About this program:

I have started out pretty easy, with 2 rest breaks a week for the first month. On my opinion the best way to prepare for a hike, is to HIKE! And hike and hike and hike a LOT. I can’t go out into the wilderness everyday unfortunately, just due to time constraints but I feel this program allows a lot of room for movement.

Every week includes yoga/meditation, where I also spend time training Chloe on her dog skills (recalls, prolonged stay, emergency u-turns etc). I cross train once a week which is biking, climbing, skijoring, rollerblading- really any exercise that moves quickly. Chloe can’t climb so most of the time we will be biking. We also have a trail walk/run twice a week and alternate between strength training and altitude training (probably just doing both) on weekends where we actually will be doing some hiking!

If it is winter in the Midwest, it is easy to replace biking with skijoring as a dog activity- take out those cross country skis and let your pup pull you along!

MONTH ONE:

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| --- | --- | --- | --- | --- | --- | --- |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| Rest | .5 mile walk/run | Yoga/mediation + Chloe Skills | 1 mile bike ride | Rest | 1 mile trail walk/run | Altitude day- stairs, hills or hike over 4,000 feet) |
| Rest | 1 mile walk/run | Yoga/mediation + Chloe Skills | 1.5 mile bike ride/Cross train | Rest | 1.5 mile trail walk/run | Strength day: carry 10lbs for prolonged time, (Chloe 2 lbs) |
| Rest | 1.5 mile walk/run with 5lbs (Chloe 1 lb) | Yoga/mediation + Chloe Skills | 2 mile bike ride | Rest | 2 mile trail walk/run | Altitude day- hills or hike |
| Rest | 2 mile walk/run with 7lbs (Chloe 2 lbs) | Yoga/mediation + Chloe Skills | 2.5 mile bike ride | Rest/Forest Bathing exercise | 2.5 mile trail walk/run | Strength Day: Climb, Carry 10lbs on stairs or hills (Chloe 2 lbs) |