

# Physical Fitness Evaluation Form for Rocky Mountain Trip

**This is an important element for any TruAdventurer.** This trip will involve about 25 to 30 miles of hiking over a week, with the longest hike being about 9 miles. Participants on TruAdventure have to do multiple days of activity in a row. As a result, you need to be working up to 15 miles of moderate to vigorous cardiovascular training in a week that would equal the effort of hiking 15 miles. Obviously, the more in shape you are the easier it will be for your body to handle the stress of the trip at altitude. Therefore, if you can work up to a combination of 20 miles of equivalent cardiovascular training in a week, you will be much more comfortable on the trip; 15 miles is the minimum. Below are some equivalency comparisons for different cardiovascular activities that equal the cardiovascular stress of hiking. The object is to work up to at least 15 miles of training by July 1, 2016 and then maintain for a month prior to the trip.

1 mile of jogging at a 13 minute mile pace = 1.5 miles of hiking

\*If you are a faster runner than a 13 minute mile pace then you could do less

1 mile of road biking at 11 mph = 1 mile of hiking

30 minutes of moderate aerobics or Zumba = 1 mile of hiking

30 minutes on an elliptical machine or stationary bike = 1 mile of hiking

1 mile of walking at a 16 minute mile pace = 1 mile of hiking

20 minutes of walking up and down stairs or hills with 5 pounds in a pack = 1 mile of hiking

## Instruction For Completing This Form

### Step 1: Current Physical Activity

In the table on the next page list your **current weekly physical activities**, what you consistently do each week. If you are currently working on getting more active that is fine. We need to know what you consistently do right now. You will then figure out how many hiking equivalency miles your current activity equals.

### Step 2: Training Plan

If you are **NOT** doing 15 equivalent hiking miles or more per week, you need to discuss in the space provided what your plan is to work up to that level of training by July 1<sup>st</sup>, 2016. If you are already doing the minimum requirement, let us know your plan for maintaining your training and preparing for this trip. You **MUST** complete this section! Your registration will not be confirmed until we have this information.

### Step 3: Complete the Statement of Commitment and Understanding

I, \_\_\_\_\_, am committed to training for the TruAdventure Rim to Rim Introductory Backpacking trip. I understand that to safely participate in this program, I should be able to engage in a minimum of 15 equivalent miles of cardiovascular training each week by July 1, 2016. If I am not currently engaging in the minimum, I commit to increasing my activity so that I do meet the minimum requirement by the goal date. I also consent to discuss my activity plans with the leaders of the TruAdventure program to assist me in working towards the program goal and promise my activity levels are reported accurately to the best of my knowledge. I understand that if I am not making satisfactory progress or do not reach the 15 mile a week minimum by the goal date, I may not be allowed to participate in the trip and my application and any money I have paid, aside from the non-refundable application fee, will be returned to me.

\_\_\_\_\_  
Participant's Printed Name

\_\_\_\_\_  
Participant's Signature

\_\_\_\_\_  
Date

## Average Weekly Current Physical Activity

\*Using the chart on the previous page, estimate the *hiking equivalency miles* for each of your activities. If you do not know your pace or mileage for activities like running, walking or biking, try to estimate it using a program like Map My Run. If you are not sure, describe it as best you can and we will figure it out.

Activity	Number of Days per Week	Minutes or Miles per session	Total number of Minutes of Miles per week	* <i>Hiking Equivalency</i>
<b>Currently Total Backpacking Miles per week</b>				

### Write down your Training Plan or Maintenance Plan

Below let us know what you will be doing to work up to the require training level or to maintain your current training if you already make the requirement.