Getting ready for the 2012 Odyssey

In less than 100 days you will be embarking on a journey of a lifetime! The Odyssey is packed with adventure and it is important to understand that you will have to prepare yourself physically for this journey. This will enable you to enjoy the beautiful scenery and activities along the way appose to being too tired to even notice your surroundings.

While on the Odyssey you will travel between 15km and 60km a day, depending on your mode of travel: hiking, mountain biking or paddling.

The following is a suggested exercise schedule which you can use to build up a basic fitness level and prepare yourself for the Odyssey:

- **Hiking/Walking**

  15km - twice a week (if possible, do it with your backpack: This will help you get use to carrying a load while hiking)

- **Cycle/Mountain biking**

  20-30 km - once a week

- **Paddling**

  10km - once a week (you can alternate this with the cycling)

Keep in mind that you will be travelling 400km in 21 days, which is around 19km per day. Some days will be much longer and some will be shorter allowing you some valuable rest time.

Preparing yourself physically will ensure that your group does not have to constantly wait for you and that you and your group reach basecamp before night fall.

"By failing to prepare, you prepare to fail" *Benjamin Franklin*