



*Training for ferratas*  
*If you need help to plan your training, here you find the finalized answers for your preparation period*



If you are sportive, don't read this sheet. Your basic sport preparation is sure good to climb a via ferrata.

But if you need specific informations about this argument, follow these essential tips:

**If you are a sedentary, and you begin now a preparative sport activity, your first step is a visit by your family doctor.** He will give you a personal guide line to approach the sports.

## **Jogging is the base of every activity**

Is the easier way to create the base of your fitness.

If you never does it:

1. Buy "protective running shoes", every sport shop can suggest you the best model. Don't run with generic gym shoes.
2. Isolate a ring running path near (or not to distant) your home. From 3 to 10 Km length. If is possible: in the green as a public park, if is not possible: in secondary roads.
3. Begin walking fast and continue with a soft running for thirty minutes max one hours for every session. Two max three sessions per week are ok.

## Fitness gyms



A good alternative to increase your general fitness situation is plan a period (better the winter) to increase muscles.

Ask at your gym a personal program to increase your resistance in the upper and lower part (in balanced form) of your body. Two or three sessions per week are ok.

## Climbing gyms



In the last years was open many climbing gyms (especially in the cities). If you have one of these "climbing gym" not too distance from your home... go immediately!

In every "climbing gym" are organized basic climbing courses for beginners.

This is the best way to prepare you at the mountain climbing at your home. Is exciting, formative, and sure funny! And last is a good and complete physical activity!

## Hiking / Trekking



If you have hiking areas around your city, this is a "mandatory activity" on your weekends. Plan a progressive intensity of your treks to arrive at 6-8 hours of walks.

### Final notes (in sequence)

1. Analyze the management of your week to find two or three sessions during your free time.
2. Currency the sports resources around your home to isolate the best solution in consideration of your preferences. (runnig, gym or...)
3. And last... go.... start !!!!

and now... are you ready to come in the Dolomites?

