

TWO-WEEK TREK TRAINING SCHEDULE - Begin 6 months in advance									
Month	type	# x/per week	time per hike	miles	elevation	pack weight	focus	notes	
1	Base Training	4	1+ hr	2+	n/a	< 5#	adapting to training		
2	Base Training	4	1+ hr	2+	500+	10 #	maximum mileage, getting used to elevation, light pack	one of the hikes should be 4+ hr and 8+ miles	
3	Base Training	4	1+ hr	3+	1000+	15 #	maximum mileage, lots of elevation, light pack	one of the hikes should be 4+ hr and 8+ miles	
4	Max Strength	3	1+ hr	3+	1000+	30 #	maximum pack weight, minimal elevation	one of the hikes should be 4+ hr and 8+ miles	
5	Muscular Endurance	2	2+ hr	5+	2000+	30 #	maximum pack weight, maximum elevation	all hikes should be as steep as possible (or stairwells, stadium bleachers, etc.)	
6	Tapering / Resting	2	1+ hr	3+	1000+	15 #	recovery and consolidation of strength prior to trip		
Summary	# Sessions	Total Duration, hr	Total Miles	Total Elev., ft					
Month #1	16	16	32	n/a					
Month #2	16	28	56	8000					
Month #3	16	28	68	16000					
Month #4	12	24	56	12000					
Month #5	8	16	40	16000					
Month #6	8	8	24	8000					
Totals	76	120	276	60000					

ONE-WEEK TREK TRAINING SCHEDULE - Begin 6 months in advance									
Month	type	# x/per week	time per hike	miles	elevation	pack weight	focus	notes	
1	Base Training	4	1 hr	1.5+	n/a	< 5#	adapting to training		
2	Base Training	4	1+ hr	2+	375+	10 #	maximum mileage, getting used to elevation, light pack	one of the hikes should be 4+ hr and 8+ miles	
3	Base Training	4	1+ hr	3+	750+	15 #	maximum mileage, lots of elevation, light pack	one of the hikes should be 4+ hr and 8+ miles	
4	Max Strength	3	1+ hr	3+	750+	30 #	maximum pack weight, minimal elevation	one of the hikes should be 4+ hr and 8+ miles	
5	Muscular Endurance	2	1+ hr	3.5+	1500+	30 #	maximum pack weight, maximum elevation	all hikes should be as steep as possible (or stairwells, stadium bleachers, etc.)	
6	Tapering / Resting	2	1+ hr	2+	750+	15 #	recovery and consolidation of strength prior to trip		
Summary	# Sessions	Total Duration, hr	Total Miles	Total Elev., ft					
Month #1	16	16	24	n/a					
Month #2	16	21	42	6000					
Month #3	16	21	51	12000					
Month #4	12	18	42	9000					
Month #5	8	12	30	12000					
Month #6	8	6	18	6000					
Totals	76	90	207	45000					