

	<b>5 TO 50 MILES TRAINING SCHEDULE</b>						
	MON	TUE	WED	THURS	FRI	SAT	SUN
<b>WEEK 1</b>	Rest	Cross-training 45 min.	Walk/hike 3 miles	Weight training 30 min.	Cross-training 45 min.	Hike 5 miles	Walk/hike 3 miles
<b>WEEK 2</b>	Rest	Cross-training 45 min.	Walk/hike 3.5 miles	Weight training 30 min.	Cross-training 45 min.	Hike 6 miles	Walk/hike 3.5 miles
<b>WEEK 3</b>	Rest	Cross-training 1 hour	Hike 4 miles, with 500 ft. elevation gain	Weight training 40 min.	Cross-training 1 hour	Hike 7 miles, with 500 ft. elevation gain	walk/hike 3 miles, with 500 ft. elevation gain
<b>WEEK 4</b>	Rest	Cross-training 1 hour	Hike 4 miles, with 500 ft. elevation gain	Weight training 40 min.	Cross-training 1 hour	Hike 7 miles, with 750 ft. elevation gain	Weight training 40 min.
<b>WEEK 5</b>	Rest	Cross-training 1 hour	Hike 4 miles, with 500 ft. elevation gain	Weight training 40 min.	Cross-training 1 hour	Hike 8 miles, with 1000 ft. elevation gain, carry 10 lbs.	Hike 3 miles, with 500 ft. elevation gain, carry 10 lbs.
<b>WEEK 6</b>	Rest	Cross-training 1 hour	Hike 3 miles, with 500 ft. elevation gain, carry 15 lbs.	Weight training 40 min.	Cross-training 1 hour	Hike 9 miles, with 1250 ft. elevation gain, carry 15 lbs.	Hike 4 miles, with 500ft. elevation gain, carry 15 lbs.
<b>WEEK 7</b>	Rest	Weight training 1 hour	Hike 3 miles, with 500 ft. elevation gain, carry 15 lbs.	Weight training 40 min.	Cross-training 1 hour	Hike 10 miles, with 1500 ft. elevation gain, carry 20 lbs.	Hike 4 miles, with 500 ft. elevation gain, carry 20 lbs.
<b>WEEK 8</b>	Rest	Cross-training 1 hour	Hike 3 miles, with 500 ft. elevation gain, carry 20 lbs.	Weight training 40 min.	Cross-training 1 hour	Hike 12 miles, with 2000 ft. elevation gain, carry 20 lbs.	Hike 4 miles, with 500 ft. elevation gain, carry 20 lbs.

Copyright Dami Roelse 2017