



## Sample Training Plan for a Multi-Day Hike

Activity	Frequency per week	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
<b>Walk</b>	4x	1 mile per walk	1 mile x 3 walks, 1.5 miles x 1 walk	1.25 mile x 3 walks, 1.75 miles x 1 walk	1.25 mile x 3 walks, 1 with hills, 1.75 miles x 1 walk	1.5 mile x 3 walks, 1 with hills, 2 miles x 1 walk	1.5 mile x 3 walks, 2.5 miles x 1 hike (dirt trail with hills)
<b>Stairs</b>	2x	20 up/ down + 10 side-step up and down	25 up/down + 12 side-step up and down	30 up/down + 14 side-step up and down	35 up/down + 16 side-step up and down	40 up/down + 18 side-step up and down	45 up/down + 20 side-step up and down
<b>Core</b>	3-5x	30 seconds plank; side twists 10 per side	35 seconds plank; side twists 15 per side	40 seconds plank; side twists 20 per side	45 seconds plank; side twists 25 per side	50 seconds plank; side twists 30 per side	55 seconds plank; side twists 30 per side
<b>Upper body</b>	2-3x	10 wall pushups; 10 pack lifts	12 wall pushups; 12 pack lifts	14 wall pushups; 14 pack lifts	16 wall pushups; 10 pack lifts with more weight	10 floor pushups on knees; 15 heavy pack lifts	12 floor pushups on knees; 20 heavy pack lifts
<b>Balance</b>	5-7x	30 seconds per leg, 3 different surfaces	35 seconds per leg, 3 different surfaces	40 seconds per leg, 3 different surfaces	45 seconds per leg, 3 different surfaces	50 seconds per leg, 4 different surfaces	60 seconds per leg, 4 different surfaces
<b>Stretching</b>	4-5x	5 minutes after walks and strength training	5 minutes after walks and strength training	5 minutes after walks and strength training	5 minutes after walks and strength training + one other time	5 minutes after walks and strength training + one other time	5 minutes after walks and strength training + one other time

For a personalized training plan, email personal trainer and adventure coach Becki at [Becki@trailblazerwellness.com](mailto:Becki@trailblazerwellness.com) and request a consultation!