

Prepare your body for Trek!

	Distance	✓		Distance	✓		Distance	✓		Distance	✓		Distance	✓		Distance	✓			
January			February			March			April			May			June			July		
8	Walk 15 mins		1	Rest		1	Walk 30 mins		1	Walk 40 mins		1	Walk 40 mins		1	Hike 6.5 mi		1	Walk 60 mins	
9	Rest		2	Walk 25 mins		2	Hike 3 mi		2	Rest		2	Rest		2	Sunday (Rest)		2	Rest	
10	Walk 15 mins		3	Hike 1.5 mi		3	Sunday (Rest)		3	Walk 40 mins		3	Walk 40 mins		3	Walk 50 mins		3	Walk 60 mins	
11	Rest		4	Sunday (Rest)		4	Walk 30 mins		4	Rest		4	Hike 5 mi		4	Rest		4	Rest	
12	Walk 15 mins		5	Walk 30 mins		5	Rest		5	Walk 40 mins		5	Sunday (Rest)		5	Walk 50 mins		5	Hike 3.5 mi	
13	Hike 0.5 mi		6	Rest		6	Walk 30 mins		6	Hike 4 mi		6	Walk 40 mins		6	Rest		6	Hike 11 mi	
14	Sunday (Rest)		7	Walk 30 mins		7	Rest		7	Sunday (Rest)		7	Rest		7	Hike 1.5 mi		7	Sunday (Rest)	
15	Walk 20 mins		8	Rest		8	Walk 30 mins		8	Walk 40 mins		8	Walk 40 mins		8	Hike 7 mi		8	Walk 60 mins	
16	Rest		9	Walk 30 mins		9	Hike 3 mi		9	Rest		9	Rest		9	Sunday (Rest)		9	Rest	
17	Walk 20 mins		10	Hike 1.75 mi		10	Sunday (Rest)		10	Walk 40 mins		10	Walk 40 mins		10	Walk 50 mins		10	Walk 60 mins	
18	Rest		11	Sunday (Rest)		11	Walk 30 mins		11	Rest		11	Hike 5 mi		11	Rest		11	Rest	
19	Walk 20 mins		12	Walk 30 mins		12	Rest		12	Walk 40 mins		12	Sunday (Rest)		12	Walk 50 mins		12	Hike 4 mi	
20	Hike 0.75 mi		13	Rest		13	Walk 30 mins		13	Hike 4 mi		13	Walk 40 mins		13	Rest		13	Hike 12 mi	
21	Sunday (Rest)		14	Walk 30 mins		14	Rest		14	Sunday (Rest)		14	Rest		14	Hike 2 mi		14	Sunday (Rest)	
22	Walk 20 mins		15	Rest		15	Walk 30 mins		15	Walk 40 mins		15	Walk 40 mins		15	Hike 8 mi		15	Walk 60 mins	
23	Rest		16	Walk 30 mins		16	Hike 3 mi		16	Rest		16	Rest		16	Sunday (Rest)		16	Rest	
24	Walk 20 mins		17	Hike 2 mi		17	Sunday (Rest)		17	Walk 40 mins		17	Walk 40 mins		17	Walk 50 mins		17	Walk 60 mins	
25	Rest		18	Sunday (Rest)		18	Walk 40 mins		18	Rest		18	Hike 5.5 mi		18	Rest		18	Rest	
26	Walk 20 mins		19	Walk 30 mins		19	Rest		19	Walk 40 mins		19	Sunday (Rest)		19	Walk 50 mins		19	Walk 60 mins	
27	Hike 1 mi		20	Rest		20	Walk 40 mins		20	Hike 4.5 mi		20	Walk 40 mins		20	Rest		20	Hike 4 mi	
28	Sunday (Rest)		21	Walk 30 mins		21	Rest		21	Sunday (Rest)		21	Rest		21	Hike 2.5 mi		21	Sunday (Rest)	
29	Walk 25 mins		22	Rest		22	Walk 40 mins		22	Walk 40 mins		22	Walk 40 mins		22	Hike 9 mi		22	Walk 30 mins	
30	Rest		23	Walk 30 mins		23	Hike 3.5 mi		23	Rest		23	Rest		23	Sunday (Rest)		23	Rest	
31	Walk 25 mins		24	Hike 2.5 mi		24	Sunday (Rest)		24	Walk 40 mins		24	Walk 40 mins		24	Walk 60 mins		24	Rest	
			25	Sunday (Rest)		25	Walk 40 mins		25	Rest		25	Hike 6 mi		25	Rest		25	TREK DAY 1	
			26	Walk 30 mins		26	Rest		26	Walk 40 mins		26	Sunday (Rest)		26	Walk 60 mins		26	TREK DAY 2	
			27	Rest		27	Walk 40 mins		27	Hike 5 mi		27	Walk 40 mins		27	Rest		27	TREK DAY 3	
			28	Walk 30 mins		28	Rest		28	Sunday (Rest)		28	Rest		28	Hike 3 mi				
			29	Rest		29	Walk 40 mins		29	Walk 40 mins		29	Walk 40 mins		29	Hike 10 mi				
						30	Hike 4 mi		30	Rest		30	Rest		30	Sunday (Rest)				
						31	Sunday (Rest)					31	Hike 1 mi							