

Trek walking program

on your marks, get set, **TREK!!**

12 Week walking program adapted from Trainingpeaks "Walking for half marathon".

12-week progression from 3 to 9 miles, does it seem too tough? This training schedule is not carved in stone. Feel free to innovate and change based on your individual needs. Don't be afraid to insert "stepback" weeks, where you actually cut your distance every second or third week to gather forces for the next push upward.

The key to getting ready for Trek is the long walk, progressively increasing in distance each weekend. Over a period of 12 weeks, your longest walk will increase from 3 to 9 miles. Don't worry about making the final jump from 9 miles in practice to 12 miles on Trek. Inspiration will carry you to Rock Creek Hollow, the final camp of our Trek, particularly if you taper the final week. The schedule below suggests doing your long walks on Saturday, but you can do them Fridays, or any other convenient day, as long as you are consistent.

It is important for you to walk on different surfaces and in comfortable shoes that you intend on using during Trek. It is okay to walk on pavement and side walks such as the Murdock Canal Trail, but mix in some actual dirt trail walking along the way. You can walk on the sides of the pavement along the MCT, switching off every other segment of the trail. This will help condition your joints to the stresses of walking on the Wyoming pioneer trails.

It's also possible to juggle the workouts from day to day and week to week. If you have an important activity on Thursday, do the Thursday workout on Wednesday instead. If your family is going to be on vacation one week when you will have more or less time to train, adjust the schedule accordingly. The absolute most important concept to preparing is to **BE CONSISTENT WITH YOUR TRAINING**, and the overall details won't matter.

Walking 12 miles is not easy. Especially walking on uneven dirt surfaces with rocks and ruts. If it were easy, there would be little challenge to an event such as this TREK. Whether you plan this Trek as a singular accomplishment or as a LIFE changing experience, completing the final Rocky Ridge segment will give you a feeling of great appreciation for the sacrifices made by the many pioneers that came before. Good luck with your Trek training!!

Training for your first Trekking experience

WEEK	SUN	MON	TUE	WED	THU	FRI	SAT
1	Rest	30 min easy	20 min stroll	30 min easy	Rest	30 min stroll	3 m easy
2	Rest	30 min easy	20 min stroll	30 min easy	Rest	30 min stroll	3 m easy
3	Rest	35 min easy	20 min stroll	35 min easy	Rest	20 min stroll	2 m brisk
4	Rest	35 min easy	25 min stroll	35 min easy	Rest	40 min stroll	5 m easy
5	Rest	35 min easy	25 min stroll	35 min easy	Rest	40 min stroll	6 m easy
6	Rest	40 min easy	25 min stroll	40 min easy	Rest	30 min stroll	4 m brisk
7	Rest	40 min easy	25 min stroll	40 min easy	Rest	50 min stroll	7 m easy
8	Rest	40 min easy	25 min stroll	40 min easy	Rest	50 min stroll	8 m easy
9	Rest	45 min easy	30 min stroll	45 min easy	Rest	30 min stroll	6 m brisk
10	Rest	45 min easy	30 min stroll	45 min easy	Rest	60 min stroll	8 m easy
11	Rest	45 min easy	30 min stroll	45 min easy	30 min easy	60 min stroll	9 m easy
12	Rest	Rest	Rest	TREK!!			