

50 TO 500 MILES TRAINING SCHEDULE MONTH 1							
	MON	TUES	WED	THURS	FRI	SAT	SUN
<b>WEEK 1</b>	rest from formal training	Cross-training 45 min.	Walk/hike 3 miles	Weight training 20 min. stretch 10 min.	Cross-training 45 min.	Hike 5 miles, stretch 5 min. after	Walk/hike 3 miles, stretch 5 min. after
<b>WEEK 2</b>	Rest	Cross-training 45 min.	Walk/hike 3.5 miles	Weight training 30 min. stretch 10 min.	Cross-training 45 min.	Hike 6 miles, stretch 10 min. after	Walk/hike 3.5 miles, stretch 5 min. after
<b>WEEK 3</b>	Rest	Cross-training 1 hour	Hike 4 miles, 500 ft. elevation gain	Weight training 40 min. stretch 15 min.	Cross-training 1 hour	Hike 7 miles, 500 ft. elevation gain, stretch 10 min. after	Walk/hike 3.5 miles, 500 ft. elevation gain, stretch 10 min. after
<b>WEEK 4</b>	Rest	Cross-training 1 hour	Hike 4 miles, 500 ft. elevation gain, stretch 5 min.	Weight training 40 min. stretch 15 min.	Cross-training 1 hour	Hike 7 miles, 750 ft. elevation gain, stretch 10 min. after	Weight training 40 min., stretch 15 min. after

50 TO 500 MILES TRAINING SCHEDULE MONTH 2							
	MON	TUES	WED	THURS	FRI	SAT	SUN
<b>WEEK 5</b>	rest from formal training	Cross-training 1 hour	Hike 4 miles, 500 ft. elevation gain, carry 10 lbs.	Weight training 40 min. stretch 15 min.	Cross-training, steady workout 1 hour	Hike 8 miles, 1000 ft. elevation gain, carry 10 lbs.,stretch 10 min. after	Walk/hike 3 miles, 500 ft. elevation gain, stretch after
<b>WEEK 6</b>	Rest	Cross-training 1 hour	Hike 3 miles, 500 ft. elevation gain, carry 15 lbs.	Weight training 40 min. stretch 15 min.	Cross-training, steady workout 1 hour	Hike 8 miles, 1250 ft. elevation gain, carry 15 lbs.,stretch	Hike 4 miles, 500 ft. elevation gain, carry 15 lbs.,stretch
<b>WEEK 7</b>	Rest	Weight training 40 min., stretch 15 min.	Hike 3 miles, 500 ft. elevation gain, carry 15 lbs.	Weight training 40 min. stretch 15 min.	Cross-training 1 hour	Hike 10 miles, 1500 ft. elevation gain, carry 20 lbs.	Hike 4 miles, 500-750 ft. elevation gain, carry 20 lbs.,stretch
<b>WEEK 8</b>	Rest	Cross-training/ interval training 1 hour	Hike 3 miles, 500 ft. elevation gain, carry 20 lbs.	Weight training 40 min. stretch 15 min.	Cross-training, steady workout 1 hour	Hike 12 miles, 2000 ft. elevation gain, carry 20 lbs.	Hike 4 miles, 500-750 ft. elevation gain, carry 20 lbs.,stretch

50 TO 500 MILES TRAINING SCHEDULE MONTH 3							
	MON	TUES	WED	THURS	FRI	SAT	SUN
<b>WEEK 9</b>	Rest from formal training	Weight training 40 min., stretch 15 min.	Hike 4 miles, 500 ft. elevation gain, carry 20 lbs. stretch	Weight training 40 min. stretch 15 min.	Cross-training, steady workout 1 hour	Hike 12 miles, 1500 ft. elevation gain, carry 25 lbs.,stretch	Hike 5 miles, 500 ft. elevation gain, carry 15 lbs., stretch
<b>WEEK 10</b>	Rest	Weight training 40 min., stretch 15 min.	Hike 5 miles, 500 ft. elevation gain, carry 20 lbs.	Weight training 40 min. stretch 15 min.	Cross-training, steady workout 1 hour	Hike 12 miles, 2000 ft. elevation gain, carry 25-30 lbs. stretch	Hike 5 miles, 500-750 ft. elevation gain, carry 20 lbs.,stretch
<b>WEEK 11</b>	Rest	Cross-training, steady workout 1 hour	Hike 4 miles, 500 ft. elevation gain, carry 15 lbs. stretch	Weight training 30 min. stretch 15 min.	Cross-training, steady workout 1 hour	Hike 10 miles, 1500 ft. elevation gain, carry 25-30 lbs.	Hike 4 miles, 500 ft. elevation gain, carry 20lbs. stretch
<b>WEEK 12</b>	Rest	Cross-training, easy steady workout, 45 min.	Hike 3 miles, 500 ft. elevation gain, carry 20 lbs.	Weight training 20 min. stretch 15 min.	Cross-training, easy steady workout 45 min.	Hike 8 miles, 1000 ft. elevation gain, carry 20 lbs.	Hike 3 miles, 500 ft. elevation gain, carry 15lbs.

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