

# FREE HIKING TRAINING LOG

8-Week Program for Long-Distance & Elevation-Heavy Hikes

Your Name: \_\_\_\_\_ Target Hike: \_\_\_\_\_

Hike Date: \_\_\_\_\_ Training Start: \_\_\_\_\_

Distance: \_\_\_\_\_ miles Elevation Gain: \_\_\_\_\_ feet

## PHASE 1: BASE BUILDING (Weeks 1-3)

Focus: Establish routine, build aerobic base, learn proper form

### WEEK 1

*Training Goals: Build consistency, start light pack training | Target Weekly Hours: 4-5 hours*

Day	Planned Workout	✓	Duration	Notes/Feelings
Mon	Strength (Lower + Core)	<input type="checkbox"/>	_____ min	
Tue	Cardio Hike/Walk + Pack (5-10 lbs)	<input type="checkbox"/>	_____ min	
Wed	Rest/Yoga	<input type="checkbox"/>	_____ min	
Thu	HIIT + Balance	<input type="checkbox"/>	_____ min	
Fri	Strength (Full Body)	<input type="checkbox"/>	_____ min	
Sat	Practice Hike: 3-5 mi, 5-10 lb pack	<input type="checkbox"/>	_____ hr	Distance: _____ Elevation: _____
Sun	Active Recovery	<input type="checkbox"/>	_____ min	

#### Week 1 Reflection:

Energy Level (1-10): \_\_\_\_\_

Soreness/Pain Issues: \_\_\_\_\_

What went well: \_\_\_\_\_

Adjustments needed: \_\_\_\_\_

## WEEK 2

*Training Goals: Increase duration, maintain consistency | Target Weekly Hours: 5-6 hours*

Day	Planned Workout	✓	Duration	Notes/Feelings
Mon	Strength (Lower + Core)	<input type="checkbox"/>	____ min	
Tue	Cardio Hike/Walk + Pack (5-10 lbs)	<input type="checkbox"/>	____ min	
Wed	Rest/Yoga	<input type="checkbox"/>	____ min	
Thu	HIIT + Balance	<input type="checkbox"/>	____ min	
Fri	Strength (Full Body)	<input type="checkbox"/>	____ min	
Sat	Practice Hike: 4-6 mi, 5-10 lb pack	<input type="checkbox"/>	____ hr	Distance: ____ Elevation: ____
Sun	Active Recovery	<input type="checkbox"/>	____ min	

### Week 2 Reflection:

Energy Level (1-10): \_\_\_\_\_

Soreness/Pain Issues: \_\_\_\_\_

Improvements noticed: \_\_\_\_\_

Gear issues to address: \_\_\_\_\_

## WEEK 3

*Training Goals: Build endurance base, increase pack weight | Target Weekly Hours: 6 hours*

Day	Planned Workout	✓	Duration	Notes/Feelings
Mon	Strength (Lower + Core)	<input type="checkbox"/>	____ min	
Tue	Cardio Hike/Walk + Pack (10-15 lbs)	<input type="checkbox"/>	____ min	
Wed	Rest/Yoga	<input type="checkbox"/>	____ min	
Thu	HIIT + Balance	<input type="checkbox"/>	____ min	
Fri	Strength (Full Body)	<input type="checkbox"/>	____ min	
Sat	Practice Hike: 5-7 mi, 10-15 lb pack	<input type="checkbox"/>	____ hr	Distance: ____ Elevation: ____
Sun	Active Recovery	<input type="checkbox"/>	____ min	

**Week 3 Reflection:**

**Energy Level (1-10):** \_\_\_\_\_

**Confidence Level (1-10):** \_\_\_\_\_

**Biggest challenge:** \_\_\_\_\_

**Nutrition/hydration working?:** \_\_\_\_\_

## PHASE 2: STRENGTH DEVELOPMENT (Weeks 4-6)

Focus: Increase intensity, add elevation, heavier pack loads

### WEEK 4

*Training Goals: Increase workout intensity, practice elevation | Target Weekly Hours: 6-7 hours*

Day	Planned Workout	✓	Duration	Notes/Feelings
Mon	Strength (Lower + Core)	<input type="checkbox"/>	_____ min	Weight used: _____
Tue	Cardio Hike/Walk + Pack (15 lbs)	<input type="checkbox"/>	_____ min	
Wed	Rest/Yoga	<input type="checkbox"/>	_____ min	
Thu	HIIT + Balance	<input type="checkbox"/>	_____ min	
Fri	Strength (Full Body)	<input type="checkbox"/>	_____ min	Weight used: _____
Sat	Practice Hike: 6-8 mi, 15 lb pack	<input type="checkbox"/>	_____ hr	Distance: _____ Elevation: _____
Sun	Active Recovery	<input type="checkbox"/>	_____ min	

#### Week 4 Reflection:

Energy Level (1-10): \_\_\_\_\_

Handle increased intensity?: \_\_\_\_\_

Pack comfort issues: \_\_\_\_\_

Trail nutrition test results: \_\_\_\_\_

### WEEK 5

*Training Goals: Build hiking-specific strength, longer distances | Target Weekly Hours: 7 hours*

Day	Planned Workout	✓	Duration	Notes/Feelings
Mon	Strength (Lower + Core)	<input type="checkbox"/>	_____ min	Weight used: _____
Tue	Cardio Hike/Walk + Pack (15-20 lbs)	<input type="checkbox"/>	_____ min	
Wed	Rest/Yoga	<input type="checkbox"/>	_____ min	

Day	Planned Workout	✓	Duration	Notes/Feelings
Thu	HIIT + Balance	<input type="checkbox"/>	_____ min	
Fri	Strength (Full Body)	<input type="checkbox"/>	_____ min	Weight used: _____
Sat	Practice Hike: 7-10 mi, 15-20 lb pack	<input type="checkbox"/>	_____ hr	Distance: _____ Elevation: _____
Sun	Active Recovery	<input type="checkbox"/>	_____ min	

**Week 5 Reflection:**

**Energy Level (1-10):** \_\_\_\_\_

**Hiking pace comfortable?:** \_\_\_\_\_

**Equipment adjustments needed:** \_\_\_\_\_

**Mental state during long hike:** \_\_\_\_\_

WEEK 6

Training Goals: Peak base fitness, test longer distances | Target Weekly Hours: 7-8 hours

Day	Planned Workout	✓	Duration	Notes/Feelings
Mon	Strength (Lower + Core)	<input type="checkbox"/>	_____ min	Weight used: _____
Tue	Cardio Hike/Walk + Pack (20 lbs)	<input type="checkbox"/>	_____ min	
Wed	Rest/Yoga	<input type="checkbox"/>	_____ min	
Thu	HIIT + Balance	<input type="checkbox"/>	_____ min	
Fri	Strength (Full Body)	<input type="checkbox"/>	_____ min	Weight used: _____
Sat	Practice Hike: 8-12 mi, 20 lb pack	<input type="checkbox"/>	_____ hr	Distance: _____ Elevation: _____
Sun	Active Recovery	<input type="checkbox"/>	_____ min	

Week 6 Reflection:

Energy Level (1-10): \_\_\_\_\_

Confidence for target hike (1-10): \_\_\_\_\_

Areas still needing work: \_\_\_\_\_

Gear setup satisfaction: \_\_\_\_\_

PHASE 3: HIKE SIMULATION (Weeks 7-8)

Focus: Dress rehearsal hikes, taper, final preparations

WEEK 7 - PEAK WEEK

Training Goals: Simulate target hike conditions, full dress rehearsal | Target Weekly Hours: 8+ hours

Day	Planned Workout	✓	Duration	Notes/Feelings
Mon	Strength (Maintenance)	<input type="checkbox"/>	_____ min	
Tue	Cardio Hike + Full Pack Weight	<input type="checkbox"/>	_____ min	
Wed	Rest/Mobility	<input type="checkbox"/>	_____ min	
Thu	Light HIIT + Balance	<input type="checkbox"/>	_____ min	

Day	Planned Workout	✓	Duration	Notes/Feelings
Fri	Strength (Light)	<input type="checkbox"/>	_____ min	
Sat	DRESS REHEARSAL HIKE	<input type="checkbox"/>	_____ hr	Distance: _____ Elevation: _____
Sun	Easy Recovery Walk	<input type="checkbox"/>	_____ min	