

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					Hike 2:00 1	Rest Day 2
Hike 40-50 minutes 3	Strengthen & Stretch 4	Hike 40-50 minutes 5	Strengthen & Stretch 6	Hike 30-40 min easy effort 7	Hike 2:00 8	Rest Day 9
Hike 50-60 minutes 10	Strengthen & Stretch 11	Hike 40-50 minutes 12	Strengthen & Stretch 13	Hike 30-40 min easy effort 14	Hike 3:00 15	Rest Day 16
Hike 50-60 minutes 17	Strengthen & Stretch 18	Hike 40-50 minutes 19	Strengthen & Stretch 20	Hike 30-40 min easy effort 21	Hike 3:30 22	Rest Day 23
Hike 50-60 minutes 24	Strengthen & Stretch 25	Hike 40-50 minutes 26	Strengthen & Stretch 27	Hike 30-40 min easy effort 28	Hike 3:30 29	Rest Day 30
Hike 50-60 minutes 31						

NOTES:

Saturday Hikes

On Saturday hikes, try to simulate course terrain as much as possible, including trails from the event, as well as similar elevation gains.

Weekday Hikes

Fridays should be easy effort with less elevation gain over gentler terrain, to keep the legs fresh for Saturdays. Monday/Wednesday hikes can be substituted with a stair workout of equivalent time.

Cross Training

Tuesday/Thursday should be reserved for stretch and strength. Contact Foothills FAST for group class options.