



6 Week Hiking Training Plan

Day – Week 1	Warm Up	Activity	Notes
Monday	10 minute stretch & warm up	30 minute cardio (bike or exercise)	
Tuesday			Rest Day
Wednesday	10 minute stretch & warm up	20 minutes (jogging) & <u>3 sets of following:</u> Squats (15) Push Ups (10) Crunches (50) Plank (60 seconds)	
Thursday	10 minute stretch & warm up	30 minutes walking with loaded pack	
Friday			Rest Day
Saturday	10 minute stretch & warm up	30 minute cardio (bike or exercise)	
Sunday	10 minute stretch & warm up	2-3 hour walk/hike with loaded pack	



6 Week Hiking Training Plan

Day – Week 2	Warm Up	Activity	Notes
Monday	10 minute stretch & warm up	30 minute cardio (bike or exercise)	
Tuesday			Rest Day
Wednesday	10 minute stretch & warm up	30 minutes (jogging) & <u>3 sets of following:</u> Squats (15) Push Ups (10) Crunches (50) Plank (60 seconds)	
Thursday	10 minute stretch & warm up	30 minutes walking with loaded pack 20 minute of YOGA	
Friday			Rest Day
Saturday	10 minute stretch & warm up	30 minute cardio (bike or exercise) & 20 minutes of YOGA	
Sunday	10 minute stretch & warm up	2-3 hour walk/hike with loaded pack	



6 Week Hiking Training Plan

Day – Week 3	Warm Up	Activity	Notes
Monday	10 minute stretch & warm up	40 minute cardio (bike or exercise) 10 minute walk	
Tuesday			Rest Day
Wednesday	10 minute stretch & warm up	40 minutes (jogging) & <u>3 sets of following:</u> Squats (15) Push Ups (10) Crunches (50) Plank (60 seconds)	
Thursday	10 minute stretch & warm up	30 minutes walking with loaded pack 20 minute of YOGA	
Friday			Rest Day
Saturday	10 minute stretch & warm up	30 minute cardio (bike or exercise) & 20 minutes of YOGA	
Sunday	10 minute stretch & warm up	2-3 hour walk/hike with loaded pack	



6 Week Hiking Training Plan

Day – Week 4	Warm Up	Activity	Notes
Monday	10 minute stretch & warm up	50 minute cardio (bike or exercise) 10 minute walk	
Tuesday			Rest Day
Wednesday	10 minute stretch & warm up	40 minutes (jogging) & <u>4 sets of following:</u> Squats (15) Push Ups (10) Crunches (50) Plank (60 seconds)	
Thursday	10 minute stretch & warm up	45 minutes walking with loaded pack 20 minute of YOGA	
Friday			Rest Day
Saturday	10 minute stretch & warm up	40 minute cardio (bike or exercise) & 20 minutes of YOGA	
Sunday	10 minute stretch & warm up	4-5 hour walk/hike with loaded pack	



6 Week Hiking Training Plan

Day – Week 5	Warm Up	Activity	Notes
Monday			Rest Day from Sunday hike
Tuesday	10 minute stretch & warm up	60 minute cardio (bike or exercise) 10 minute walk	
Wednesday			Rest Day
Thursday	10 minute stretch & warm up	40 minutes (jogging) & <u>5 sets of following:</u> Squats (15) Push Ups (10) Crunches (50) Plank (60 seconds)	
Friday	10 minute stretch & warm up	60 minutes walking with loaded pack 20 minute of YOGA	
Saturday			Rest Day
Sunday	10 minute stretch & warm up	4-5 hour walk/hike with loaded pack	



6 Week Hiking Training Plan

Day – Week 6	Warm Up	Activity	Notes
Monday			Rest Day from Sunday hike
Tuesday	10 minute stretch & warm up	60 minute cardio (bike or exercise) 10 minute walk	
Wednesday			Rest Day
Thursday	10 minute stretch & warm up	40 minutes (jogging) & <u>5 sets of following:</u> Squats (15) Push Ups (10) Crunches (50) Plank (60 seconds)	
Friday	10 minute stretch & warm up	60 minutes walking with loaded pack 20 minute of YOGA	
Saturday			Rest Day
Sunday	10 minute stretch & warm up	4-5 hour walk/hike with loaded pack	