

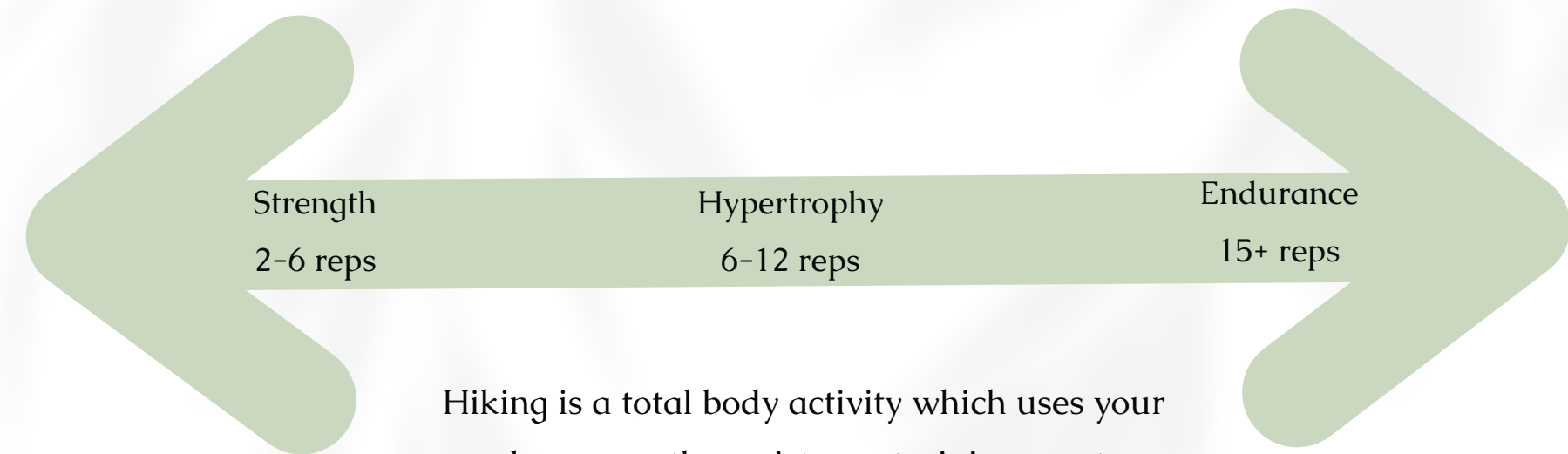


# RESISTANCE (STRENGTH) TRAINING

## HOW TO SELECT OPTIMAL SETS AND REPS

A well-rounded resistance training program for hikers includes three different types of resistance training: strength, hypertrophy and endurance. Each type uses different mechanisms to stimulate different parts of the body to achieve optimal results, preparing you for every part of the trail.

	GOAL	SETS	REPS	LOAD OF YOUR MAXIMUM 1RM  (NOVICE INDIVIDUAL)	LOAD OF YOUR MAXIMUM  (EXPERIENCED INDIVIDUAL)
Strength	Improve efficiency of neuromuscular system to exert a maximal force	1-3	2-6	60-75%	80-100%
Hypertrophy	Increase the amount and size of muscle fibers	2-4	6-12	70-85%	70-100%
Endurance	Improve the ability of a muscle to repeatedly exert submaximal force	2-4	15-25	<70%	<70%



Hiking is a total body activity which uses your muscles across the resistance training spectrum, especially when elevation change is present.

**Set**-a group of repetitions performed sequentially  
**Repetition (Rep)**- a single completion of an exercise. 1 rep max (1RM) is the heaviest weight you can lift in one single repetition.  
**Load**- the amount of weight lifted during a given set relative to your 1RM. For novice individuals it can be advisable to begin with body weight while focusing on form.

Information adapted from the American College of Sports Medicine. Please consult your healthcare professional before beginning any exercise program.