

CHAMONIX EXPERIENCE

610 Route Blanche - 74400 CHAMONIX MONT-BLANC – FRANCE
Tel : +33(0)450.93.23.14 - info@chamex.com - www.chamex.com



PHYSICAL REQUIREMENTS AND FITNESS ADVISE

Not everyone who attempts to climb Mont Blanc reaches the summit, and the primary reason is not weather or guiding decisions, but insufficient fitness. Many underestimate the physical and technical challenges of the ascent. The most important factor in maximizing your chance of success is thorough preparation and peak fitness.

Our courses are physically demanding, the first 3 days are spent doing intensive training to ensure that you are confident in all the mountaineering techniques that you will need. Although you will have chance to acclimatise, the altitude will also take its toll on your body. However fit you may be, you will feel significantly less fit at high altitude!

The preparation days also act as a fitness test. If you can't keep up with the group or your guides, it's not because the guide is walking too fast, but due to insufficient fitness.

After the training days, we will have a debrief with the guides. If you're found to lack the necessary fitness, we won't hesitate to remove you from the trip for safety reasons. If another participant also has to drop out, we may consider an alternative, easier ascent. However, if you are the only one, we will have no choice but to remove you from the course. Please note, no refunds will be provided in these cases. Safety is our top priority.

If you are not sure about your fitness level, you can do this simple test:

FITNESS TEST

- 1) Start by grabbing a backpack and heading to the nearest gym.
- 2) Load up your pack with weight to help simulate the climb. If you're unsure of the pack weight, aim for 20% of your body weight or 15kg/30lbs whichever is less. Metal weights are really uncomfortable in a pack, so use towels as padding.
- 3) Set the treadmill to the steepest grade you can, and start hiking SLOWLY.
- 4) After about ten minutes increase the pace to one that you feel you can keep up for a full hour or until you've ascended 500 vertical meters or 1,600 vertical feet whichever comes first.

How do you feel? If you can do this test, and feel fine, then you're set. If you don't meet this threshold, you need to train.

In order to prepare for your Mont Blanc ascent we recommend the following activities:

- **Hiking:** aim to build up to 6 hours hikes, preferably over challenging terrain and carrying a reasonable sized backpack weighing around 8-10kg. Multi-day hikes are ideal as you will get used to doing consecutive days whilst tired from the day before. Try to find time to take the occasional long weekend break to go hiking in the mountains.
- **Running:** trail running is perfect but if there are no trails near where you live then try to find a few hills to run up - even the staircases at work can be good for a few reps! You should aim to be able to run 10km (6.5 miles) in under an hour and a half.
- **Cardio:** any cardio work will be of benefit as you'll find yourself getting short of breath a lot quicker than usual once you reach high altitude. Cycling, cross-training, swimming, etc will all be worthwhile.
- **Strength:** long days in the mountain carrying all your kit will require a certain amount of strength and stamina. Work on leg strength for hiking and back/upper body for using and carrying your mountaineering equipment. If you can get down to your local gym a couple of times a week or sign up at an indoor climbing wall, your muscles will thank you for it!

UPHILL ATHELETE

If you prefer a professional training assistance, we recommend you reach out to our partner, the Uphill Athlete company, which specialises in training and physical preparation for various sports including high altitude alpinism. Uphill Athlete was founded by Steve House who is fully qualified mountain guide and accomplished alpinist himself. Steve and his team use their experience and expertise to provide advice and instruction for specific training programmes. There are links below to learn more.

Training Groups

Training Groups provide:

- Training apps with full integration across IOS and Android devices.
- Guidance to the right training plan for your fitness and experience.
- Choose from one of 50+ training plans.
- Monthly coach review of your training with actionable, personalised feedback.
- On-demand access to their strength and recovery programs like Chamonix Fit and Yoga for Recovery
- Connect with a training-accountability partner to ensure your training - and your support - is done your way.

Use the code *ChamEx* to get 15% off of their Training Groups.

[Discover the Training Groups — —](#)

Training Plans

We recommend either their 16 or 24 week Mountaineering Training plans. You can use the code *ChamEx* to receive your 15% discount.

[Discover the mountaineering training plan — — —](#)

Not sure?

If you are not sure or if you have a particular goal in mind (recovery from an injury, a summit, weight lose, etc), you can sign up for a 30 minute call with an Uphill Athlete coach, dietitian or physio therapist and their professionals will answer your questions:

[Uphill Athlete Consultation — —](#)