

Kilimanjaro training plan: 6 months

For beginners whose longest walk today is about an hour, 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	Base	Strength 40 min	Easy walk 35 min	Hike 90 min	Easy walk 35 min	Rest	Long hike 90 min	Recovery walk 25 min	5 h 15
2		Strength 40 min	Easy walk 40 min	Hike 90 min	Easy walk 40 min	Rest	Long hike 90 min	Recovery walk 30 min	5 h 30
3		Strength 40 min	Uphill hike 90 min	Hike 90 min	Easy walk 40 min	Rest	Long hike 90 min	Recovery walk 30 min	6 h 20
4		Strength 40 min	Easy walk 35 min	Hike 90 min	Easy walk 35 min	Rest	Long hike 90 min	Recovery walk 25 min	5 h 15
5		Strength 40 min	Uphill hike 90 min	Easy walk 50 min	Easy walk 50 min	Rest	Long hike 100 min	Recovery walk 35 min	6 h 05
6		Strength 40 min	Easy walk 45 min	Hike 90 min	Easy walk 45 min	Rest	Long hike 115 min	Recovery walk 35 min	6 h 10
7		Strength 40 min	Uphill hike 90 min	Easy walk 45 min	Easy walk 45 min	Rest	Long hike 130 min	Recovery walk 30 min	6 h 20
8		Strength 40 min	Easy walk 30 min	Hike 90 min	Easy walk 30 min	Rest	Long hike 105 min	Recovery walk 25 min	5 h 20
9		Strength 40 min	Uphill hike 90 min	Easy walk 40 min	Easy walk 40 min	Rest	Long hike 155 min	Recovery walk 25 min	6 h 30
10		Strength 40 min	Easy walk 35 min	Easy walk 35 min	Easy walk 35 min	Rest	Long hike 170 min	Recovery walk 30 min	5 h 45
11		Strength 40 min	Easy walk 30 min	Easy walk 30 min	Easy walk 30 min	Rest	Long hike 185 min	Recovery walk 25 min	5 h 40
12		Strength 40 min	Easy walk 25 min	Hike 90 min	Easy walk 25 min	Rest	Long hike 145 min	Recovery walk 20 min	5 h 45
13		Strength 40 min	Easy walk 25 min	Easy walk 25 min	Easy walk 25 min	Rest	Long hike 210 min	Recovery walk 25 min	5 h 50
14		Strength 40 min	Easy walk 25 min	Easy walk 25 min	Easy walk 25 min	Rest	Long hike 210 min	Recovery walk 25 min	5 h 50
15	Mountain	Recovery walk 20 min	Strength 30 min	Easy walk 20 min	Easy walk 20 min	Rest	Long hike, pack 5 kg 215 min	Hike 120 min	7 h 05

Week	Block	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total
16	Mountain	Easy walk 20 min	Strength 30 min	Hike 90 min	Easy walk 20 min	Rest	Long hike, pack 5 kg 165 min	Easy walk 20 min	5 h 45
17		Recovery walk 20 min	Strength 30 min	Easy walk 20 min	Easy walk 20 min	Rest	Long hike, pack 6 kg 215 min	Hike 120 min	7 h 05
18		Recovery walk 20 min	Strength 30 min	Easy walk 20 min	Easy walk 20 min	Rest	Long hike, pack 6 kg 220 min	Hike 125 min	7 h 15
19		Recovery walk 20 min	Strength 30 min	Easy walk 20 min	Easy walk 20 min	Rest	Long hike, pack 6 kg 225 min	Hike 125 min	7 h 20
20		Easy walk 25 min	Strength 30 min	Hike 90 min	Easy walk 25 min	Rest	Long hike, pack 7 kg 180 min	Easy walk 25 min	6 h 15
21		Recovery walk 20 min	Strength 30 min	Easy walk 20 min	Easy walk 20 min	Rest	Long hike, pack 7 kg 225 min	Hike 125 min	7 h 20
22		Recovery walk 20 min	Strength 30 min	Easy walk 20 min	Easy walk 20 min	Rest	Long hike, pack 7 kg 230 min	Hike 130 min	7 h 30
23		Recovery walk 20 min	Strength 30 min	Easy walk 20 min	Easy walk 20 min	Rest	Long hike, pack 8 kg 230 min	Hike 130 min	7 h 30
24	Easing off	Recovery walk 20 min	Strength 30 min	Easy walk 20 min	Easy walk 20 min	Rest	Long hike, pack 8 kg 230 min	Hike 130 min	7 h 30
25		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
26		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.