

Sample Weekly Program

The program below provides a basic format and a general progression for an individual looking to train for a single or multi-day hike/ trek. The program below shows 4 weeks of a 16-20 week program.

Day	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Week 1	40 min walk* 20 minutes strength/core Stretch	OFF	60 min walk Stretch	Yoga	45 min walk 20 minutes strength/core Stretch	2 hour hike stretch	OFF
Week 2	40 min walk 20 minutes strength/core Stretch	OFF	60 min walk Stretch	Yoga	45 min walk 20 minutes strength/core Stretch	2h, 15m hike stretch	OFF
Week 3	40 min walk 20 minutes strength/core Stretch	OFF	60 min walk Stretch	Yoga	45 min walk 20 minutes strength/core Stretch	2h, 30m hike & stretch	OFF
Week 4 *recovery week	30 min walk 20 minutes strength/core Stretch	OFF	45 min walk Stretch	Yoga	30 min walk 20 minutes strength/core Stretch	2h, 30m hike & stretch	OFF

*walks should be brisk and be hilly if possible to best mimic terrain

Important: Before you begin any new exercise program, please check with your doctor! Enlisting the help of a qualified Fitness Professional will ensure you effectively use exercise equipment, correctly monitor exercise intensity and perform movements with proper exercise form and technique. Don't be shy - Ask questions!