

Kilimanjaro training plan: 12 weeks

For people who already walk 3–4 hour days, on about 5–8 hours a week.

Minutes per session. The long hike with a pack is the daypack you will carry, at the weight shown, up and downhill.
Move the days to fit your week, but keep the long hike and the hike after it on two days in a row.

Week	Block	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total
1	Mountain	Recovery walk 20 min	Strength 45 min	Easy walk 20 min	Easy walk 20 min	Rest	Long hike, pack 5 kg 185 min	Hike 105 min	6 h 35
2		Recovery walk 20 min	Strength 45 min	Easy walk 20 min	Easy walk 20 min	Rest	Long hike, pack 5 kg 190 min	Hike 110 min	6 h 45
3		Recovery walk 20 min	Strength 45 min	Easy walk 20 min	Easy walk 20 min	Rest	Long hike, pack 6 kg 195 min	Hike 110 min	6 h 50
4		Easy walk 20 min	Strength 45 min	Hike 90 min	Easy walk 20 min	Rest	Long hike, pack 6 kg 160 min	Easy walk 20 min	5 h 55
5		Recovery walk 20 min	Strength 45 min	Easy walk 20 min	Easy walk 20 min	Rest	Long hike, pack 6 kg 205 min	Hike 115 min	7 h 05
6		Recovery walk 20 min	Strength 45 min	Easy walk 20 min	Easy walk 20 min	Rest	Long hike, pack 7 kg 210 min	Hike 120 min	7 h 15
7		Recovery walk 20 min	Strength 45 min	Easy walk 20 min	Easy walk 20 min	Rest	Long hike, pack 7 kg 215 min	Hike 120 min	7 h 20
8		Easy walk 20 min	Strength 45 min	Hike 90 min	Easy walk 20 min	Rest	Long hike, pack 7 kg 180 min	Easy walk 20 min	6 h 15
9		Recovery walk 20 min	Strength 45 min	Easy walk 20 min	Easy walk 20 min	Rest	Long hike, pack 8 kg 225 min	Hike 125 min	7 h 35
10		Recovery walk 20 min	Strength 45 min	Easy walk 20 min	Easy walk 20 min	Rest	Long hike, pack 8 kg 230 min	Hike 130 min	7 h 45
11	Easing off	Hike 90 min	Easy walk 20 min	Easy walk 20 min	Recovery walk 15 min	Hike 90 min	Long hike 140 min	Rest	6 h 15
12		Hike 90 min	Easy walk 15 min	Easy walk 15 min	Recovery walk 15 min	Hike 90 min	Long hike 110 min	Rest	5 h 35

A printed plan can't change when a week goes wrong. Ridgework rewrites the next week from what you logged. 14 days free, no card.

Start the adaptive plan: ridgework.org/plans/kilimanjaro-training-plan

Not a Kilimanjaro guide. Not medical advice: altitude and health questions go to a doctor before you book, and on the mountain the guide decides.