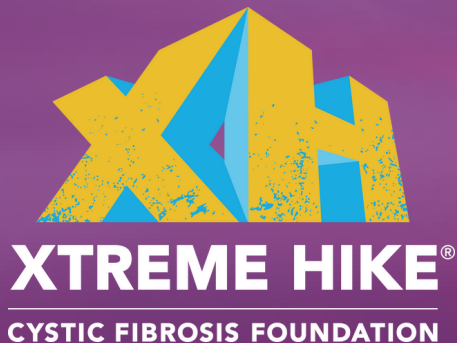


2023 Xtreme Hike Training Calendar

HA HA Tonka State Park - Camdenton Missouri

Xtreme Hike Weekend - September 22-24



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.

2 sets of 15 repetitions with 1 min break between sets

WORKOUTS FOR STRENGTH & CROSSTRAINING

- 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

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 2023

FIGHTCF.CFF.ORG/GATEWAYXTREME HIKE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
4	5	6	7	8	9	10 KICKOFF MEETING 9:00 AM - Whitecliff Park Crestwood 1.4 mile hike 
11	12	13	14	15	16	17
18 Walk/Hike 1-2 mi	19 Walk/Hike 1-2 mi	20 Walk/Hike 2-3 mi	21 REST & STRETCH	22 CROSSTRAIN 1HR	23 Walk/Hike 2 mi	24 7:00AM BABLER STATE PARK - Dogwood & Woodbine Trail: 4.1 miles 
25 REST & STRETCH	26 Walk/Hike 2-3 mi	27 CROSSTRAIN 1HR	28 Walk/Hike 3-4 mi	29 Walk/Hike 2-3 mi	30 Walk/Hike 3-4 mi	





XTREME HIKE
CYSTIC FIBROSIS FOUNDATION

WEEKLY TRAINING CALENDAR

JULY 2023

FIGHTCF.CFF.ORG/GATEWAYXTREME HIKE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 Walk/Hike 4 mi
2 REST & STRETCH	3 CROSSTRAIN 1HR	4 Walk/Hike 3-4 mi	5 CROSSTRAIN 1HR	6 Walk/Hike 5 mi	7 Walk/Hike 3-4 mi	8 7:00AM WELDON SPRING CONSERVATION AREA - Lewis Trail: 8.3 miles 
9 REST & STRETCH	10 CROSSTRAIN 1HR	11 Walk/Hike 4-5 mi	12 REST & STRETCH	13 CROSSTRAIN 1HR	14 Walk/Hike 4-5 mi	15 Walk/Hike 6 mi
16 REST & STRETCH	17 Walk/Hike 4-5 mi	18 CROSSTRAIN 1HR	19 Walk/Hike 5-6 mi	20 Walk/Hike 4-5 mi	21 Walk/Hike 5-6 mi	22 CROSSTRAIN 1HR
23 7:00AM WELDON SPRING CONSERVATION AREA - Lost Valley Trail: 10.8 miles 	24 REST & STRETCH	25 CROSSTRAIN 1HR	26 Walk/Hike 5 mi	27 Walk/Hike 5-6 mi	28 CROSSTRAIN 1HR	29 Walk/Hike 7 mi





XTREME HIKE
CYSTIC FIBROSIS FOUNDATION

WEEKLY TRAINING CALENDAR

AUGUST 2023

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30 REST & STRETCH	31 Walk/Hike 5 mi	1 CROSSTRAIN 1HR	2 Walk/Hike 5-6 mi	3 Walk/Hike 5-6 mi	4 Walk/Hike 5 mi	5 7:00AM CASTLEWOOD STATE PARK - Chubb Trail via West Tyson: 13 miles 
6 REST & STRETCH	7 Walk/Hike 5-6mi	8 CROSSTRAIN 1HR	9 Walk/Hike 5-6mi	10 CROSSTRAIN 1HR	11 REST & STRETCH	12 Walk/Hike 10 mi
13 REST & STRETCH	14 CROSSTRAIN 1HR	15 Walk/Hike 6 mi	16 Walk/Hike 5-6 mi	17 CROSSTRAIN 1HR	18 Walk/Hike 6 mi	19 Walk/Hike 6 mi
20 7:00AM GREENSFELDER - DeClue Trail: 8.8/17.6 miles 	21 REST & STRETCH	22 CROSSTRAIN 1HR	23 Walk/Hike 7-8 mi	24 Walk/Hike 7-8 mi	25 RECOMMITMENT DEADLINE Walk/Hike 7-8 mi	26 Walk/Hike 10 mi
27 REST & STRETCH	28 CROSSTRAIN 1HR	29 Walk/Hike 8 mi	30 Walk/Hike 8 mi	31 CROSSTRAIN 1HR		



XTREME HIKE
CYSTIC FIBROSIS FOUNDATION

WEEKLY TRAINING CALENDAR

SEPTEMBER 2023

FIGHTCF.CFF.ORG/GATEWAYXTREME HIKE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 Walk/Hike 7 mi	2 7:00AM SHERMAN BEACH PARK - Zombie Trail: 9.7/19.4 miles 
3 REST & STRETCH	4 Walk/Hike 8 mi	5 Walk/Hike 10-11 mi	6 CROSSTRAIN 1HR	7 Walk/Hike 9 mi	8 CROSSTRAIN 1HR	9 Walk/Hike 14 mi
10 REST & STRETCH	11 Walk/Hike 10 mi	12 CROSSTRAIN 1HR	13 Walk/Hike 10 mi	14 CROSSTRAIN 1HR	15 REST & STRETCH	16 7:00AM ST. FRANCOIS STATE PARK - Pike Run Trail: 10.7/21.4 miles 
17 REST & STRETCH	18 CROSSTRAIN 1HR	19 Walk/Hike 6 mi	20 REST & STRETCH	21 CROSSTRAIN 1HR	22  HOTEL CHECK-IN: 4:00PM SOCIAL HOUR: 6:00PM	23 30 START GROUP - 4:30AM 15 START GROUP - 8:30AM 
24  11:00 - Departure	25 Rest, Recover & Celebrate!! YOU DID IT!	26	27	28	29	30



XTREME HIKE
CYSTIC FIBROSIS FOUNDATION

WEEKLY TRAINING CALENDAR

OCTOBER 2023

[FIGHTCF.CFF.ORG/GATEWAYXTREME HIKE](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	19	20 6:00PM - Post Toenail Count HAPPY HOUR 	21
22	23	24	25	26	27	28
29	30	31 Preferred date for all funds collected				