



Everest Base Camp Trek Training Plan

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Introduction

Training for the [Everest Base Camp Trek](#) is not about speed or extreme gym workouts. It is about endurance, leg strength, cardiovascular fitness, and the ability to walk for multiple hours on consecutive days while carrying a backpack.

This 12-week training plan is divided into three phases:

1. Building the Base
2. Strength and Intensity
3. Peak Trek Preparation
4. Taper Week (Recovery before trek)

Follow this plan consistently, and by the end of Week 12, you should be physically and mentally ready for the Everest Base Camp trek.

Weeks 1–4 — Building the Base

Goal: Build endurance, consistency, and basic strength

These first four weeks are focused on consistency and building a fitness foundation. Do not train too hard during this phase. The goal is to get your body used to regular movement and longer walking durations.

Weekly Training Schedule (Weeks 1–4)

Day	Training
Day 1	Easy Cardio – 30 to 45 minutes
Day 2	Strength Training (Full Body)
Day 3	Yoga / Stretching – 15 to 20 minutes
Day 4	Easy Cardio – 30 to 45 minutes
Day 5	Strength Training
Day 6	Light Hike – 1.5 to 2.5 hours (wear trekking boots)
Day 7	Rest

Strength Exercises

- Squats — 3 × 15 reps
- Lunges — 3 × 12 reps each leg
- Step-ups — 3 × 12 reps each leg
- Plank — 3 × 30–45 seconds
- Calf Raises — 3 × 20 reps

Milestones by End of Week 4

- Comfortable walking for 3 hours
- Completed 3–4 cardio sessions per week
- Trekking boots broken in
- Improved endurance and stamina

Weeks 5–8 — Strength and Intensity

Goal: Build strength, endurance, and hiking stamina

This phase increases workout intensity and introduces trekking-specific training like incline walking, stair climbing, and hiking with a backpack.

Weekly Training Schedule (Weeks 5–8)

Day	Training
Day 1	Moderate Cardio – 45 to 60 minutes
Day 2	Strength Training (Add weight if possible)
Day 3	Easy Walk / Swim / Yoga – 30 to 40 minutes
Day 4	Stair Climbing with Backpack – 45 to 60 minutes
Day 5	Strength Training
Day 6	Long Hike – 3 to 4 hours (with loaded daypack)
Day 7	Rest

Additional Training Focus

- Incline treadmill walking (8–12%)
- Hill walking or hill running
- Carry 5–7 kg backpack
- Practice downhill walking
- Focus on leg strength and endurance

Milestones by End of Week 8

- Completing 4.5 to 5 hour hikes
- Noticeably stronger legs
- Improved cardiovascular endurance
- Comfortable hiking with loaded backpack

Weeks 9–11 — Peak Training Phase

Goal: Simulate real trekking conditions

Training now should closely resemble actual trekking days — longer hikes, back-to-back training days, and hiking with a full backpack.

Weekly Training Schedule (Weeks 9–11)

Day	Training
Day 1	Cardio Training – 60 minutes (hilly terrain)
Day 2	Full Strength Training + Core
Day 3	Moderate Cardio / Yoga – 45 minutes
Day 4	Light Walk / Swim
Day 5	Strength Training
Day 6	Long Hike – 5 to 6 hours (full pack)
Day 7	Rest or Easy Walk

Milestones by End of Week 11

- Completing 5–6 hour hikes comfortably
- Able to hike two days in a row
- Strong mental endurance
- Comfortable carrying full daypack

Week 12 — Taper Week

Goal: Recover and prepare for the trek

Reduce training volume by 50–60%. Focus on recovery, sleep, gear preparation, and nutrition.

Week 12 Plan

- Short easy walks – 30 to 45 minutes
- One light strength session
- Stretching and mobility work
- Gear organization
- Hydration and nutrition
- Sleep and recovery

Your fitness is already built. Now your goal is to arrive fresh and injury-free.

Best Exercises for Everest Base Camp Preparation

Lower Body Strength

- Squats — 3 × 15–20 reps
- Lunges (forward, reverse, lateral) — 3 × 12 each leg
- Step-ups with backpack — 3 × 15 each leg
- Single-leg calf raises — 3 × 25 reps

Core and Stability

- Plank — 3 × 45 seconds
- Side plank — 3 × 45 seconds each side
- Dead Bug — 3 × 10 reps

Upper Body and Posture

- Bent-over rows — 3 × 8 reps
- Push-ups — 3 × 15–20 reps

Trek-Specific Training

- Stair climbing with pack — 45 to 60 minutes (2× per week)
- Treadmill incline walking — 8–12% incline for 45 minutes
- Downhill walking practice
- Long hikes with backpack
- Back-to-back hiking days

Final Training Tips

- Train 4–5 days per week
- Increase hiking duration gradually
- Break in trekking boots early
- Train with the backpack you will use
- Focus on endurance, not speed
- Recovery and sleep are part of training
- Consistency is more important than intensity

