



The guides' tips

Training for Mont Blanc



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The training program we provide is given as an indication. You should be able to adapt it based on your feelings, and you can complement it with General Physical Preparation, hiking, or cycling. This program spans the 5 months preceding the ascent and can be performed both indoors and outdoors. For sessions involving uphill and downhill, stairs are sufficient. Hydrate yourself before, during, and after a session, always allow at least two days of recovery between each session, and stretch at least two to three times a week. Take care of your nutrition, sleep, and lifestyle to promote recovery and minimize the risk of injury. If you have any medical history (illness, injury, etc.), you must consult a healthcare professional before starting this training.

MONTH 1 – ESTABLISHING YOUR PHYSICAL CONDITION

30-Day program: run twice a week

- 2 x 30' on flat terrain at a pace that allows you to talk without being out of breath

MONTH 2 – DEVELOPING YOUR ENDURANCE

30-Day program: run twice a week

- 1 x 40' and 1 x 60' on flat terrain at a pace that allows you to talk without being out of breath

MONTH 3 – DEVELOPING YOUR STRENGTH

30-Day program: run twice a week

- 1 x 40' on flat terrain at a pace that does not allow you to maintain a conversation
- 1 x 60' mixing flat, uphill, and downhill at a pace that does not allow you to maintain a conversation. In the uphill sections, adopt your maximum pace for 30 seconds, then walk for 30 seconds, repeating this sequence a total of five times

MONTH 4 – REINFORCING YOUR ENDURANCE & STRENGTH

Program for the first 15 days: run three times a week

- 2 x 40' on flat terrain at a pace that does not allow you to maintain a conversation
- 1 x 60' mixing flat, uphill, and downhill with a pace that does not allow you to maintain a conversation. In the uphill sections, try to maintain the same pace as on flat terrain for as long as possible

Program for the last 15 days: run three times a week

- 2 x 40' on flat terrain at a pace that does not allow you to maintain a conversation
- 1 x 90' mixing flat, uphill, and downhill with a pace that does not allow you to maintain a conversation. In the uphill sections, try to maintain the same pace as on flat terrain for as long as possible

MONTH 5 – FINALIZING YOUR PHYSICAL CONDITION

Program for the first 15 days: run two times a week

- 1 x 60' and 1 x 120' on flat terrain at a pace that allows you to talk without being out of breath

Program for the last 15 days: your training is now complete

- Maintain minimal physical activity while focusing on rest and sleep