

Physical Conditioning for Hante

It is important that you know that the Hante will be a physically challenging adventure; however, we are confident that if you commit to getting in or staying in good shape, that your experience will be great. If you are already in good shape, keep it up. If not, you should get started as soon as possible. You don't need to be an Olympic athlete to enjoy your Hante course, but increasing your strength, flexibility and aerobic fitness very important and this will enable you to focus on your expedition.

The best way to get into shape is to select an activity you enjoy and start doing it. In the Spring, weather is perfect for running, biking, hiking, ultimate and so on; in the meantime, swimming or cardio classes are great for those cold, raining winter days when you'd rather stay indoors. Once you've started an exercise routine, stick to it. You may find it helpful, and a little more fun, if you and a friend set a regular time to exercise. We recommend that you exercise for a minimum of 20-30 minutes three times a week to increase your aerobic capacity and promote better fitness.

Your Hante will require both strength and stamina. To build your upper body, try doing some pull-ups and push-ups. Sit ups are helpful in strengthening your lower back and core and will help a great deal in backpacking. You might also try starting a strength training program at your local gym. Don't forget your legs as it is important that they be strong for all our activities.

Once you've gotten into the swing of an exercise program, test your stamina: our expectation is that you be able to jog 3 miles at a steady pace or bike 5-10 miles on hilly terrain.

Don't forget that paying close attention to your diet is crucially important to your ability to build muscles and stamina. Don't skimp on protein or vegetables. Cut fat, snacks and fast food. Eating well will give you more energy and help you as you prepare your body for Hante.

Get energized, be enthusiastic, and remember to stretch out before and after exercising. Have fun! And as always, give us a call or drop us an email if you need ideas, help, or just have questions.