

## Ambassador Trail Adventure

# Ambassador Trail Adventure Training Tips

### Training Tips

Follow these for your coaching sessions or to build endurance for your trekking trip.

- Aim for doing cardio workouts (walking, jogging, running, hiking, crosstraining) two to three times a week for six weeks before your outdoor adventure to help build endurance.
- Practice basic form for trail running and hiking. Keep your eyes on the trail ahead of you, hold your body tall (try not to slouch), swing your arms up and down, keep your feet under (not in front of) your body, and use a shorter stride.
- Make sure to train in different weather conditions—cold, rainy, hot. You never know what the weather will bring the day of your adventure!
- For more fun: Find an app to log your workouts and keep track of your progress.

### Training Tips for Trekking

- Complete some day hikes. Aim for three separate day hikes, each four to six hours covering at least five miles.
- Wear your hiking backpack on your day hikes. Slowly increase the weight so it is no more than a quarter of your body weight.
- Show your Girl Scout friends or a family member that you know how to use your gear, like your water purifier, tent, and stove

### Training Tips for Cross-Training

Cross-training involves combining exercises to work different parts of the body. Here are some ways you can cross-train:

- Work out at a gym or outdoor circuit-training course.
- Take a personal fitness class.
- Hop on a bike and go for a ride.
- Swim laps.
- Do yoga for flexibility.
- Dance.
- Play sports like soccer, basketball, and tennis.
- Find a cross-training workout video or app to follow.
- Use your environment to strength train. You can lift canned goods from your pantry, help your

parents carry groceries, or stand on one foot while brushing your teeth.

### Navigational Skills

- Review how to use a compass and GPS with a trail map.
- Learn the trail sign markings for the trails you'll be using.
- As a trail-running coach, teach your trainee basic navigational skills, such as how to use the Sun and stars to find cardinal directions (north, south, east, west) and how to read a basic trail map.
- For trekking: learn how to do triangulation with a map and compass.