

Physical Preparation Plan

Trek is NOT an activity that you can simply “show up” for without any effort beforehand. Being physically prepared is critical to having a good experience. Keep in mind that the Trek is a rigorous trail of 20 miles or more. The event itself will include at least 2 full days of walking on uneven ground, pushing and pulling a heavy handcart, and a lot of other physical movements and activities. This document is intended to help you evaluate your current fitness level, and then make a plan to improve your health and fitness prior to the beginning of the trek.

Minimum Physical Requirement: “Each participant (both leaders and youth) should condition themselves physically for this experience. Specifically, each participant should be able to complete a minimum requirement of walking/running four (4) miles on level ground in 60 minutes or less with no undue stress” (*Handbook for Trek Leaders*, p. 6).

- **Task 1:** Ponder about your current physical health.
 - If Trek were next week, how confident are you that you could handle the rigors of the trail?

 - How often do you currently exercise or participate in physical activities?

 - Are there changes you need to make in your diet that could help you improve your overall health? If so, what things are you willing to change or sacrifice?

- **Task 2:** Set aside a 1-hour time frame to walk, run, or hike with a parent or friend. One suggestion would be to do an out-and-back course, turning around after 30 minutes.
 - How far were you able to walk/run/hike? _____ miles
 - How did you feel during? How about afterward? Any soreness/pain?

 - Considering how many miles you were able to accomplish, what would be your goal to achieve prior to Trek?
_____ miles

- **Task 3:** Regardless of whether you “met” the minimum requirement, make a plan to improve your health and fitness by setting goals (with dates), along with what you will do to achieve the goals. (See reverse side of this page for examples & goals)

Examples of Fitness Goals

Below are some examples of the types of goals you can set. Each of us are different, so our goals will all be different. Be thoughtful and creative as you consider how you can improve your health and fitness. Doing so will be such a blessing on the trek, and in life.

Goal	Due Date	Activity
Walk 5 miles in 1 hour	6/5/23	Feb - Walk 30 minutes, 3x per week March - Walk 30 minutes, 4 x per week April - Walk 45 minutes, 4x per week May - Walk 60 minutes, 4x per week
Lose 10 lbs	6/5/23	Download calorie counting app and track calories daily, limit calories to XX daily, participate in daily physical activities
Increase strength	6/5/23	Add 1 day/week of weightlifting to exercise routine
Exercise 5x's per week	6/5/23	Join the track team and participate fully in all practices
Decrease the amount of sugar I eat for a month	3/1/23	Limit drinking soda to 1 day per week (Saturdays); no candy or ice cream!
Break in my new shoes	5/1/23	Hike in a nearby park for an hour every Saturday

My Goals

Goal	Due Date	Activity

After creating your goals, take a picture of this page on your phone to remind yourself of the goals you set.