

8 WEEK TRAINING FOR MODERATE TREKKING ADVENTURE

Week	Sunday	Monday Easy Cardio (11 of Rate of Perceived Excursion)	Monday Conditioning LEGS	Tuesday	Wednesday Moderate Cardio (11-13 RPE effort) with Intervals (15 RPE effort) and Core	Wednesday Condition	Thursday	Friday Legs, Upper Body, Balance and Core	Saturday Long Cardio
1	rest	30 minutes walking (11 effort)	Legs: 3 Sets/ 12 Reps Squats	rest	30 minutes walking at 13 RPE increased pace (15 RPE) in 30 second intervals with 1 minute recovery between bursts. Perform intervals for last 10 minutes of walk.	Core: 3 Sets of 12 Crunches	rest	- 3 Sets of 12 Squats - 3 Sets of 12 Wall Push-Ups - Balance on Single Leg for 30 seconds each leg	rest
2	rest	30-40 minutes walking (11 effort)	Legs: 3 Sets of Wall Squats holding for 30 seconds per set	rest	45 minutes walking at 13 RPE Increased pace (15 RPE) on hills.	Core: 3 Sets of Plank holding for 30 seconds each set	rest	- 3 sets Squat with Knee Lift and Balance - 3 Sets of Bicep Curls - 3 Sets of Crunches	1 1/2 hours walking with varied terrain steady and comfortably
3	rest	45 minutes walking (11 effort)	Legs: 3 Sets of 12 Step-Ups	rest	45 minutes walking at 13 RPE Increased pace (15 RPE) in 30 second intervals with 1 minute recovery between bursts. Perform intervals for the last 20 minutes of walk.	Core: 3 Sets of 12 Crunches	rest	- 3 Sets of 12 Squats - 3 Sets of 12 Wall Push-Ups - Balance on Single Leg for 30 seconds each leg	2 hours walking with varied terrain steady and comfortably
4	rest	45-55 minutes walking (11 effort)	Legs: 3 Sets of 12 Lunges/ leg	rest	45-60 minutes walking at 13 RPE increased pace (15 RPE) on hills.	Core: 3 Sets of Plank holding for 30 seconds each set	rest	- 3 sets Squat with Knee Lift and Balance - 3 Sets of Bicep Curls - 3 Sets of Crunches	2 1/2 hours walking with varied terrain steady and comfortably
5	rest	60 minutes walking (11 effort)	Legs: 3 Sets/ 12 Reps Squats	rest	60 minutes walking at 13 RPE Increased pace (15 RPE) in 30 second intervals with 1 minute recovery between bursts. Perform intervals for the last 25 minutes of walk.	Core: 3 Sets of 12 Crunches	rest	- 3 Sets of 12 Squats - 3 Sets of 12 Wall Push-Ups - Balance on Single Leg for 30 seconds each leg	3 hours walking with varied terrain steady and comfortably
6	rest	60 minutes walking (11 effort)	Legs: 3 Sets of Wall Squats holding for 30 seconds per set	rest	60-70 minutes walking at 11-13 RPE Increased pace (15 RPE) on hills.	Core: 3 Sets of Plank holding for 30 seconds each set	rest	- 3 sets Squat with Knee Lift and Balance - 3 Sets of Bicep Curls - 3 Sets of Crunches	3 1/2 to 4 hours walking with varied terrain steady and comfortably
7	rest	60 minutes walking (11 effort)	Legs: 3 Sets of 12 Step-Ups	rest	60-90 minutes walking at 11-13 RPE Increased pace (15 RPE) in 30 second intervals with 1 minute recovery between bursts. Perform intervals for the last 30 minutes of walk.	Core: 3 Sets of 12 Crunches	rest	- 3 Sets of 12 Squats - 3 Sets of 12 Wall Push-Ups - Balance on Single Leg for 30 seconds each leg	4 to 5 hours walking with varied terrain steady and comfortably
8	rest	30-40 minutes walking (11 effort)	Rest Legs	rest	45 minutes walking at 13 RPE.	Rest Core	rest	rest	2 to 4 hours walking on varied terrain steady and comfortably
NOTES	Rest days are just as important as training days. Give you muscles and body time to recover and repair so that you get stronger.	Feel free to substitute other cardiovascular activities, such as swimming or biking for hiking on these days.	Focus on form when performing exercises. Listen to your body. If you feel pain, discontinue workout.		Use hills and quick intervals to increase the intensity of your workouts on these days.	Improving core strength will help with your balance and stability when navigating rocky or uneven terrain.		All of these exercises can be performed at home or in a small place. Use soup cans for bicep curls if you don't have any free weights.	Be sure to drink fluids and carry the daypack and supplies you will be taking with you on your trek. These are the training days to get miles under your belt.