



2024 XTREME HIKE TRAINING CALENDAR

Echo Bluff State Park - Eminence, Missouri
Xtreme Hike Weekend - September 20-22

WE ARE WITH YOU EVERY STEP OF THE WAY.

Read this key for more information about the workouts included in our plan!

GEAR TIPS:

FOOTWEAR: Don't wait to get your footwear. Sturdy boots and a few good pairs of socks can be the keys to happiness on the trail. Break them in now to leave plenty of time for adjustments before Hike Day.

TREKKING POLES: If you haven't, yet, test out some hiking poles. These can save your knees on steep downhills!

PROPER CLOTHING: Do you have the clothing you plan to wear on Hike Day? Be sure to test it out on some long hikes before the big day...a seam in the wrong place can spell disaster.

Check with your doctor prior to starting any exercise program.

Perform (2) non-consecutive workout days each week in conjunction with the hiking program outlined on the calendar.

Perform stretches per the exercise guide as needed.

WORKOUTS FOR STRENGTH & CROSSTRAINING

2 sets of 15 repetitions with 1 min break between sets

- Lunges
- Squats
- Step Ups
- Calf raise
- Bridge
- Crunches
- Walk hills in your neighborhood or find some stairs and climb; Add weights to your pack for more of a workout
- Stairclimber or treadmill w. incline
- Cycling
- Yoga, Pilates
- Running

REST: Active recovery; Try to get in 10,000 steps a day, even on rest days

TRAINING TIPS:

PACE: Keep track of your pace throughout your training. Shoot for an average pace of 2.5-3 MPH.

HILL REPEATS: Find a challenging hill in your neighborhood or on your favorite trail—walk up at a challenging pace, walk or jog down slowly.

Add mileage and weight where you can to build your endurance. You will be on your feet for hours on Hike Day carrying at least 2-3 liters of water along with snacks and supplies. Prepare your feet, shoulders and back accordingly!





XTREME HIKE[®]
CYSTIC FIBROSIS FOUNDATION

WEEKLY TRAINING CALENDAR

JUNE 2024

FIGHTCF.CFF.ORG/GATEWAYXTREMEHIKE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3	4	5	6	7	8 KICKOFF MEETING 9:00 AM - Queeny Park Rec Plex 2.5 mile hike 
9 REST & STRETCH	10 Walk/Hike 1-2 mi	11 CROSSTRAIN 1HR	12 Walk/Hike 2 mi	13 REST & STRETCH	14 Walk/Hike 1-2 mi	15 7:00AM CASTLEWOOD STATE PARK - River Scene Trail Trail: 3.4 miles 
16 REST & STRETCH	17 Walk/Hike 1-2 mi	18 Walk/Hike 2-3 mi	19 REST & STRETCH	20 CROSSTRAIN 1HR	21 Walk/Hike 2 mi	22 Walk/Hike 4 mi
23 REST & STRETCH	24 Walk/Hike 2-3 mi	25 CROSSTRAIN 1HR	26 Walk/Hike 3-4 mi	27 Walk/Hike 2-3 mi	28 Walk/Hike 3-4 mi	29 CROSSTRAIN 1HR




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WEEKLY TRAINING CALENDAR

JULY 2024

[FIGHTCF.CFF.ORG/GATEWAYXTREMEHIKE](https://fightcf.cff.org/gatewayxtreme hike)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30 7:00AM WELDON SPRING CONSERVATION AREA - Clark Trail: 5.1 miles 	1 REST & STRETCH	2 Walk/Hike 3-4 mi	3 CROSSTRAIN 1HR	4 Walk/Hike 5 mi	5 Walk/Hike 3-4 mi	6 Walk/Hike 5 mi
7 REST & STRETCH	8 CROSSTRAIN 1HR	9 Walk/Hike 4-5 mi	10 REST & STRETCH	11 CROSSTRAIN 1HR	12 Walk/Hike 4-5 mi	13 7:00AM GREENSFELDER PARK - DeClue Trail: 8.3 miles 
14 REST & STRETCH	15 Walk/Hike 4-5 mi	16 CROSSTRAIN 1HR	17 Walk/Hike 5-6 mi	18 Walk/Hike 4-5 mi	19 Walk/Hike 5-6 mi	20 CROSSTRAIN 1HR
21 Walk/Hike 6 mi	22 REST & STRETCH	23 CROSSTRAIN 1HR	24 Walk/Hike 5 mi	25 Walk/Hike 5-6 mi	26 CROSSTRAIN 1HR	27 Walk/Hike 5 mi
28 7:00AM GREENSFELDER PARK - Dogwood & DeClue Trails: 9.5 miles 	29 REST & STRETCH	30 Walk/Hike 5-6 mi	31 CROSSTRAIN 1HR			





XTREME HIKE
CYSTIC FIBROSIS FOUNDATION

WEEKLY TRAINING CALENDAR

AUGUST 2024

FIGHTCF.CFF.ORG/GATEWAYXTREMEHIKE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 Walk/Hike 5-6 mi	2 Walk/Hike 5 mi	3 Walk/Hike 10 mi
4 REST & STRETCH	5 Walk/Hike 5-6mi	6 CROSSTRAIN 1HR	7 Walk/Hike 5-6mi	8 CROSSTRAIN 1HR	9 REST & STRETCH	10 7:00AM WELDON SPRINGS CONSERVATION - Lewis Trail 8.2 miles 
11 REST & STRETCH	12 Walk/Hike 6 mi	13 CROSSTRAIN 1HR	14 Walk/Hike 5-6 mi	15 CROSSTRAIN 1HR	16 Walk/Hike 6 mi	17 Walk/Hike 6 mi
18 Walk/Hike 10 mi	19 REST & STRETCH	20 CROSSTRAIN 1HR	21 Walk/Hike 7-8 mi	22 Walk/Hike 7-8 mi	23 RECOMMITMENT DEADLINE Walk/Hike 7-8 mi	24 CROSSTRAIN 1HR
25 7:00AM SHERMAN BEACH Park - Rocky Hollow Greenway & Zombie - 9.2 miles 	26 REST & STRETCH	27 Walk/Hike 8 mi	28 Walk/Hike 8 mi	29 CROSSTRAIN 1HR	30 Walk/Hike 7 mi	31 CROSSTRAIN 1HR



XTREME HIKE
CYSTIC FIBROSIS FOUNDATION

WEEKLY TRAINING CALENDAR

SEPTEMBER 2024

[FIGHTCF.CFF.ORG/GATEWAYXTREMEHIKE](https://fightcf.cff.org/gatewayxtreme hike)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 REST & STRETCH	2 Walk/Hike 8 mi	3 Walk/Hike 10-11 mi	4 CROSSTRAIN 1HR	5 Walk/Hike 9 mi	6 CROSSTRAIN 1HR	7 7:00AM WELDON SPRING CONSERVATION - Lost Valley Trail: 11.6 miles 
8 REST & STRETCH	9 Walk/Hike 10 mi	10 CROSSTRAIN 1HR	11 Walk/Hike 10 mi	12 CROSSTRAIN 1HR	13 REST & STRETCH	14 CROSSTRAIN 1HR
15 7:00AM ROCKWOODS RESERVATION - Green Rock Trail: 8.3 miles 	16 REST & STRETCH	17 Walk/Hike 6 mi	18 REST & STRETCH	19 CROSSTRAIN 1HR	20  HOTEL CHECK-IN: 4:00PM SOCIAL HOUR: 6:00PM	21  30 START GROUP - 4:30AM 15 START GROUP - 8:30AM
22  CYSTIC FIBROSIS FOUNDATION 11:00 - Departure	23 Rest, Recover & Celebrate!! YOU DID IT!	24	25	26	27	28
29	30					



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CYSTIC FIBROSIS FOUNDATION

WEEKLY TRAINING CALENDAR

OCTOBER 2024

[FIGHTCF.CFF.ORG/GATEWAYXTREMEHIKE](https://fightcf.cff.org/gatewayxtreme hike)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18  XTREME HIKE [®] CYSTIC FIBROSIS FOUNDATION 6:00PM - Post Toenail Count HAPPY HOUR	19
20	21	22	23	24	25	26
27	28	29	30	31 Preferred date for all funds collected to be turned in		