BOOKLET · 02 — PHYSICAL & MENTAL PREPARATION

The Tour is won before the first step.

Three months to get his body in shape.
And his mind, too.

3 MONTHS · 2 CARDIO WORKOUTS PER WEEK · 1 LONG HIKE

✦ THE BODY

Prepare your body.

The TMB doesn't require you to be an athlete. It requires that your body be accustomed to endurance.

6 to 8 hours of walking per day, for 7 to 11 days, carrying **8 kg to 10 kg** on your back : this isn't an intense effort, it's an effort that builds up over time. Training follows the same principle. **No feats of endurance, just consistency.**

> *Three months are all it takes to turn a casual walker into a Tour hiker. As long as you take it one step at a time.*

● TRAINING PROGRAM · 3 MONTHS

STEP 01 **3 months before:** Build a foundation	– 2 cardio workouts per week — 45 min (cycling, running, brisk walking) – 1 long hike on the weekend — 15 to 20 km · 600 to 800 m elevation gain
STEP 02 **2 months before:** Build density	– Extend the weekly hike — 20 to 25 km · 1,000 m of elevation gain + – Add a fully loaded backpack (5 to 6 kg) every other outing
STEP 03 **1 month before** Real-world test	– A two-day hike, with an overnight stay in a mountain hut – Full pack (8–10 kg), TMB hiking boots, the same pair of socks
STEP 04 **2 weeks before:** Take it easy	– Reduce the volume by 50% – The body needs to be fresh when it gets to the track, not worn out from training

✦ **The best training for hiking is hiking itself. Everything else is just a supplement.**

✦ THE HEAD

Get mentally prepared.

Physical fatigue is obvious. Mental fatigue isn't. Yet on the fourth day, it's mental fatigue that determines whether you're still smiling at the top of the pass or counting down the minutes until you reach the shelter.

Three things to look out for.

The doubts at the day 3.

The legs are starting to make themselves felt. The backpack seems heavier. That’s normal, it’s even a hallmark of the TMB. The body protests at first, then adapts. Day 5 is usually the best.

The weather that changes everything.

A mountain pass in the rain isn't the same as reaching the summit. Accept from the start that some days will be less pleasant than expected. They're part of the adventure.

Walking at the same pace.

Whether in a group or as a couple, walk at the pace of the slowest person. This is a choice, not a requirement. Decide on this before you set out, and you’ll avoid tension at key moments during the Tour.

EASY TIP

Visualize each stage the day before. Study the elevation profile and look at a map of the route. The trail will feel familiar even before you set foot on it. The brain loves what it recognizes.

✦ SUMMARY

In summary.

Three fundamental principles to keep in mind. If you had to remember just one page from this booklet, it would be this one.

01 · PHYSICAL

Constance, no feats

Three months of consistency are better than one month of intensity.

One long hike per week. Carry a full pack during the last month.

02 · MENTAL

Anticipating the low point

Accept Day 3.

Accept the weather. Set your own pace.

Visualize the stages before you experience them.

03 · BALANCE

Body + mind

The body follows what the mind decides. The reverse is also true.

Preparing both gives you the best chance of success.

✦ WHAT HAPPENS NEXT

IN 4 DAYS : BOOKLET #3

Essential Gear.

The Right Packing List. Bag, shoes, thermal underwear, mistakes to avoid.

IN 7 DAYS : BOOKLET #4

Best practices in the mountains.

Hiking without leaving a trace. Coexisting with mountain huts, wildlife, and other hikers.

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