



MULTI-DAY TREK IN THE ALPS

3 MONTH PREPARATION OVERVIEW

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MONTH 1	Rest	Strength + Short Cardio (60 min)	Steps	Strength + Short Cardio (60 min)	Flex day/ Steps	Strength + Short Cardio (60 min)	Step Endurance
MONTH 2	Rest	Strength + Short Cardio (60 min)	Steps	Strength + Short Cardio (60 min)	Flex day/ Steps	Strength + Short Cardio (60 min)	Step Endurance
MONTH 3- OPTION 1	Rest	Strength + Short Cardio (60 min)	Steps	Strength + Short Cardio (60 min)	Flex day/ Steps	Strength + Short Cardio (60 min)	Step Endurance
MONTH 3- OPTION 2	Step Endurance	Rest	Strength + Short Cardio (60 min)	Steps	Strength + Short Cardio (60 min)	Flex day/ Steps	Step Endurance