

# OVERLAND | Appalachian Trail Challenge Pre-trip Training

Backpack 75 miles along the Appalachian Trail in New Hampshire's White Mountains.

*Training for the Appalachian Trail Challenge requires focus, time management and dedication. In the weeks leading up to trip start, you will build your fitness by increasing your time hiking progressively. Training is essential in preparing you for a healthy and enjoyable experience on this challenging trip. Use this calendar to track your training over the 5 weeks before your trip. Hand in your completed calendar to your leaders upon arrival at trip start. Feel free to contact us with questions.*

## Pre-trip training:

- 5 weeks before your trip: take four 30-minute walks in your hiking boots. Walk around your house or neighborhood so your boots begin to conform to your feet.
- 4 weeks before your trip: take three 45-minute hikes over varied terrain in your boots.
- 3 weeks before your trip: take two 1½-hour hikes and one 4-hour hike over varied terrain in your boots.
- 2 weeks before your trip: take two 2-hour hikes and one 6-hour hike with a loaded backpack with 10-15% of your body weight over varied terrain in your boots .
- 1 week before your trip: take three 3-hour hikes with a backpack loaded with 25-30% of your body weight over varied terrain in your boots.

Groups typically average between 1½ and 3 miles per hour (although pace varies by group). You will take multiple breaks throughout the day—for water, snacks, lunch, to adjust packs, etc. Due to the challenge level and route on Appalachian Trail Challenge, the hiking is both physically and mentally demanding; you should expect to be hiking for most of the day.

## Preparing for Hiking:

On Appalachian Trail Challenge, you will spend a total of 10 days backpacking. You will hike over some of the most dramatic terrain on the Appalachian Trail with steep, rocky sections and significant elevation changes each day.

Backpacking is a strenuous physical activity and requires proper training. While backpacking, our groups are fully self-supported—you will carry all of your belongings (clothes, sleeping bag and pad), some group gear, food and water. Your leaders will distribute group gear and food among all members of the group. Pack weights will vary trip by trip, depending on the location, weather, student and the distance covered. Typically when backpacking, pack weights average about 30% of a hiker's weight.

Before your trip, we strongly advise you spend time breaking-in and adjusting to your hiking boots. We expect you to prepare adequately so you can keep up physically and participate in all of your group's activities. Please follow our guidelines as you prepare for your program.

Name:

## Appalachian Trail Challenge Pre-trip Training | Weeks 5–3 before your trip

5 weeks before your trip: FOUR 30-minute walks in your hiking boots.

4 weeks before your trip: THREE 45-minute hikes.

3 weeks before your trip: TWO 1½-hour hikes and ONE 4-hour hike.

Sun.

Mon.

Tues.

Weds.

Thurs.

Fri.

Sat.

5

weeks out

Date:	Date:	Date:	Date:	Date:	Date:	Date:
Duration:	Duration:	Duration:	Duration:	Duration:	Duration:	Duration:
Miles:	Miles:	Miles:	Miles:	Miles:	Miles:	Miles:

4

weeks out

Date:	Date:	Date:	Date:	Date:	Date:	Date:
Duration:	Duration:	Duration:	Duration:	Duration:	Duration:	Duration:
Miles:	Miles:	Miles:	Miles:	Miles:	Miles:	Miles:

3

weeks out

Date:	Date:	Date:	Date:	Date:	Date:	Date:
Duration:	Duration:	Duration:	Duration:	Duration:	Duration:	Duration:
Miles:	Miles:	Miles:	Miles:	Miles:	Miles:	Miles:

# OVERLAND

Name: \_\_\_\_\_

## Appalachian Trail Challenge Pre-trip Training | Weeks 2–1 before your trip

2 weeks before your trip: TWO 2-hour hikes and ONE 6-hour hike w/backpack loaded (10-15% of your body weight)

1 week before your trip: THREE 3-hour hikes w/ backpack loaded (25-30% of your body weight).

	Sun.	Mon.	Tues.	Weds.	Thurs.	Fri.	Sat.
2 weeks out	Date:	Date:	Date:	Date:	Date:	Date:	Date:
	Duration:	Duration:	Duration:	Duration:	Duration:	Duration:	Duration:
	Miles:	Miles:	Miles:	Miles:	Miles:	Miles:	Miles:
	Weight:	Weight:	Weight:	Weight:	Weight:	Weight:	Weight:
1 week out	Date:	Date:	Date:	Date:	Date:	Date:	Date:
	Duration:	Duration:	Duration:	Duration:	Duration:	Duration:	Duration:
	Miles:	Miles:	Miles:	Miles:	Miles:	Miles:	Miles:
	Weight:	Weight:	Weight:	Weight:	Weight:	Weight:	Weight:

# OVERLAND

Student signature \_\_\_\_\_