



# 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](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 Walk/Hike 3-4 mi
16 REST & STRETCH	17 Walk/Hike 1-2 mi	18 Walk/Hike 2-3 mi	19 REST & STRETCH	20 CROSSTRRAIN 1HR	21 Walk/Hike 2 mi	22 Walk/Hike 4 mi
23 REST & STRETCH	24 Walk/Hike 3-4 mi	25 CROSSTRRAIN 1HR	26 Walk/Hike 3-4 mi	27 Walk/Hike 3-4 mi	28 Walk/Hike 3-4 mi	29 Walk/Hike 3-4 mi



**XTREME HIKE**  
CYSTIC FIBROSIS FOUNDATION

# WEEKLY TRAINING CALENDAR

JULY 2024

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30 Walk/Hike 5-6 mi	1 REST & STRETCH	2 CROSSTRAIN 1HR	3 Walk/Hike 4 mi	4 Walk/Hike 3-4 mi	5 Walk/Hike 3-4 mi	6 Walk/Hike 4 mi
7 REST & STRETCH	8 CROSSTRAIN 1HR	9 Walk/Hike 3-4 mi	10 CROSSTRAIN 1HR	11 Walk/Hike 5 mi	12 Walk/Hike 3-4 mi	13 Walk/Hike 8.3 mi
14 REST & STRETCH	15 CROSSTRAIN 1HR	16 Walk/Hike 5-6 mi	17 REST & STRETCH	18 CROSSTRAIN 1HR	19 Walk/Hike 5-6 mi	20 Walk/Hike 9 mi
21 REST & STRETCH	22 Walk/Hike 4-5 mi	23 CROSSTRAIN 1HR	24 Walk/Hike 5-6 mi	25 Walk/Hike 4-5 mi	26 Walk/Hike 5-6 mi	27 CROSSTRAIN 1HR
28 Walk/Hike 9.5 mi	29 REST & STRETCH	30 CROSSTRAIN 1HR	31 Walk/Hike 5 mi			



**XTREME HIKE**  
CYSTIC FIBROSIS FOUNDATION

# WEEKLY TRAINING CALENDAR

AUGUST 2024

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 Walk/Hike 6-7 mi	2 Walk/Hike 5 mi	3 Walk/Hike 12 mi
4 REST & STRETCH	5 Walk/Hike 5-6mi	6 CROSSTRAIN 1HR	7 Walk/Hike 5-6mi	8 CROSSTRAIN 1HR	9 REST & STRETCH	10 Walk/Hike 16.4 mi
11 REST & STRETCH	12 CROSSTRAIN 1HR	13 Walk/Hike 6 mi	14 Walk/Hike 7-8 mi	15 CROSSTRAIN 1HR	16 Walk/Hike 6 mi	17 Walk/Hike 6 mi
18 Walk/Hike 17 mi	19 REST & STRETCH	20 CROSSTRAIN 1HR	21 Walk/Hike 7-8 mi	22 CROSSTRAIN 1HR	23 RECOMMITMENT DEADLINE Walk/Hike 7-8 mi	24 Walk/Hike 15 mi
25 Walk/ Hike 18.4 mi	26 REST & STRETCH	27 CROSSTRAIN 1HR	28 Walk/Hike 9 mi	29 CROSSTRAIN 1HR	30 Walk/Hike 7-8 mi	31 Walk/Hike 9 mi



**XTREME HIKE**  
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# WEEKLY TRAINING CALENDAR

SEPTEMBER 2024

FIGHTCF.CFF.ORG/GATEWAYXTREMEHIKE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 CROSTRAIN 1HR	2 REST & STRETCH	3 CROSTRAIN 1HR	4 Walk/Hike 10-11 mi	5 CROSTRAIN 1HR	6 Walk/Hike 7-8 mi	7 Walk/Hike 23.2 mi
8 REST & STRETCH	9 Walk/Hike 4-5 mi	10 Walk/Hike 10-11 mi	11 CROSTRAIN 1HR	12 Walk/Hike 8 mi	13 CROSTRAIN 1HR	14 Walk/Hike 15 mi
15 Walk/ Hike 8.3 mi	16 REST & STRETCH	17 CROSTRAIN 1HR	18 Walk/Hike 10 mi	19 CROSTRAIN 1HR	20  CYSTIC FIBROSIS FOUNDATION 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					

