







XTREME HIKE[®]
CYSTIC FIBROSIS FOUNDATION

WEEKLY TRAINING CALENDAR

JULY 2021 - FALL XTREME HIKE

www.fightcf.cff.org/gatewayxtremehike

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 KICKOFF 3 PM GREENTREE PARK Meramec Greenway  CYSTIC FIBROSIS FOUNDATION	19 SET YOUR XH TRAINING SCHEDULE for the next 10 weeks!	20 Training Hike Walk/Run 2-3 mi	21 Cross Train 45 min bike, swim, stairs, aerobics	22 Training Hike Walk/Run 2-3 mi	23 REST & STRETCH	24 DON ROBINSON STATE PARK Sandstone Canyon Trail 3.9 MILES, 7:30 AM 
25 REST & STRETCH 	26 Cross Train 45 min bike, swim, stairs, aerobics	27 Training Hike Walk/Run 3-4 mi	28 Mix it up with yoga, pilates or barre to help with flexibility	29 Training Hike Walk/Run 3-4 mi	30 REST & STRETCH	31 MATSON HILL PARK Matson Trail 2 loops 6.2 MILES, 7:30 AM 



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AUGUST 2021 - FALL XTREME HIKE

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 REST & STRETCH 	2 Training Hike Walk/Run 4-5 mi	3 Cross Train 45 min bike, swim, stairs, aerobics	4 REST	5 Walk 30 min at quick pace	6 Training Hike Walk/Run 4 mi	7 Walk 30 min 
8 YOUNG CONSERVATION AREA LaBarque Hills Trail 6.9 MILES, 7:30 AM 	9 REST & STRETCH	10 Training Hike Walk/Run 5 mi Pace	11 Mix it up with yoga, pilates or barre to help with flexibility	12 Cross Train 1 hr bike, swim, stairs, aerobics	13 REST	14 ROCKWOODS RESERVATION Green Rock Trail 8.8 MILES, 7:00 AM 
15 REST & STRETCH 	16 Training Hike Walk/Run 6 mi Pace	17 Cross Train 1 hr bike, swim, stairs, aerobics	18 REST	19 Training Hike Walk/Run 6 mi hill repeats	20 Walk 45 min at quick pace	21 WELDON SPRINGS Lost Valley 10.2 MILES, 8:00 AM 
22 REST & STRETCH 	23 Mix it up with yoga, pilates or barre to help with flexibility	24 Training Hike Walk/Run 5-6 mi Pace	25 Walk 1 hour at quick pace	26 Cross Train 1 hr bike, swim, stairs, aerobics	27 Training Hike Walk/Run 6-8 mi Pace	28 REST 
29 CASTLEWOOD STATE PARK Chubb Trail 13 MILES, 7:30 AM 	30 REST & STRETCH	31 Cross Train 1 hr bike, swim, stairs, aerobics				












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SEPTEMBER 2021 - FALL XTREME HIKE

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Training Hike Walk/Run 8-10 mi Pace	2 Mix it up with yoga, pilates or barre to help with flexibility	3 REST	4 WELDON SPRINGS Lewis & Clark Trails 13.6 MILES, 7:00 AM 
5 REST & STRETCH 	6 Walk/Hike/Run 5 mi Hit the hills or stairs	7 Walk/Hike/Run 6-8 mi TOP SPEED track your fastest mile	8 REST	9 Cross Train 1 hr bike, swim, stairs, aerobics	10 Walk/Hike/Run 8-10 mi TOP SPEED pace	11 REST 
12 GREENSFELDER DeClue 2 loops 16.4 MILES, 7:30 AM 	13 REST & STRETCH	14 Cross Train 1 hr bike, swim, stairs, aerobics	15 Walk/Hike/Run 6-8 mi TOP SPEED track your fastest mile	16 Walk/Hike/Run 6 mi Hit the hills or stairs	17 REST	18 SHERMAN BEACH PARK Zombie Trail 2 loops 19.4 MILES, 7:00 AM 
19 REST & STRETCH 	20 Cross Train 45 min bike, swim, stairs, aerobics	21 Walk/Hike/Run 3-4 mi pace	22 REST	23 Walk/Hike/Run 3-4 mi	24  HOTEL CHECK-IN: 4:00 PM DINNER: 6:00 PM	25  START - 5:00 AM
26  VICTORY BREAKFAST: 8:00 AM DEPARTURE: 11:00AM	27 28 29 30 POST-HIKE ENDORPHINE RUSH!! THANK YOUR DONORS, POST YOUR PICTURES, INCLUDE YOUR FUNDRAISING LINK AND EAT ALL THE FOOD!!					