



JODI LEE
FOUNDATION

THE JLF TREK TRAINING GUIDE

PREVENTING
BOWEL ~~CANCER~~

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MEET YOUR TRAINER

TAHLIA PRETTY

Tahlia Pretty is one of Adelaide's leading women's mind-body personal trainers. Growing up in Adelaide, Tahlia specialises in functional fitness training as well as meditation and yoga principles, teaching women how to reach their health and fitness goals and love their bodies. She is highly recognised by Fitness Australia, winning the Active Achiever Award in 2015. Tahlia is an ambassador for Lululemon Athletica, Adelaide and Wanderlust Festival. She is a game-changing influencer in the health and wellness industry.

This information is for general guidance only and specific individual advice should be sought from your doctor, sports specialist and/or nutritionist as appropriate.

For more information about training with Tahlia, including wellness talks, classes, workshops and retreats please visit the website: soulshine.space or Instagram @ [fittahliapretty](https://www.instagram.com/fittahliapretty)



LET'S GET STARTED

WHAT YOU'LL NEED

- The JLF Trek Training Guide: upload this to your phone
- Training Diary: print off your 7 day fitness diary (page 22) so you can record each training session and/or plan your week
- Running or training shoes
- Stopwatch or timer on your phone
- Yoga mat or towel
- A sports watch or training app is recommended for your training - there are many apps that can be downloaded to your phone to help you track distance, speed, calories and more
- Water bottle



THE RULE BOOK

You have chosen to dedicate the next 8 weeks to your goal of completing The JLF Trek. Whether you're doing it for the fitness challenge or in honour of a loved one, you have a strong reason *why* you are committed. Your personal *why* is your driving force that will motivate you to arrive at each training session, give it all you've got and never give up!

FACEBOOK

Please join **The JLF Trek SA** group on Facebook. This is a space where you can post updates on your training sessions, see what other trekkers are doing and ask questions that you may have.



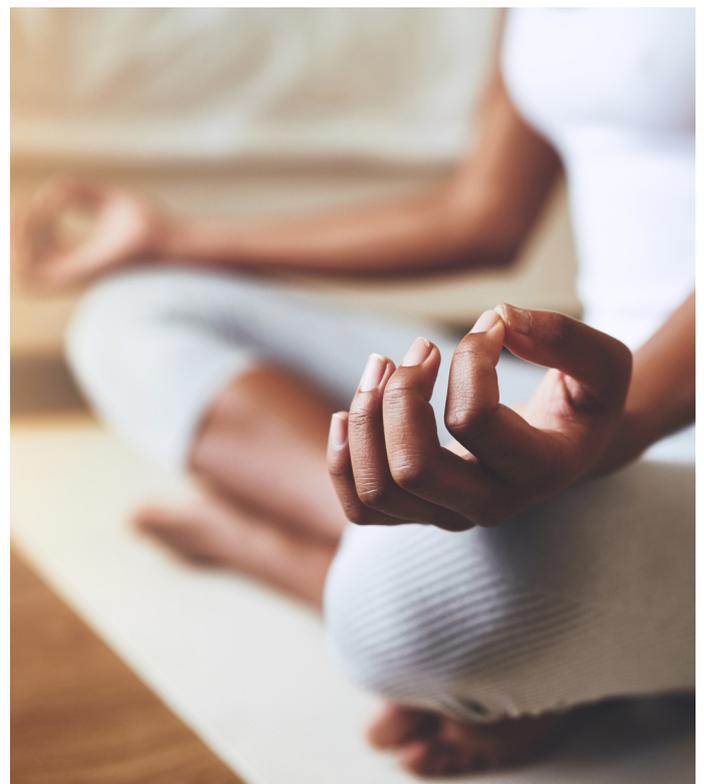
NUTRITION

- Drink 2-3 litres of water a day (plus 1 litre extra for every hour of exercise)
- Eat fresh foods! Eat food that is as close to nature as possible at try to avoid processed and packaged foods
- Avoid skipping meals - eat every 2-3 hours to keep your metabolism on fire!
- Be grateful for your meals - what we eat fuels our performance and helps us to recover - food nourishes and strengthens us

MINDSET

Trekking is just as much a mental challenge as it is a physical one.

- Set up your day for success. Each morning set aside 5-10 minutes to map out your day and remind yourself of your goals
- Affirm your *why*. What is your reason for taking part in the The JLF Trek? Write it down and stick it somewhere you can see daily. When you wake up read it and remind yourself of this. Affirmations have a powerful ability to turn on our motivation
- Aim to sleep 8 hours. This will have a huge impact on your training and your body's ability to recover faster and your mental health
- Keep it clean - your space (house, work desk, car, handbag!) reflects your mindset. Clean your space and you may find you feel fresher, lighter, more organised and have a clearer thought process
- Aim to take 5 minutes out of your day to meditate and clear your mind - it will have positive effects on your mental and physical performance



WARM UP

Warming-up should gently prepare the body for exercises by gradually increasing the heart rate and circulation. Before each workout complete the following warm up exercises for approximately 30 seconds each.

NECK ROLLS

This stretch relaxes and stretches your neck muscles as well as your cervical spine.

SHOULDER ROLLS

This exercise removes all stress and tension from the shoulders and improves circulation in the joints.

BIG ARM CIRCLES

Circle forward and then backward or improve your coordination by circling your arms in opposite directions.

ARM SWINGS

This exercise stretches the shoulders, arms, chest and upper back.

WRIST CIRCLES

If you're about to do push ups, be sure to warm up your wrists before hand.

BENT OVER TWISTS

This exercise warms up and rotates your body, moving it through the transverse range of motion.

HIP CIRCLES

Keep your legs straight and head still, only your hips should move.

FORWARD LEG SWINGS

Swing your legs forward and back and keep your upper body stationary.

LATERAL LEG SWINGS

Swing your legs from side to side and keep your upper body stationary.

KNEE CIRCLES

Maintain your knees and feet together and stay with a comfortable range of motion. Remember that you want to warm up the knees, not overstrain the joints.

ANKLE CIRCLES

Particularly important pre-hike, this dynamic stretch opens your ankle joints, helps to relieve stress and prevent injuries.



COOL DOWN

At the end of every workout you should perform the following cool down stretches.

CALVES

Stand approximately 1 metre away from a wall with your legs straight and your heels on the floor. Step and lean forward and slowly push your hips towards the wall. You should feel a slow pull in the calf muscle behind. Hold for 10 secs, swap legs, repeat 3 times. You should feel pull but no pain.

HAMSTRINGS

Stand with feet 1 metre apart. With legs straight and hands behind your back, slowly bend forward at the hips keeping back straight and head up. You should feel a slow pull in the muscles at the back of your legs. Hold for 10 secs, stand up and lean slightly backwards, repeat 3 times. You should feel pull but no pain.

QUADS

Standing with your feet together, bring your left foot up and put your left hand on your lower shin by your ankle and pull behind your bottom. Keep your back straight and head up. You may need to balance with your right hand on a wall. You should feel a slow pull down the front of your leg. Hold for 10 secs, swap legs, repeat 3 times. You should feel pull but no pain.



GROIN

Stand with your feet 1 metre apart and both feet pointing forward. Keeping your back straight and head up, slowly lunge down to the right side feeling a pull on the inside of your left leg. Hold for 10 secs, swap legs, repeat 3 times. You should feel pull but no pain.

HIPS

Stand with your feet shoulder width apart and hands on your hips. Keeping your head still, rotate hips around clockwise 10 times and anti-clockwise 10 times. Repeat 3 times.

TORSO

Stand with your feet shoulder width apart and put your hands on your head. Keep your feet pointing forward but twist your body as far as it's comfortable, hold for 1 second, face forward, twist your body in other direction, hold for 1 second, face forward. Repeat 10 times.



SHOULDERS

Stand with your feet shoulder width apart. Start with your hands by your hips and keeping your arms straight, slowly swing arms around backwards 10 times, change direction swinging arms forward 10 times. Repeat 3 times.

STANDING STRETCH

Stand with your feet together. Place your hands together and reach as high as you can, hold for 10 secs, relax. Repeat 3 times.



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THE JLF TREK

THE JLF TREK

4 PHASE PLAN

THE JLF TREK

TRAINING GUIDE

SUITABLE FOR BEGINNERS, INTERMEDIATE AND ADVANCED

Each week you will be working towards your goal of completing The JLF Trek.

We have created 4 Phases to be completed over the next 8 weeks to help prepare you for The JLF Trek. Please use this as a guide to work from and modify to suit your own capabilities. The strength circuits outlined are to be completed weekly using the warm up (page 7) and cool down techniques (page 8).

Beginners will do 1 circuit per week. If you are at an intermediate or advanced training level we recommend 2-3 short circuits per week to strengthen your body to support you for the challenge.

Utilise the 7 DAY FITNESS DIARY template on page 22. We suggest you print out a copy each week to log your daily activity, the kilometres you walk and the time it took you. You can also use the 7 DAY FITNESS DIARY to plan your week ahead. It is important to see yourself build on your fitness each week towards the challenge.

Lastly, don't forget to utilise the recovery notes later on page 20 and incorporate recovery into your weekly plan.

PHASE 1 PREPARATION

WEEK 1

The first week is about getting out and walking. Some people like to do a daily walk for an hour, while others will only have time for 20 minutes. Whatever your limit is, see if you can make it your mission to move daily. Make it fun!

EASY WALK

Walk at a moderate pace focusing on your heart rate, stride length, posture and breathing.

SUGGESTED DISTANCE 4-5kms+

MEDIUM WALK

Choose a terrain that challenges you. It may have hills or rugged terrain. It is important to experience some uphill and downhill work. There are many bush walking and hiking trails to discover.

SUGGESTED DISTANCE 8-10kms+

LONG WALK

OPTION 1 - CHANGING TERRAIN

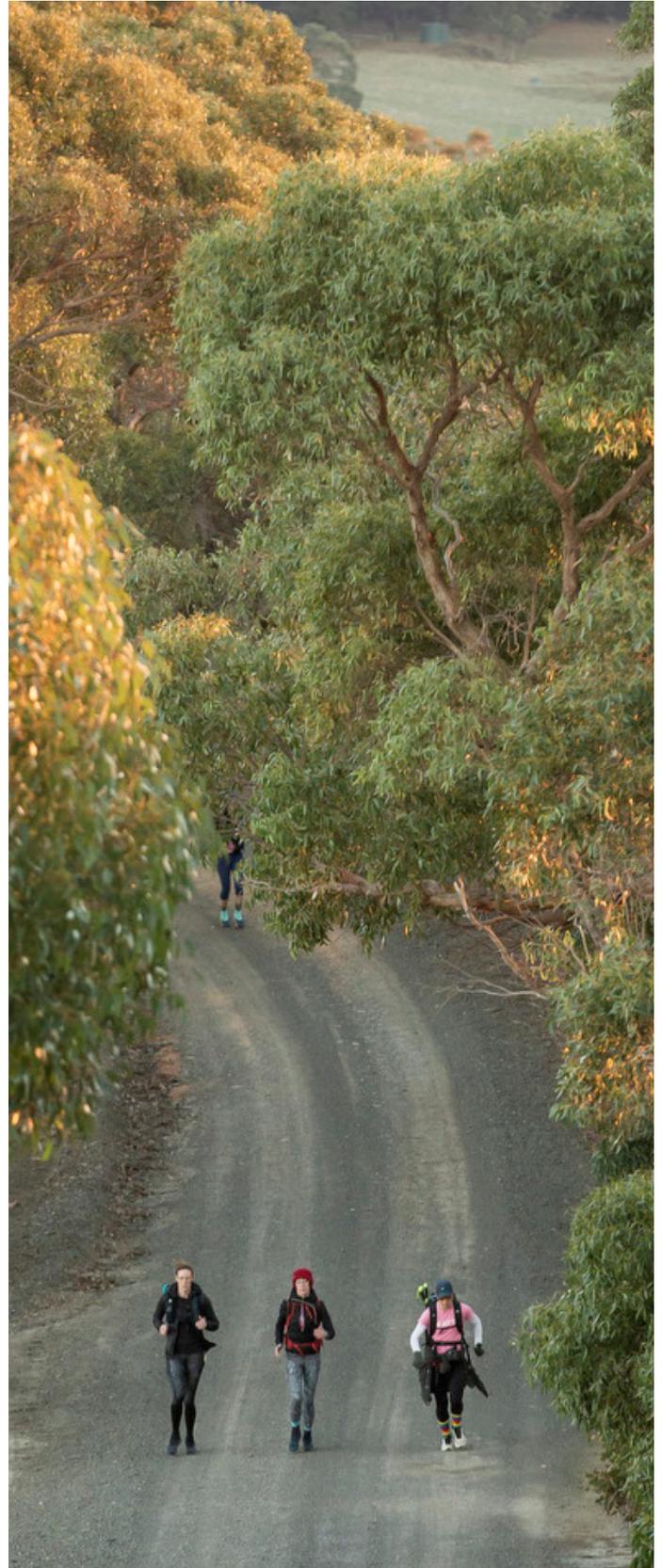
Half day 4 hours+

OPTION 2 - FLAT TERRAIN

Full day 7 hours+

DAY TREKKING

A hike that is short enough to be completed in a single day with changing terrain.



PHASE 2

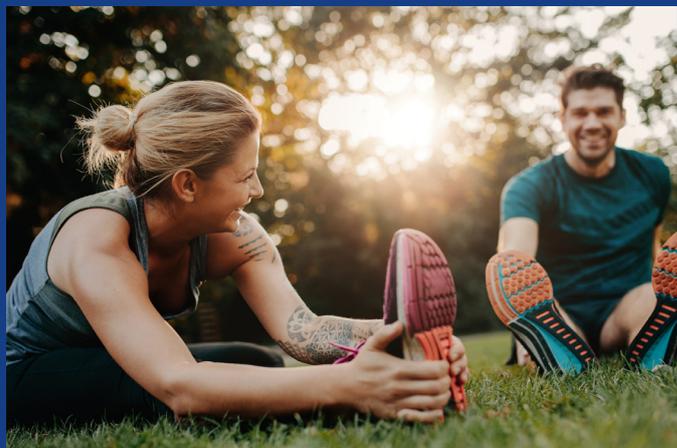
LET'S GET SERIOUS

WEEKS 2, 3 AND 4

These weeks are about building up your steps, adding longer walks and enhancing your fitness. If you are a regular walker, in Week 2 look to challenge yourself by adding on 10 minutes to your normal daily walks. In Week 3, add another 10 or 20 minutes. See if you can raise your daily step count to keep building on your baseline fitness level. Including a range of easy and harder days in your week is beneficial as well as adding an additional long walk on the weekend.

SAMPLE WEEK PLAN

Monday	Easy walk
Tuesday	Medium walk
Wednesday	Strength circuit and easy walk
Thursday	Medium walk
Friday	Easy walk
Saturday	Long/harder walk
Sunday	Rest and recovery



PHASE 3

LET'S PEAK!

WEEKS 5, 6 AND 7

Time to maximise your strength and endurance! These weeks are designed to get you in peak condition for The JLF Trek. If you have been doing a 3 hour long walk in Phase 2, it's time to take it up a notch! You should be adding an extra hour or two to your weekly long walk - you may even be "day trekking" in this phase.

SAMPLE WEEK PLAN

Monday	Medium walk
Tuesday	Medium walk
Wednesday	Strength circuit and easy walk
Thursday	Medium walk
Friday	Optional walk or recovery
Saturday	Long walk or day trekking on trails
Sunday	Rest and recovery



PHASE 4

TIME TO TAPER

WEEK 8

Time to maximise your strength and endurance, you have made it, the final week! It is important to honour your body to be well rested and not over-worked in the lead up to The JLF Trek. This week skip the long walk and possibly even your strength circuits. Prioritise short-medium walks for around 45 minutes and if you want a longer walk it should last no longer than 2 hours. These walks should be completed at a comfortable level for optimal trekking performance.



8 STRENGTH CIRCUITS AND EXERCISE GUIDE

SUITABLE FOR BEGINNERS, INTERMEDIATE AND ADVANCED

These circuits have been put together to strengthen specific muscle groups, improve your fitness, mobility and overall health. They can be completed anywhere, any time and there is very minimal equipment needed. We suggest you choose somewhere that's easily accessible from your home or work that has stairs and a park bench, for example your local park.

The goal is to complete 1 circuit a week for beginners or if you are training at an intermediate or advanced level, aim for 2-3 circuits per week.

Each circuit will take 20-30 minutes to complete.

EQUIPMENT NEEDED

YOGA MAT OR TOWEL

TIMER

WATER BOTTLE

OUTDOOR CIRCUIT 1

PARK BENCH WORKOUT

COMPLETE 12 REPS OF EACH EXERCISE
3-5 ROUNDS

MOUNTAIN CLIMBER
PUSH UPS
TRICEP DIPS
REVERSE LUNGES LEFT
REVERSE LUNGES RIGHT
STEP UPS
INCLINE PUSH UPS

OUTDOOR CIRCUIT 2

100 REP WORKOUT

COMPLETE THE FOLLOWING:

ROUND 1 = 30 REPS
ROUND 2 = 25 REPS
ROUND 3 = 20 REPS
ROUND 4 = 15 REPS
ROUND 5 = 10 REPS

HIGH KNEE RUN
STAR JUMPS
SIT UPS
TOE TAPS
SCISSOR JUMPS
LAYING GLUTE BRIDGES

OUTDOOR CIRCUIT 3

ANYTIME, ANYWHERE WORKOUT

COMPLETE 20 REPS OF EACH EXERCISE
3 ROUNDS

SUMO SQUATS
PLANK REACHES
CROSS BODY MOUNTAIN CLIMBER
BICYCLE CRUNCHES
LEG RAISES
GLUTE BRIDGES

OUTDOOR CIRCUIT 4

PLYOMETRIC PARTY WORKOUT

COMPLETE EACH EXERCISE FOR
30 SECONDS
3 ROUNDS

BEGINNER: REST FOR 1 MINUTE
AFTER EACH ROUND

ADVANCED: COMPLETE EACH EXERCISE
FOR 30 SECONDS FOLLOWED
BY 30 SECONDS REST

SNAP JUMPS
BROAD JUMP ACROSS MAT
SCISSOR JUMPS
PLANK SHOULDER TAPS
LEG RAISES
LEG RAISE HOLD
MOUNTAIN CLIMBER

OUTDOOR CIRCUIT 5

OVAL WORKOUT

12 X SQUAT JUMPS
12 X SUMO SQUATS
RUN 1 LAP OF THE OVAL
REPEAT 3 ROUNDS

30 X SCISSOR JUMPS
12 X PUSH UPS
12 X PLANK SHOULDER TAPS
8 X BROAD JUMPS
REPEAT 3 ROUNDS

12 X BENT LEG RAISES
12 X SIDE CRUNCH LEFT
12 X SIDE CRUNCH RIGHT
60 SECOND PLANK HOLD
REPEAT 3 ROUNDS

OUTDOOR CIRCUIT 6

FULL BODY BLAST

REPEAT 12 REPS OF EACH EXERCISE
3-5 ROUNDS

PUSH UPS
SQUAT JUMPS
REVERSE LUNGES + KNEE RAISES LEFT
REVERSE LUNGES + KNEE RAISE RIGHT
180 DEGREE JUMPS
SINGLE LEG RAISE
SIT UP + REACH
SIT UP + REACH THROUGH KNEES
COBRAS
DONKEY KICKS LEFT
DONKEY KICKS RIGHT

OUTDOOR CIRCUIT 7

FAST FITNESS

12 PUSH UPS
12 DECLINE PUSH UPS
1 RUN AROUND OVAL OR WALK
12 SUMO SQUATS
12 SQUAT JUMPS
1 RUN AROUND OVAL
12 TRICEP DIPS
12 BENCH STEP UPS
1 RUN AROUND OVAL
12 REVERSE LUNGES LEFT
12 REVERSE LUNGES RIGHT
1 RUN AROUND OVAL
COMPLETE 1 ROUND

12 SIT UPS
12 BENT LEG RAISES
12 TOE TAPS
REPEAT 3 ROUNDS

12 DONKEY KICKS LEFT
12 DONKEY KICKS RIGHT
12 GLUTE BRIDGES
30 SECONDS SIDE PLANK LEFT
30 SECONDS SIDE PLANK RIGHT
REPEAT 3 ROUNDS

OUTDOOR CIRCUIT 8

PYRAMID CHALLENGE

ROUND 1 = 50 REPS
ROUND 2 = 40 REPS
ROUND 3 = 30 REPS
ROUND 4 = 20 REPS
ROUND 5 = 10 REPS

PUSH UPS
SIT UPS
SQUATS
HIGH KNEES
STAR JUMPS
LUNGES

EXERCISE GUIDE

STRENGTH CIRCUIT



180 DEGREE JUMP



BENT LEG RAISE



BICYCLE



BROAD JUMPS



COBRA



**CROSS BODY
MOUNTAIN CLIMBER**



**DECLINE
PUSH UP**



DONKEY KICK



GLUTE BRIDGE



**HIGH
KNEE RUN**



**INCLINE
PUSH UP**



**LAYING
GLUTE
BRIDGE**



LEG RAISE



**LEG RAISE
HOLD**



**MOUNTAIN
CLIMBER**



**PLANK
REACHES**



**PLANK
SHOULDER
TAP**



PUSH UP

EXERCISE GUIDE

STRENGTH CIRCUIT



REVERSE LUNGE+ KNEE RAISE



REVERSE LUNGE



REVERSE LUNGE+



SCISSOR JUMP



SIDE CRUNCH



SIDE PLANK



SIDE LEG RAISE



SIT UP AND REACH THROUGH



SIT UP AND REACH



SIT UP



SQUAT JUMP



STAR JUMP



STEP UP



SUMO SQUAT



TOE TAP



TRICEP DIP



Exercise movement photography: Bree Tonkin

RECOVERY

Many trekkers expend a lot of time and energy exercising in the lead up to a challenging event. It is important not to neglect the recovery session as an important part of your weekly training schedule. This will ensure you are in peak physical condition, help prevent injuries, ease aches and keep your trail legs strong.

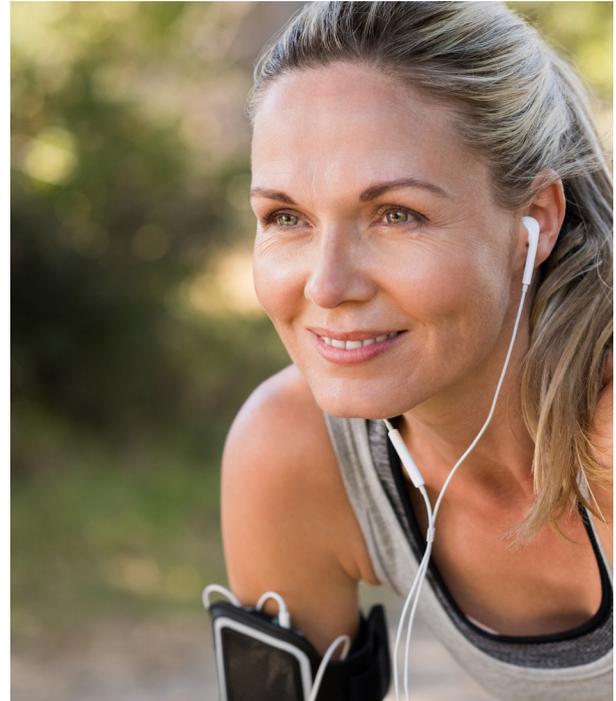
We recommend:

- Practice dynamic stretching before any training session to prepare the body for work, enhance blood flow to muscles and prevent injury occurrence
- Practice static stretching after your training session to release lactic acid, relieve cramps or tight and sore muscles
- Eat: The longer walks especially deplete your energy stores. It is very important to refuel and replace energy to prevent any injuries and supercharge your recovery process. Always pack some scroggin or trail mix for longer walks or when you are day trekking!
- Rehydrate and replace fluids!
- Rest: 8 hours of sleep will go a long way in assisting muscular recovery, reduce sluggish training days and keep energy levels stable
- Ice baths
- Hot and cold showers
- Try a warm Epsom salt bath with lavender for extra relaxation. Add half a cup of Epsom salts plus 2-3 drops of lavender essential oil to a warm bath and relax for 15-20 minutes
- Legs up the wall pose: Lay on your back, as close to a wall as possible, elevating both legs to rest against the wall at approximately 45 degrees. This restorative yoga pose can be held for 5-20 minutes - leading to more profound rejuvenation and improved circulation. It may feel uncomfortable at first, but as you practice you may find you can hold this pose for longer and longer

- If you are nursing an injury, support is recommended - visit a physiotherapist for advice on sports tape or braces for stability or kinesio tape for soft tissue management
- Float tank therapy
- Massage

PROGRAM NOTES

- Organise your week to make time to get out and do your training
- During your work week, get up an hour earlier to get your training done. This will also help energise you for the day ahead
- If you can walk to work, do it! If you can ride to work, do it! If you catch public transport to work, get off a stop earlier and get those extra steps in. If you drive, park further away to get some extra distance in your legs
- Use your lunch break to take regular brisk walks around your work area, not just a stroll around the shops
- Find a steep set of stairs (at work, home, the park or oval) and aim to walk up and down them five times, at least three times a week
- Exercise sessions such as swimming, cycling and team sport will also help get you prepared



- You should make the time to walk some consecutive long days: an isolated Sunday walk does not have the same effect as two consecutive days. Nothing will prepare you for The JLF Trek better than actually walking
- Prep your meals so straight after training you can refuel and rehydrate

It is okay if you don't stick to the training guide, but make sure you are doing regular exercise. You will find The JLF Trek more rewarding if you are physically and mentally fit.

- It is important on the weekend to get to some hilly areas to experience walking on different surfaces. Get used to walking up and down inclines and also being in the elements, whatever the weather! You should also wear the boots or shoes and carry the backpack you will be hiking in for The JLF Trek

7 DAY FITNESS DIARY

THE JLF TREK

	ACTIVITY	STEPS/KMS	CIRCUIT	TIME/NOTES
MONDAY				
TUESDAY				
WEDNESDAY				
THURSDAY				
FRIDAY				
SATURDAY				
SUNDAY				

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