

Physical Preparation

We need to prepare ourselves physically so we can gain the most spiritually from our Trek experience. You should walk/bike/run three times a week for 30 minutes for at least 8 weeks. In order to accomplish this requirement prior to Trek, you must begin no later than April 16, 2018.

Here are some suggestions:

Exercising 3 times a week for 30 minutes is a minimum and may not be enough for some of us. We suggest daily exercise for those who are not used to exercising. PLEASE DO NOT WALK OR RUN ALONE. Exercise is much more fun (and safe) with an exercise buddy.

April

Exercise AT LEAST 30 minutes 3 times per week.
Walk, run, bike or swim but emphasize WALKING.
Practice drinking lots of water when you exercise - HYDRATE!
Get your Trek shoes and "Break them in". We suggest tennis shoes.

May

Increase your exercise to AT LEAST 45 minutes 3-4 times per week.
Carry water with you and drink often!
Walk in your trek clothing 1 time so you'll know what to fix if they don't feel right.

June

Increase exercise to 60 minutes 3-4 times per week.
If you are unable to spend this amount per week, still exercise 3-4 times per week but make sure you get in AT LEAST one long walk of at least 60 minutes.
Walk different routes to vary the terrain where you walk.
Walk at different times of day to get used to different temperatures.
Drink plenty of water (6-8 ounces daily) 2 weeks before Trek.
Eat healthy and get adequate sleep.

PLEASE CONSULT WITH YOUR DOCTOR, OR OTHER QUALIFIED HEALTH CARE PROFESSIONAL BEFORE TAKING ANY RECOMMENDATIONS DISCUSSED WITHIN THIS WEBSITE.