

This training schedule runs for 10 weeks from **May 18 to July 21**, focusing on building the endurance needed for a long 8-mile hike on trek. Following standard trek guidelines, the goal is to reach a fitness level where you can walk 4 miles in 60 minutes or less on level ground.

Weekly Training Structure

- **Monday & Wednesday:** Short, brisk walks to build basic speed and consistency.
- **Tuesday & Thursday:** Strength and conditioning (focusing on core, legs, and stabilizers).
- **Friday:** Rest or easy recovery walk.
- **Saturday:** Long conditioning hike to build mileage and "break in" your trek shoes.
- **Sunday: Rest Day.**

10-Week Progression Schedule

Week	Mon/Wed (Brisk Walk)	Sat (Long Hike)	Training Focus
1 (May 18)	1.5 miles	2.5 miles	Start at a comfortable pace; focus on form.
2 (May 25)	2.0 miles	3.0 miles	Ensure your trek shoes are broken in.
3 (June 1)	2.5 miles	4.0 miles	Practice hydrating more than usual.
4 (June 8)	2.5 miles	5.0 miles	Incorporate varying terrain and small hills.
5 (June 15)	3.0 miles	6.0 miles	Target a 4 mph pace on level ground.
6 (June 22)	3.5 miles	7.0 miles	Walk in your full trek clothing once.
7 (June 29)	4.0 miles	8.0 miles	Peak mileage; use a light backpack.
8 (July 6)	3.0 miles	5.0 miles	Taper down to recover and build

Week	Mon/Wed (Brisk Walk)	Sat (Long Hike)	Training Focus
			energy.
9 (July 13)	2.0 miles	5.0 miles	Final light preparation and spiritual focus.
10 (July 20)	2.0 miles on Monday Trek Starts on Wednesday!		Trek is going to be spiritually and physically rewarding because of your hard work!

Conditioning & Preparation Tips

- **Strength Training (Tue/Thu-> see below for more details):** Including lunges, squats, step-ups, planks and more will support the load of a handcart.
- **Foot Care:** Always wear the socks and shoes you plan to use on trek. Merino wool socks can prevent blisters.
- **Hydration Practice:** Practice drinking water consistently during your Saturday hikes to prepare for the heat.
- **Elevation:** If possible, find a route with hills for at least 4 of your Saturday hikes to prepare for the terrain.

Strength Training (for Tue/Thu):

To get your body ready for the unique strain of pulling a handcart and walking on uneven dirt, you want to focus on functional strength and stability rather than heavy weights.

Perform this circuit on Tuesdays and Thursdays. Aim for 2–3 rounds of each exercise.

1. Leg Strength (The "Engine")

- **Lunges:** Step forward until your back knee almost touches the ground, then push back to start. Switch legs. *Trek Tip:* Reverse lunges are easier on the knees and mimic the "pushing" motion of a handcart. (12 reps per leg)
- **Air Squats:** Keep your feet shoulder-width apart, chest up, and sit back as if into a chair. Ensure your knees don't cave inward. (15–20 reps)

- Step-Ups: Use a sturdy bench or stairs. Step up with one foot, driving through the heel, and bring the other knee up high. Step down and repeat. (10 reps per leg)

2. Core & Stabilization (The "Frame")

- Forearm Plank: Keep your body in a straight line from head to heels. Don't let your hips sag or pike up. *Trek Tip:* This builds the endurance needed to keep your posture upright while tired. (Hold for 30–60 seconds)
- Single-Leg Balance: Stand on one leg for 30 seconds, then switch. To make it harder, close your eyes. This strengthens the tiny muscles in your ankles and feet to prevent rolls on rocky trails.
- Bird-Dogs: On hands and knees, extend your right arm forward and left leg back simultaneously. Hold for 2 seconds, then switch. This stabilizes your spine. (10 reps per side)

3. Handcart-Specific Bonus

- Calf Raises: Stand on the edge of a step and lift your heels high, then lower them past the step. (15–20 reps)
- Wall Sits: Lean against a wall in a squat position (knees at 90 degrees). Hold until your legs burn! (30–60 seconds)

Sample Tuesday/Thursday Flow:

1. Warm-up: 5 mins of light walking or jumping jacks.
2. Circuit: Squats -> Planks -> Lunges -> Single-Leg Balance -> Step-ups -> Bird-Dogs.
3. Repeat 2 or 3 times.
4. Stretch: Focus on calves, quads, and hamstrings.