

WEEKLY TRAINING SCHEDULE

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Focus:	Rest	Elevated Heart Rate	Advanced Training (Train like the guides!)	Rest	Lower Body	Do Hard Things (Earn your weekend!)	Rest
Description:		We don't operate in the red zone - we move at elevation with packs on for extended periods of time. It is helpful to get your body used to this type of activity.	If you want to prepare for your trip the way we do...this is how we prepare as a guide class for the trail. We combine cardio with strength training and stretch it over a long period of time. Here is the key: none of the movements are done to burn out, but it's more than you will want to do. This is just like on the trail - can you take one more step, YES, but you don't always want to.		We spent most of our gym time working on the muscles that people can see (triceps, chest and abs for the beach). Backpacking takes muscles that often get overlooked...the legs.	Backpacking trips are more mental than they are physical. You might not believe me now, but you will soon find out. We live in a world of comfort and control. We work hard to buy things that make our lives more comfortable and when we are ready to stop doing something hard, we usually can. Time on trail challenges this paradigm. So, one of the best ways you can prepare for your trip is by intentionally "doing hard things."	
Example:	Walk, stretch, yoga	Jog, swim, hike with terrain for 30+ minutes	.5 mile run - 75 pushups - .5 mile run - 75 air squats - .5 mile run - 75 sit ups	Walk, stretch, yoga	Weight training, lunges, step ups, hill walks, air squats	Fast from something, take the stairs, unplug from technology, commitment worksheet	Walk, stretch, yoga
Goal:	Recover	Run a 5K without stopping	Push yourself past your perceived limits. Get outside your comfort zone.	Recover	Strengthened lower body prepared for hiking with a pack	Get used to being uncomfortable.	Recover