

# MERROWVISTA FOUR TRAILS PROGRAM

## WELCOME TO FOUR TRAILS!

Your decision to enroll in this program is just the beginning of an exciting and challenging experience. You will find yourself on an adventure that will be both exhilarating and demanding. We share this training information so you can be ready for the challenges ahead.

Please read through the information carefully. You will find a training schedule as well as an equipment list to help with packing. **You should arrive at camp in good physical condition**

**and with the necessary equipment to keep you comfortable and safe in the outdoors.**

By following the equipment guidelines carefully, you will provide the best possible experience for yourself.

## WHAT CAN YOU EXPECT?

Four Trails programs are designed to offer a progression of experiences which require increasing levels of energy, commitment and effort. The success of the experiences requires *active participation* from each member of the group and demands *initiative* and *responsibility* to achieve desired outcomes. Leaders will teach and guide the process while individuals assume *leadership roles and responsibilities* for each day's tasks.

## HOW SHOULD YOU PREPARE?

At the heart of the AYF philosophy is our motto, "My own self, at my very best, all the time."

Your commitment to this ideal before your trip begins is vital for its success.

In the Four Trails program, "best self" begins with **thorough physical preparation for the trip**. Not only is this wise for your personal safety and enjoyment, it is necessary for the safety

and enjoyment of the others who will be traveling with you. The training plan on the other side of this sheet will help you get ready.

Start by getting your physical examination for camp. Share any concerns that you may have about your training schedule with your physician.

Then assess your cardiovascular endurance level with the Cardiovascular Endurance Test. Retest yourself each week and record your progress.

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### REMOVAL FROM TRIPS

The Merrowvista staff will work hard to insure the success of each participant in the Four Trails program. If a situation arises in which a participant is physically, emotionally, mentally or socially not prepared for the program, several steps will be taken before a participant is removed from a trip. First, the leaders and participant will talk with the Four Trails Coordinator to explore options that will allow the participant to continue with the group. The next step is for the Coordinator or Director to contact the parents of the participant. Parents will be informed of the situation and actions being taken to support the participant. Parents may be asked to talk with their child to discuss the situation. After these steps have been taken, removal from the program may take place. If it is necessary for a camper to be removed from a trip for any reason AYF staff will return camper to Merrowvista or local airport. Parents/Guardian are responsible for picking up child and all associated transportation costs.

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### CARDIOVASCULAR ENDURANCE

Find a 1.5 mile course (local running track or set a back road course with a car.) Run and/or walk the distance as fast as you can. A desirable level of endurance for the Four Trails program is an elapsed time of less than 15 minutes.

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### TRAINING PROGRAM

In addition to building your cardiovascular endurance, it is important that you build muscular strength. See the activity lists below to help you choose your specific training activities. Remember: Do not overexert yourself too soon. Be patient and listen to your body's signals in order to prevent injuries.

Cardiovascular Training Options	Muscular Strength Training
Running	Push-ups
Walking	Sit-ups
Biking	Chin-ups
Swimming	Pull-ups
Elliptical	Supervised Weight Training
Rowing	

**Recommended Training: \***

\* Explorers are encouraged to use this information to prepare a lighter exercise program. Adventurers should complete the first 5 weeks of the program before arriving at camp. Voyageur and Odyssey participants should complete the entire 8 week training program.

\*\*These workouts should be specific to the trip activity. For example, Voyageurs should ideally ride a bike for cardiovascular exercise.

<b><u>Week</u></b>	<b><u>Cardiovascular Training</u></b>	<b><u>Strength Training</u></b>
1	3 days, 30 min. workouts	2 days, 15 min. workouts
2	4 days, 30 min. workouts	2 days, 15 min. workouts
3	4 days, 30 min. workouts	3 days, 20 min. workouts
4	4 days, 30 min. workouts**	3 days, 30 min. workouts**
5	4 days, 40 min. workouts	3 days, 30 min. workouts
6	4 days, 50 min. workouts	3 days, 30 min. workouts
7	4 days, 30 min. workouts**	3 days, 45 min. workouts**
8	4 days, 60 min. workouts**	3 days, 45 min. workouts**