

KATE SIELMANN

MOUNTAINEERING & TREKKING TRAINING

The 5 Best Leg & Glute Exercises

For Mountaineering & Trekking
PLUS 15 Mountain-Specific Variations

By Kate Sielmann



The 5 Best Leg & Glute Exercises for Mountaineering & Trekking *PLUS 15 Mountain-Specific Variations*

Training for mountaineering and trekking isn't just about endurance and being able to go for hours on end without tiring; it's also about having powerhouse legs and glutes that can power you through every incline, decline, rocky path, slippery gravel, and uneven terrain you'll ever encounter. Trust me, I've been there—I remember when I first started, and my legs felt like they were made of jelly after just a few hours on a slope that if I'm being honest...

Wasn't even that steep.

Back then (10+ years ago now), I hadn't fully grasp how crucial it was to build powerhouse legs until I was halfway up my very first steep slope all those years ago. I regretted every single missed training session. I struggled through countless ascents and descents, wishing someone had handed me a guide on how to properly prepare my lower body for the demands of mountaineering and trekking.

That's why I've put together this guide: "Leg & Glute Strength For Mountaineering & Trekking." It's packed with essential exercises that focus on building the strength and endurance you'll need for every step of your journey. From squats and lunges to step-ups and jumps, these exercises are designed to replicate the real challenges you'll face on the mountain.

So, print this out, screenshot it, go old school and hand write it out on an actual piece of paper—just do what you need to to integrate these exercises into your weekly training plan.

Your friend and unofficial coach,

Kate

P.S. If you're new here... Hey, I'm Kate Sielmann

P.S. If you're the kind of person who LOVES a free download, but never actually uses it *yes, I'm talking to myself too because I do this alllll the time*...

Then this will probably be a better solution for you.



And pssst... Use the code **LG20** to get **20%** off

1. Lunges	<p>Best For Traversing</p> <ul style="list-style-type: none"> ▪ Lunge onto folded cloth with the inner or outer edge of your foot <p>Best For Uneven Terrain</p> <ul style="list-style-type: none"> ▪ Lunge onto the ball of your foot or the heel of your foot <p>Best For Big Steps</p> <ul style="list-style-type: none"> ▪ Walking lunges - pull your knee in towards your chest after every lunge <p>Best For Building Endurance</p> <ul style="list-style-type: none"> ▪ Walking lunges on a treadmill with an incline and low speed
2. Step Ups	<p>Best For Steep Slopes</p> <ul style="list-style-type: none"> ▪ Step up onto an angled surface to simulate an incline slope <p>Best For Technical Steep Slopes</p> <ul style="list-style-type: none"> ▪ Side ways step ups <p>Best For Uneven Terrain</p> <ul style="list-style-type: none"> ▪ Step up only on the ball of your foot or your heel
3. Jumps	<p>Best For Scree Or Loose Terrain</p> <ul style="list-style-type: none"> ▪ Single leg jumps from left foot to right foot as quickly as you can <p>Best For Getting Faster & Improving Reaction</p> <ul style="list-style-type: none"> ▪ Time Squat jumps <p>Best For Jumping Across Rivers/Boulders</p> <ul style="list-style-type: none"> ▪ Squat jump onto a bench or box
4. Sissy Squat	<p>Best For Building Descent Proof Knees</p> <ul style="list-style-type: none"> ▪ Sissy squat with a light backpack on <p>Best For Building Descent Proof Knees + Flexibility</p> <ul style="list-style-type: none"> ▪ Sissy squat into “kneeling lean backs” <p>Best For Building Descent Proof Knees + Balance</p> <ul style="list-style-type: none"> ▪ Sissy squat with your eyes closed + not holding onto anything
5. Calf Raisers	<p>Best For Building Muscular Endurance</p> <ul style="list-style-type: none"> ▪ Farmer’s Walk (with heavy weights/backpack) <p>Best For Getting Faster & Stronger</p> <ul style="list-style-type: none"> ▪ Single leg jumps on the ball of your foot

Tip: Aim to spend 20% of your total weekly training volume doing leg & glute work!

Another Tip: Make sure you’re going for high volume, high set and as high weight as possible. That’s 20 reps or more, for 4 sets or more and as heavy as you can go without losing your form or injuring yourself.

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