

# Training Plan for Trekking to Everest Base Camp

**Daily Workout Plan for Everest Base Camp Trek**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Strength & Endurance Training	30 Minutes	30 Minutes	30 Minutes	30 Minutes	30 Minutes	30 Minutes	-
Flexibility Fitness	20 Minutes	20 Minutes	20 Minutes	20 Minutes	20 Minutes	20 Minutes	-
Aerobic and Cardio Training	-	30 Minutes	-	30 Minutes	-	30 Minutes	-
Hiking Training	-	-	-	-	-	-	Hiking for 3-5 Hours

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## Alternative:

### MONDAY

- Fully Body Strength Training for 1 hour.  
12–15 reps per set
- Cardio Training with no pack for 30 min.  
Recovery level (<65% Max HR)
- Flexibility Training for 10-15 minutes

Do some stretching at the end.

## **TUESDAY**

- Hiking or Climbing Training for 1/2 an hour.  
Try walking across hills, stairs, or a high-incline treadmill with a 10-15 lb backpack. Do it for 30 min at least. (short bursts >85% Max HR)
- Full Body Strength Training for 1 hour  
12–15 reps per set
- Flexibility Training for 10-15 minutes  
Do some stretching at the end.

## **WEDNESDAY**

- Cardio Training with no pack for 75 minutes
- Flexibility Training for 10-15 minutes.  
Do some stretching at the end.

## **THURSDAY**

- Rest Day (Only do some light exercises or stretching.)  
Leave your body to rest and recover.

## **FRIDAY**

- Full Body Strength Training for 1 hour  
8–10 reps per set
- Cardio Training with no pack for 45 minutes.  
Tempo level (75-85% Max HR)
- Flexibility Training for 10-15 minutes.  
Do some stretching at the end.

## **SATURDAY**

- Climbing or Hiking Training  
Walk at least 6-8 miles with a small 10-15 lb backpack. Try reaching an elevation of 3000 ft.
- Flexibility Training  
Normal stretching exercises.

## **SUNDAY**

- Trekking Training  
Hike at least 8–10 miles with a 15-lb. pack. Try to climb 3,500 ft. from sea level if you can.
- Flexibility Training  
As needed to prevent stiffness,

**Note:** *This is a normal workout routine. You're free to change the exercise pattern. This chart only serves as an outline to include every type of training making you fit for one of the most demanding treks: Everest Base Camp.*

Please refer to [Everest base camp training blog](#) to read more.