A four-week training cycle before leaving for the mountains.

Introduction.

It should be noted that mountaineering, or mountain tourism, should not be the only form of increased physical activity of a person in the annual cycle of life. **Physical activity is a need inherent in nature in the very essence and structure of man.** Everyday physical work has been an integral and forced part of life throughout human existence, however, in recent times, the time of scientific and technological progress, the proper physical work of the body, necessary for the full functioning of a person, is present in much smaller volumes and intensity than nature intended. And therefore, severe **physical activity, training, should be constant throughout the year.** Also, especially for men, it would be nice to elevate this to the degree of sport, when, in addition to the presence of physical activity, a competitive aspect appears. It is important to understand the moment correctly - the competitive aspect is needed not in order to defeat everyone, but in order to make training optimal, rational and, from a physiological point of view, competent. Physical training is not so critical to responsibility, because there are no clear numbers. Going in for sports makes you treat your form objectively and critically, because there are specific numbers here. Result. A person is judged by deeds, and deeds are judged by the result, in sports this is more than true. The winner is not the one who trains the most or the hardest, but the one who has the best result, that is, **the one who trains optimally**. In sports, initial data play a significant role, but in application for each individual person this is not important, because we are comparing a person who trains from time to time, as he has to (or does not train at all), and the one who trains competently. If he sets himself competitive goals (for example, to improve the time of passing the selected distance in the selected sport), **he has a different attitude to the training process.** The best option is to train with a coach and participate in competitions, setting yourself bold serious goals, regardless of factors such as data, age, etc., because these are not factors for those who know what they want. Nature knows no excuses, and does not give concessions, she loves everyone, but also asks from everyone, because she has given everyone enough for a great life, and will take away from everyone who does not want to fight, from everyone who is not interested in the great path of Man. Even if for some time you run (or come) far in the tail, it doesn't matter, only one thing is important in this context: **you went to the start, or you didn't.** Whether you wished to ask yourself for real, or was afraid. Whether you wanted to face the objective truth, or not. Whether you swung at the impossible, considering it an appeal, not a diagnosis, or calmed down. Life is struggle, refusal to struggle is the end.

Competent training with a coach will help you work correctly **on the technique of the chosen trainings,** improving it, optimizing it and eliminating mistakes that can lead to injuries; correctly distribute the volume and intensity in micro and macrocycles; more objectively, faster and more accurately to develop the correct scheme of work, starting from the peculiarities of the physiology of this particular organism. By the way, putting the training process on the right track entails getting rid of another gross mistake of amateur training - the desire to turn each workout into a competition, which is spurred on by the desire to compete (consciously or not), and the common practice of using various electronic trekkers, with the subsequent posting of the results and the "training diary" on the Internet.

Hiking in the mountains is neither a competition nor an achievement. Part of religion and art - completely, because they, the mountains, being a place of pure and strong, a place of great freedom, are the best way to cleanse a person from wrong thoughts, help him to highlight the essence and get rid of the excess, what prevents him from being human, to follow the great path of Man. But for this, you need to be strong. You can't be strong here, and when not here - be weak. **You have to be strong every day**. And every day you need to strive to become stronger. This is part of the path, this is part of the great route.

Many people, perhaps even the majority, climb the mountain in order to be the one who climbed among those who did not climb. From time immemorial, in the nature of the dark side of man, the relationship of oneself with fellow tribesmen by rising above them has been laid down. Most do not even realize this, thinking that they are doing it for themselves. The true "for yourself" is when you go to this mountain without even allowing the thought that at least someone else besides you will know about it. Mountains are not a place for competition. It is foolish to compete with people in a place where there is a stronger opponent - the nature. If you want to compete, train, go to the stadium and compete, there are suitable conditions for this, the same for everyone, stopwatch hands, judges and spectators. Here, try to understand it, you are not for it. Here you are not on the podium and not in the forefront of the column. You came to a huge temple for confession. Well, go ahead and be honest. And be strong.

If, by some weak coincidence, it turned out that the rest of the year on the plain is a time of relative physical inactivity, only few months remained before the mountains, and suddenly there was a realization that it would not be easy, then below is a brief guide to how You can at least slightly improve the situation with the physical form.

Physical shape

Good physical form, in relation to the mountains, should be considered if its indicators have the following values: Anaerobic Metabolism Threshold - not lower than 170-180 beats / min while running, cross-country skiing or walking with sticks uphill; pulse at rest 50-55 beats / min. Actually, the greater the difference between the ANOT and the resting pulse, the better the physical form. It would be nice to run 200 meters from 30 seconds, 400 from a minute, 3 kilometers from 12 minutes.

The key factor (besides strength indicators on overcoming difficult sections on technical routes) is endurance. General endurance consists of two fundamental ones: central and local. The central one is the heart, the local one is the muscles and blood vessels (perhaps, the vascular system is better considered as a local factor). In the above paragraph, the figures characterizing these two factors are actually given. Anaerobic Metabolism Threshold (ANOT) is the main indicator of local endurance (muscle), resting heart rate is an indicator of the ability of the heart muscle to perform heavy long-term physical work. The most valuable and objective indicators are the results of a step test in the selected type of training, but it is very difficult to conduct this test on your own. To simplify, ANOT is an indicator of the oxidative capacity of muscles, the ability to perform work in an aerobic mode (using oxygen, for a long time, without accumulation of these decay products inside). Without going into lengthy explanations, it is easier to feel this with the example of a car, using an analogy. Muscles (according to ANOT) is the working volume of the engine, the larger it is, the more powerful the car (in fact, the working cylinders of internal combustion engines are similar to muscle cells). Again, engine displacement is nothing if there is not an adequate amount of gas-fuel mixture going there.

The pulse at rest is an indicator of the stroke volume of the heart, that is, the volume of blood that the heart ejects in one beat. The greater the stroke volume, the lower the resting heart rate (because the volume of blood and oxygen that it carries, for the life support of the body at rest, can be considered a constant value). The greater the stroke volume, the more blood (oxygen) flows to the muscles at a given pulse. Aerobic muscle work is the work of an internal combustion engine using a gas-fuel mixture, where the fuel is ATP (obtained as a result of oxidative phosphorylation in aerobic metabolism), and the gas is oxygen in the blood.
The heart is the factor that determines how much oxygen will flow to the muscles at a given pulse. Higher stroke volume = more oxygen, more oxygen = more power output (with adequate engine size). **The optimal physical form is when the capabilities of the muscles (in this type of training) and the capabilities of the heart coincide.**
When the capacity of the heart is ahead of the capacity of the muscles (more oxygen can be taken in than the muscles can use) it is easier to rationalize the system (muscles can adapt faster than the heart), and this is not dangerous. It is more difficult to align the bias in the other direction (the heart is much slower to change than the

muscles) and it can become dangerous (when performing prolonged work at a high pulse, say, from 180, destructive processes can begin in the heart muscle itself).

Therefore, the overall endurance of the body (the power generated in aerobic metabolism in this type of training) can be increased either due to the capabilities of the heart (increase in the supply of oxygen to the muscles per unit time at a given pulse), or by increasing the ANOT, the pulse on which you can work for a long time (oxidative capacity of muscles). In practice, the pulse above which breathing begins to go astray and shortness of breath appears (the pulse caused by work with the power limit for aerobic processes) will be the approximate pulse of the ANOT. By the way, **there is no mountain sickness exist, there is only a bad physical form,** a low threshold for anaerobic metabolism, and, as a result, poisoning of the body by the products of the action of anaerobic processes triggered by the required power, acidification. Hence - dizziness, nausea, malaise (run on the plain 5 x 200 m with maximum intensity and a five-minute interval, and you will feel about the same). In my practice as a mountain guide, I have repeatedly encountered cases when already on the approaches, at altitudes up to 3 thousand, when the pulse of a person who began to stop due to shortness of breath and acidification was 140-150 beats. That is, already at this pulse, a person begins to poison himself due to the fact that he cannot work in an aerobic mode, without consequences, and his body is forced to resort to a heavier anaerobic metabolism, which is short (and therefore stops), albeit more powerful, and leads to acidification (accumulation of waste products in the muscles and blood). A heart rate of 150 beats can be considered an average heart rate for work such as backpacking or climbing with a small backpack, but it should not be the limit of aerobic processes.

There is another factor - **the factor of the amount of oxygen per unit volume of blood,** but this relates to acclimatization issues, and not to the issue of training on the plain (although training in a pressure chamber is a reasonable idea).

So, if we talk about the fact that there is not enough time left, but we need to somehow prepare, then it's too late to solve the problems of central endurance (heart volume), you won't have time to really do anything in a few months. Therefore, training aimed at developing this moment will be of secondary (recovery) nature. It is quite possible to increase muscle performance in four weeks for example (the period of growth of mitochondria and myofibrils, organelles responsible for metabolism and strength, is just commensurate with this time, and it is possible to add some conditional amount of them).

Trainings, respectively, can also be divided into two large groups aimed at working with these two factors mentioned above: short high-intensity and long low-intensity workouts.

Trainings

Hard workouts/trainings.

These are **short, powerful workouts, with high-intensity training** (working on local muscle endurance, strength, along the way, also working on the capabilities of the heart). The principle in these trainings is as follows: to encourage the body to work in the borderline state of ANOT, as well as beyond it. Work in the acid zone, that is, in the anaerobic zone, to encourage the body to rebuild muscles according to oxidative signs. Roughly speaking, work in the border area with the aim of expanding it. **Depending on the preparation, experience and tasks, this training can last from 20 minutes to two - three hours.** The upper limit of the heart rate achieved during training is an indicator of how fully the work is done. With good preparation and good physical form, the pulse can go beyond 200 beats. A good choice with the greatest success will be **any kind of cyclic sport.** The most correct choice will be from

the logical point of view is **sport in nature.** From the point of view of the naturalness of its use for the body, **running has always been and will be the most suitable.** Then, as an option for running in conditions where it is not possible or not optimal, **skiing**, then everything else. In general, the entire athletics base is ideal both for full-fledged sports (in terms of the most complete effect on the body), and as the main way to prepare for the hard work in the mountains. Therefore, we will consider training (hard work training), varying the intensity using the example of running work.

An important point is that **it is impossible to set the optimal running technique,** the technique of special exercises and the optimal intensity for yourself, this is not always possible even with a coach, but there are much more chances with a coach. Running, being the most natural way of movement and high-intensity work (because it was the very first, most logical and only means), today is not so important for a modern person, due to the fact that the vital need for it (at first glance) has disappeared, and more familiar to him - **being in a sitting immobilized position in a car seat, or another chair.** What is natural comes naturally: the ancients could run correctly by themselves, but modern man has lost this ease. And therefore, in order to still try to work in the right technique, using training and time as sensibly as possible, **a coach is needed.** Running work, athletics base, is not only running, and not always running. These are various running exercises that are designed to develop both certain aspects of running technique and the functionality of the athlete's **muscles, tendons and joints;** these are various jumping exercises aimed at developing explosive strength; these are various general physical training exercises for all muscle groups in various modes of operation; these are flexibility exercises that have the most positive effect on both technique and functionality. In hard running, all the skeletal muscles of the body take an active part (the most obvious example is the physique of any sprinter) and the requirements for all systems and resources of the body are great, and, perhaps, maximum (an example is the now popular phrase: “I don’t like to run”, or resting heart rate in marathon runners).

As for some globally generalized recommendations for building the training itself, the following can be distinguished. It is better to carry out all running work in a **stadium or in an indoor arena** (in the cold season), some part can and should be done on **natural ground,** on natural terrain, using a slope.

An example of work at a stadium or arena:

General warm-up.
Easy running, keeping all the key moments of the technique in a reduced size and angles. 2-4 kilometers, with or without 2-3 tempo pieces (200-250m in a rolling manner). Upon completion, a top-down warm-up of all the main parts and joints of the body.

Stretching.
In general, stretching should be done every day. You can do it in the evening before going to bed, or when you have free time, having previously stretched and warmed up the muscles a little (warm-up exercises, for example), you can use several basic positions for one or two minutes, it will take about fifteen minutes, or increase the time to thirty minutes by adding positions, or time spent in them. The same pre-workout stretching is needed in order to better prepare the muscles, tendons and joints for hard work, it should not be neglected, but it should not be too tightened so that the general training line is maintained and the muscles do not cool down. About ten minutes will be enough.

Running workout.
One - two series of several (4-5) special running exercises of 40-60 meters, for example: running on straight legs, high hip lift, overlapping, multi-hopping (they are also deer running, they are also jumping from foot to foot), pushing. It is not possible to explain the technique of these exercises in words, if there is no trainer, then you can look at examples on the Internet. The first series can be done more freely and calmly with a good amplitude, in the second one you can add tempo, do it more often.

After the SBU, it would be nice to run two or three accelerations of 30-40 meters, with increasing intensity.
The manner of performing the block: did the exercise (or ran acceleration) - returned, rest - while you are going back.

Running Work.
It's hard to give specific advice here. Without information about the form and condition of the trainee, any recommendations are very general. There are infinitely many options for constructing training work, plus, training schemes combine not only empirical and theoretical knowledge, but also a considerable creative part, because often it is creative inspiration, anywhere, that anticipates any, both scientific and empirical, conclusions.

In general, the essence of any scheme is as follows: (workload / rest) x number of sets. In order to build on something, you can stop at the number of sets equal to three with work on segments from 60 to 400 m (just work in these approximate limits will allow you to stay in such a state that will create the prerequisites for the necessary development of the parameters of interest to us). This spread is given taking into account the fact that training is carried out without a coach. In such a period of time, it is very difficult to harm yourself (if you do not take into account the harm to the musculoskeletal system due to poor technique). It is better not to use sections of 600 m or more in the working section on your own.
The intensity with which a set or exercise is performed is the most important factor, let's call the subjectively felt maximum intensity - one hundred percent. In most cases, it will not be such - an untrained or poorly trained (in comparison with the true capabilities and potential of anyone) the body warns itself against boundary loads (partly also because it does not know about finding the boundary, since it does not work near it) , and therefore, even if desired, it will not be possible to give out one hundred percent intensity. Therefore, when mentioning 100% intensity, we will mean the subjectively maximum intensity at the moment and with a given physical form. This article is deliberately silent about the intricacies of the physiological background of the processes in the muscles, in fact, it can be represented as follows (using the example of specifically running with 100% intensity):
Processes that last
Up to 10 seconds (alactate and creatine phosphate metabolism)
Up to 20 seconds (creatine phosphate predominantly)
Up to 40 seconds (creatine phosphate with the inclusion of anaerobic glycolysis)
Over 40 seconds (the inclusion of oxidative phosphorylation with a possible share of anaerobic glycolysis, the lower the intensity and the longer the duration of work).
Over 40 seconds and beyond, the essence of the processes does not change (a gradual transition to work in the aerobic zone with a decrease in power is carried out, if we mean infinitely long work, such as climbing)
Switching between processes is similar to shifting gears in a car, in that here the processes are not so clearly separated from one another, but rather occur overlapping each other at the edges, or even in parallel.

The question is appropriate: how is this connected with the fact that a climber needs to work not at all **within a minute, but for hours, within a day.** The key to working effectively in the aerobic zone is to work effectively in the zone that precedes it. Allegorically: work within the framework described above is work on a car engine, where it is important how clearly and efficiently it works in different gears, and if it works properly in fifth, it means that it can drive five kilometers and five hundred, the factor in this case will be only **the amount of fuel in the tank.**

Example of work:
300 m + 3 min rest + 150 m + 10 min rest. 3 sets. With increasing intensity from set to set (70%, 85%, 95-100%). With proper distribution, the time should improve, the last set should be completed as quickly as possible and its time should be the best of the three.
5 x 60, variable run (segment - fast, sprint, back - easy jogging, no rest).

Example of work:
400 m + 3 min rest + 200 m + 10 min rest. 3-5 sets (60%, 70%, 80%, 90%, 100%)
5 x 30 alternating runs (sprint + jog, or walk).
Example of work:
100 m + 3 min rest + 60 m + 10 min rest. 3 sets. The distribution is the same as in the first example.
5 x 60 running with back + face (60 m runs with back with wide angles, back - with face, agile, but so that there are enough resources for all segments).

General physical preparation.
After running work - moving to the site, where there are bars and a crossbar (or a kind of gym, where there is an Olympic bar with weights, etc.). Let's say three rounds of strength circuit training. The options are endless. One of:
Pull-ups on the bar 10 times
Push-ups on the uneven bars 10 times
Overhead Squats 15 reps
Jumping on a pedestal (or jumping out of a low gray) 10 times
Wide Lunges 30m
Wave with a straight leg (straight, or side) 20 times for each
Raising the legs on the crossbar to touch 10 times
Tilts of the body with a bar on the shoulders 30-50 times.
Rest three minutes (or until the pulse is 120-130), then two more circles.

Hitch.
400 - 500 m easy jogging.

Number of workouts per week: 3 (for example: Monday, Wednesday, Friday)

Long low-intensity workouts/trainings.

Here, the key factor is **duration** (if in an annual cycle, then the longer, the better). The duration of these trainings is measured in hours (in cycling it can be 6 and 8 hours or more), the pulse is not high 120-150 (in general, in theory, it should correspond to the pulse rate at which the stroke volume is maximum, but it is impossible to calculate this at home, so it is better to start from the numbers 120-130). If "working" trainings must be strictly dosed, because there is a very possible overdose, then these trainings should not cause serious consequences and **can occur every day.** In general, they may cause slight fatigue, which should disappear after a full sleep (under a full sleep should be understood: a dreamless sleep, waking up without an alarm clock).
One of the best tools for these workouts is the bike. This is due to the fact that it allows you to do many hours of work as sparing as possible for the musculoskeletal system (for example, running is less acceptable for these purposes - several hours of light jogging, several times a week - they still load ODO, which is already make very powerful works on intensive running training). In addition to training purposes, a bicycle also allows you to fully communicate with the world in the off-season: a modern city can hardly be called a world, but what is outside of it is quite possible, on a road bike for three to four hours of low-intensity training you can travel about a hundred kilometers. On a day off, when time permits, you can just go to ride for many hours, see a lot, think a lot, work hard on the volume of your heart.
So:
Means - **road bike, clipless pedals, round pedaling** (training takes place on the road)
Intensity - 120-130 beats per minute (pulse, heart rate monitor required)
Duration - from 3 hours.

The number of workouts per week is unlimited. This can be at least the days between working sessions (Tuesday, Thursday for three hours, and Saturday + Sunday longer trips), and all other days**. A bicycle can actually become a means of transportation.** Or rather, any movement (within the city on everyday issues) should be carried out with the help of OWN forces, and not with the help of self-propelled crutches, like a car. The car is for the weak, the legs are for the strong, or for those who aim to it.
Car: moving your own body, which is more than ten times lighter than the moving vehicle, environmental pollution, physical (and therefore mental) degradation, money down the drain, life down the exhaust pipe. With the advent of a car in life, a person becomes weaker, as with the advent of everything that makes life easier in the wrong direction. But one should not confuse the lightness that comes from comfort and laziness with the lightness, freedom, and simplicity that real Strength gives. Now it has even become fashionable to drive up the Mountain in a vehicle like a snowcat (on Elbrus from the South, climb on a cable car up to 3800, then on a snowcat up to 5000, then with a hoof in the chest about how “we hacked down both peaks today” - this is almost norm).
For any man (and even more so for a climber) neither the weather nor the season should be a problem. Snow, frost, wind, or rain and mud, it's all fine. **This is what the human body was originally designed for** (and not at all for easy chairs and physical inactivity). You can also ride a bike around the city in winter, but for long workouts you can use, for example, **skiing, or just walking** along the specified parameters. Do not use cardio equipment in fitness centers during the cold season. It is a step backwards, to stagnate indoors in place - it is stupid if you can go forward on the street, where there are not sweaty bodies of people around, but a whole huge world. **Outdoor training all year round,** it is, among other things, also a training for the immune system, with a regular year-round approach, you will simply stop getting sick.
But, a small clarification on work training: it is still better to carry out them in the cold season in a closed arena, due to the fact that the working surface must be stable, not slippery, predictable, so that it is possible to work with maximum efficiency. Plus: working with sets implies rest, so the body will cool down, which will also affect the efficiency of work (or even lead to sprains). If it is not possible to train in the arena in winter, this also does not change anything, you just need to find a cleared piece of asphalt and measure (at least conditionally, in steps) working pieces. If there is no cleared asphalt, any horizontal surface will do, the only big minus: when it is slippery, it is impossible to perform the correct kick when running.

Sample of Cycle.

Development in sport (as in anything significant) is based on two basic concepts - **regularity and gradualness.** Trainings should be regular with a gradual increase in them. Finding the right regularity and the right gradualness, finding the right periodization and intensity gradient, is a great art. In general, regularity can be correlated with all other physiological processes, it is logical and natural - loads should be daily (food, water, sleep, etc.). In general, the intensity should vary from the maximum (conditionally, 100 percent), the one that is designed to put forward demands on the body that force it to become stronger (transferring loads), to light, restorative (holding loads). Allegorically, the processes can be represented as follows: life and physical form are like an escalator that always goes down, and you need to go up - if you stop moving your legs, you will go down, but if you need to go up, you need to move them quickly. You won’t be able to completely relax in this situation - if you stop completely, you will drive down, and for further ascent you will need to catch up (often this is also necessary, but even more often - you will never be able to catch up with the one who did not stop), and therefore - rest, one way or another, is the same work (in general, doing is much more interesting than not doing, although it is harder, but therefore more expensive).
A very approximate example of the distribution of trainings, for example, to the mountains - four weeks, during the year the loads were very conditional. Here an example of work in hard training is given, in the expectation that the ODO is ready for such work (it will not be ready for a passive person), any such work is preceded by cycles of physical training, which prepares both the muscular and musculoskeletal systems for hard work. Without going through the preparatory phase of physical cycle, during the work period, due to poor adaptation of the ODO, pain in the knees, ligaments, etc. is possible.

Week 1

Monday
hard workout
2 x (400 + 200)
3x60

Tuesday
Low intensity workout. Bicycle 3 hours. Stretching

Wednesday
hard workout
2 x (300+150)
5 x 30

Thursday
Low intensity workout. Bicycle 3 hours. Stretching

Friday
hard workout
4 x 200
3x40

Saturday
Low intensity workout. Bicycle 6 hours.

Sunday
Low intensity workout. Bicycle 6 hours.

Week 2

Monday
hard workout
3 x (400 + 150)
4x60

Tuesday
Low intensity workout. Bicycle 3 hours. Stretching

Wednesday
hard workout
3 x (300+80)
5 x 30

Thursday
Low intensity workout. Bicycle 3 hours. Stretching

Friday
hard workout
3 x (100+60)
4x40

Saturday
Low intensity workout. Bicycle 6-8 hours.

Sunday
Relaxation.

Week 3

Monday
hard workout
5 x (400 + 200)
5x60 (back + face)

Tuesday
Low intensity workout. Bicycle 3 hours. Stretching

Wednesday
hard workout
2 x (4x200). At the 400 m stadium: 200 running, the remaining 200 light jogging or walking, until the start mark at 200. Rest only after the 4th piece.
5 x 30

Thursday
Low intensity workout. Bicycle 3 hours. Stretching

Friday
hard workout
400, 400, 300, 200, 60, 60, all with 5-6 min rest
5x30 (back/face)

Saturday
Low intensity workout. Bicycle 6 hours.

Sunday
Low intensity workout. Bicycle 6 hours.

Week 4

Monday
hard workout
2 x (400 + 200)
3x60

Tuesday
Low intensity workout. Bicycle 1.5 -2 hours. Stretching

Wednesday
hard workout
2 x (300+150)
5 x 30

Thursday
Low intensity workout. Bicycle 3 hours. Stretching

Friday
hard workout
2 x 200
5x30

Saturday
Low intensity workout. Bicycle 3 hours.

Sunday
Relaxation.

It is better to distribute everything so that before the first day of prolonged exercise in the mountains (from 3 hours of acclimatization walks) there are **two or three days of rest.** With an adequate level of fitness, any acclimatization walks should feel like an active holiday, it feels (by heart rate) akin to low-intensity training.

Recovery during these four weeks can be monitored by two parameters: **resting pulse, sleep quality.** The higher the resting pulse, relative to the base one, the greater the accumulated fatigue, the deterioration in the quality of sleep (the appearance of dreams, frequent awakenings) is also an indicator of overtraining. All this is not a reason to cancel anything. Within four weeks, it is impossible to go to chronic conditions. What doesn't kill makes you stronger, the main problem is to distinguish one from the other (even a bullet does not always kill and not immediately). In any harsh conditions, the body understands that it has only two options - to die, or to become stronger in order to live. He always chooses the second, and because in most cases the strength of the spirit lags far behind true physical abilities, the first option can be ignored at this stage. If the resting heart rate is elevated at the end of the third week and sleep has deteriorated significantly, then you should further reduce the load in the fourth week, or even take rest days (for example, a medium hard workout). If on working days there is an awakening by an alarm clock, then on weekends it is worth building a life in such a way as to wake up without an alarm clock. With a relatively sensible scenario, by the time you arrive in the mountains, the resting heart rate may become lower than it was before the start of the program, and the threshold for anaerobic metabolism while running, walking, walking with sticks should definitely increase (as an option, this can also be tracked by the maximum heart rate achieved during training on 100% pieces, after stopping, the more trained you are, the higher the maximum heart rate).

Good training, good mood, big things.
See you on the routes.

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Mountain Guide - Viktor Chaika