

Suggested Training Regimen & Schedule

Week 1

Monday: Three sets of 30 lunges (15 on each leg) followed by three sets of 10 leg extensions and three sets of 10 hamstring curls. Use weights that feel tough on your second to last repetitions.

Tuesday: Rest or light upper and mid-body workout (shoulder presses, sit ups, curls, push-ups and pull downs)

Wednesday: Three sets of 30 lunges (15 on each leg) followed by three sets of 10 leg extensions and three sets of 10 hamstring curls. Use weights that feel tough on your second to last repetitions.

Thursday: Rest or Light upper and mid-body workout (shoulder presses, sit ups, curls, push-ups and pull downs)

Friday: Rest

Saturday: Hike outside while wearing a ten-pound pack for 1 hour.

Sunday: Rest

Week 2

Monday: Three sets of 40 lunges (20 on each leg) followed by three sets of 15 leg extensions and three sets of 15 hamstring curls. Use weights that feel tough on your second to last repetitions.

Tuesday: Light upper and mid-body workout (shoulder presses, sit ups, curls, Push-ups and pull downs)

Wednesday: Three sets of 40 lunges (20 on each leg) followed by three sets of 15 leg extensions and three sets of 15 hamstring curls. Use weights that feel tough on your second to last repetitions.

Thursday: Light upper and mid-body workout (shoulder presses, sit ups, curls, Push-ups and pull downs)

Friday: Rest

Saturday: Hike outside while wearing a fifteen-pound pack for 1 hour.

Sunday: Rest

Week 3

Monday: Three sets of 40 lunges (20 on each leg) followed by three sets of 15 leg extensions and three sets of 15 hamstring curls. Use weights that feel tough on your second to last repetitions.

Tuesday: Treadmill workout. Walk 3.0-3.5 mph with the incline at 3 percent. After five minutes, increase the slope to between 6 and 8 percent for a 45-minute interval. Drop back down to 3 percent for five minutes.

Wednesday: Cross train on an elliptical trainer, Stairmaster, stationary bike, or other cardio machine (45 minutes)

Thursday: Moderate upper and mid-body workout (shoulder presses, sit ups, curls, Push-ups and pull downs)

Friday: Rest

Saturday: Hike outside while wearing a twenty-pound pack for 1 hour.

Sunday: Rest

Week 4

Monday: Three sets of 40 lunges (20 on each leg) followed by three sets of 15 leg extensions and three sets of 15 hamstring curls. Use weights that feel tough on your second to last repetitions.

Tuesday: Light upper and mid-body workout (shoulder presses, sit ups, curls, push-ups and pull downs)

Wednesday: Treadmill workout. Walk 3.0-3.5 mph with the incline at 3 percent. After five minutes, increase the slope to between 6 and 8 percent for a 45-minute interval. Drop back down to 3 percent for five minutes.

Thursday: Cross train on an elliptical trainer, Stairmaster, stationary bike, or other cardio Machine (1 hour)

Friday: Rest

Saturday: Hike outside while wearing a ten-pound pack for 2 hours.

Sunday: Rest

Week 5

Monday: Three sets of 40 lunges (20 on each leg) followed by three sets of 15 leg extensions and three sets of 15 hamstring curls. Use weights that feel tough on your second to last repetitions.

Tuesday: Moderate upper and mid-body workout (shoulder presses, sit ups, curls, push-ups and pull downs)

Wednesday: Treadmill workout. Walk at 3.0-3.5 mph with the incline at 3 percent. After five minutes, increase the slope to between 6 and 8 percent for a 55-minute interval. Drop back down to 3 percent for five minutes.

Thursday: Cross-train on an elliptical trainer, Stairmaster, stationary bike, or other Cardio Machine (1 hour)

Friday: Rest

Saturday: Hike outside while wearing a fifteen-pound pack for 2 hours. Be sure to train with your trekking poles (feel free to reach out to me if you'd like to discuss proper trekking pole use/technique).

Sunday: Rest

Week 6

Monday: Three sets of 40 lunges (20 on each leg) followed by three sets of 15 leg extensions and three sets of 15 hamstring curls. Use weights that feel tough on your second to last repetitions.

Tuesday: Moderate upper and mid-body workout (shoulder presses, sit ups, curls, push-ups and pull downs)

Wednesday: Treadmill workout. Walk at 3.0-3.5 mph with the incline at 3 percent. After five minutes, increase the slope to between 6 and 8 percent for a 1 hour interval. Drop back down to 3 percent for five minutes.

Thursday: Cross train on an elliptical trainer, Stairmaster, stationary bike, or other cardio Machine (1 hour)

Friday: Rest

Saturday: Hike outside while wearing a ten-pound pack for 3 hours.

Sunday: Rest

Week 7

Monday: Three sets of 40 lunges (20 on each leg) followed by three sets of 15 leg extensions and three sets of 15 hamstring curls. Use weights that feel tough on your second to last repetitions.

Tuesday: Moderate to heavy upper and mid-body workout (shoulder presses, sit ups, curls, push-ups and pull downs)

Wednesday: Treadmill workout. Walk at 3.0-3.5 mph with the incline at 3 percent. After five minutes, increase the slope to between 8 and 10 percent for a 60-minute interval. Drop back down to 3 percent for five minutes.

Thursday: Cross train on an elliptical trainer, Stairmaster, stationary bike, or other cardio machine (75 minutes)

Friday: Rest

Saturday: Hike outside while wearing a fifteen-pound pack for 3 hours.

Sunday: Rest

Week 8

Monday: Three sets of 40 lunges (20 on each leg) followed by three sets of 15 leg extensions and three sets of 15 hamstring curls. Use weights that feel tough on your second to last repetitions.

Tuesday: Moderate to heavy upper and mid-body workout (shoulder presses, sit ups, curls, push-ups and pull downs)

Wednesday: Treadmill workout. While wearing your full pack (12-15 pounds) walk at 3.0-3.5 to five mph with the incline at 3 percent. After five minutes, increase the slope to between 8 and 10 percent for a 75-minute interval. Drop back down to 3 percent for five minutes.

Thursday: Cross train on an elliptical trainer, Stairmaster, stationary bike, or other cardio machine (75 minutes)

Friday: Rest

Saturday: Hike outside while wearing a twenty-pound pack for 3 hours

Sunday: Rest

Week 9

Monday: Three sets of 40 lunges (20 on each leg) followed by three sets of 15 leg extensions and three sets of 15 hamstring curls. Use weights that feel tough on your second to last repetitions.

Tuesday: Light upper and mid-body workout (shoulder presses, sit ups, curls, Push-ups and pull downs)

Wednesday: Treadmill workout. While wearing your full pack (12-15 pounds) walk 3.0-3.5 mph with the incline at 3 percent. After five minutes, increase the slope to between 12 and 15 percent for a 90-minute interval. Drop back down to 3 percent for five minutes.

Thursday: Moderate to heavy upper and mid-body workout (shoulder presses, sit ups, curls, push ups and pull downs) AND cross-train on an elliptical trainer, Stairmaster, stationary bike, or other cardio machine (90 minutes)

Friday: Rest

Saturday: Hike outside while wearing a ten-pound pack for 4 hours.

Sunday: Rest

Week 10

Monday: Rest

Tuesday: Hike or Stairmaster with your full CFAC-pack. Modify as desired for 75 minutes.

Wednesday: Treadmill workout. With your full CFAC-pack, walk 3.0-3.5 mpb with the incline at 3 percent. After five minutes, increase the slope to between 12 and 15 percent for a 45-minute interval. Drop back down to 3 percent for five minutes.

Thursday: Cross-train on an elliptical trainer, Stairmaster, stationary bike, or other cardio machine

Friday: Rest

Saturday: Hike outside while wearing a fifteen-pound pack for 4 hours.

Sunday: Rest

Week 11

Monday: Light upper and mid-body workout (shoulder presses, sit ups, curls, pushups)

Tuesday: Stretch and Rest

Wednesday: Hike with a twenty-pound pack for 4 hours.

Thursday: Rest

Friday: Light upper body workout, stretch

Saturday: REST

Sunday: Easy hike (1-2 hours with little weight)

Week 12

Monday: Light upper body workout, stretch

Tuesday: Rest / Light Hike

Wednesday: Rest/Stretch

Thursday: Rest/Stretch.

Friday: Arrive for Event

Saturday: Shakedown hike

Sunday: ~~~**SUMMIT DAY**~~~

Hints:

- An easy way to add weight to your pack is by carrying extra water (if you get tired, and you are far from home, you can always dump it).
- If, like me, you are a flatlander, your access to hike-able terrain may be limited. Stadium steps or stairwells in tall buildings work equally well (whether to seek permission or forgiveness from the building owner is your call).