 3 repetitions

* note, weight used should feel light on first repetition of each cycle

** weight should be gradually increased after 2 weeks, or when 'ready'

Month 2:

Aerobic - walk or jog for 30 minutes, 3 times per week, one time on uneven terrain

Core Strength - core circuit for 30 minutes, 3 times per week
including:

- ab. crunches 1 minute on/30 seconds off
- push ups (or modified) 1 minute on/30 seconds off
- lunges (alternate sides) 1 minute on/30 seconds off
- plank or modified plank 1 minute on/30 seconds off
- tricep dips 1 minute on/30 seconds off
- leg raises (slowly) 1 minute on/30 seconds off

* complete this circuit three times

Yoga/pilates - in place of 1 or 2 core strength workouts, substitute 1 or 2 yoga workouts

Upper Body - upper body workout for 15 minutes, 2 times per week
including

- biceps curls 10 x 3 repetitions
- tricep extensions 10 x 3 repetitions
- wrist curls 10 x 3 repetitions
- pectoral squeeze 10 x 3 repetitions
- bench press 10 x 3 repetitions

* note, weight used should feel light on first repetition of each cycle
** weight should be gradually increased after 2 weeks, or when 'ready'

Month 3:

Aerobic - walk or jog for 30 minutes, 3 times per week, one time on uneven terrain

Core Strength - core circuit for 30 minutes, 3 times per week
including:

- ab. crunches 1 minute on/30 seconds off
- push ups (or modified) 1 minute on/30 seconds off
- lunges (alternate sides) 1 minute on/30 seconds off
- plank or modified plank 1 minute on/30 seconds off
- tricep dips 1 minute on/30 seconds off
- leg raises (slowly) 1 minute on/30 seconds off

* complete this circuit three times

Yoga/pilates - in place of 1 or 2 core strength workouts, substitute 1 or 2 yoga workouts

Upper Body - upper body workout for 15 minutes, 2 times per week
including

- biceps curls 10 x 3 repetitions
- tricep extensions 10 x 3 repetitions
- wrist curls 10 x 3 repetitions
- pectoral squeeze 10 x 3 repetitions
- bench press 10 x 3 repetitions

* note, weight used should feel light on first repetition of each cycle
** weight should be gradually increased after 2 weeks, or when 'ready'

Questions? E-mail info@blackfeather.com or call 888 849 7668 toll free in North America.