

Hiker Training Plan - 10 miles in 8 weeks

This is just a suggestion. I am not a fitness coach.

Ultimately you need to do what **feels right to you** and what works best with your schedule.

SUN	MON	TUE	WED	THU	FRI	SAT
	1-mile walk		1-mile walk	2-mile walk		2-mile hike ~ 200 ft elevation gain
		2-mile walk	3-mile walk	2-mile walk		3-mile hike ~ 400 ft elevation gain
2-mile walk	2-mile walk		3-mile walk	2-mile walk		4-mile hike ~ 600 ft elevation gain
	3-mile walk	4-mile walk	3-mile walk		2-mile walk	
3-mile walk		4-mile walk	4-mile walk		3-mile walk	5-mile hike ~ 850 ft elevation gain
3-mile walk		4-mile walk	5-mile walk		3-mile walk	7-mile hike ~ 1,000 ft elevation gain
	5-mile walk	4-mile walk	3-mile walk	2-mile walk		9-mile hike ~ 1,150 ft elevation gain
		4-mile walk	2-mile walk	4-mile walk		10-mile hike

HOW ARE YOU FEELING THIS WEEK?

ADDITIONAL GOALS: