

## **Cadette Trail Adventure**

# **Trail Adventure Training Tips**

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 good 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.
- Practice deep abdominal breathing. Put one hand on your stomach and feel it rise and fall with each breath. Imagine that when you inhale you are filling up a balloon. As you exhale, the balloon collapses.
- After you run or hike, be sure to stretch out the muscles in your lower body.
- For trail running, run on unpaved surfaces at least once a week. Run up and down hill while increasing your distance over time.
- For more fun: Find an app to log your workouts and keep track of your progress.