

## **Abstract**

**Title:** Training program for high altitude touristic

**Objectives:** To assemble a movement program that, after its absolution, a person will be physically prepared for a six day tour in the Alps, where the altitude will not be higher than 3 500m.

**Methods:** This is a theoretical work, where the method of gathering information from accessible literature and internet sources was used.

**Results:** It is possible to assemble a movement program which physically prepares a person for a six day tour in the mountains. The program is focused on a physical activity of endurance character where the intensity of load will be between 70-80% of maximal heart frequency. To reach the optimal level of capability, a person will have to undergo at least three months of this program.

**Keywords:** hiking, via ferrate, persistence, condition, movement program

