

10 WEEK COURSE

ENDS OF THE EARTH HIKING TRAINING GUIDE



CUSTOMIZED 10 WEEK TRAINING PLAN
BASED ON CURRENT ENDURANCE LEVEL

Welcome to the Ends of the Earth Hiking Training Guide!

Dear Adventurer,

We are so excited that you have chosen to embark on this journey with us! Whether you are a seasoned hiker or stepping onto the trail for the first time, you belong here. This training guide is designed to prepare you physically, mentally, and spiritually for the adventure ahead.

We know that starting something new can bring nervousness and doubt. Maybe you're wondering if you're strong enough, fit enough, or ready for the challenge. Take heart! Growth comes with small, consistent steps, and with time, you will build the endurance and strength needed to conquer new heights.

You Are Not Alone

Every great journey begins with faith.
As Psalm 121:1-2 reminds us:

"I lift up my eyes to the mountains—where does my help come from? My help comes from the Lord, the Maker of heaven and earth."

No matter what challenges you face in training or on the trail, remember that you are supported—not just by this guide and your fellow hikers, but by God Himself. He has given you the strength and determination to take this step, and He will walk with you every mile.

You Are Capable

"Don't be afraid, for I am with you. Don't be discouraged, for I am your God. I will strengthen you and help you. I will hold you up with my victorious right hand." Isaiah 41:10 NLT

With faith, preparation, and the guidance in this program, you will build the endurance, power, and confidence to tackle any trail. Every exercise, every hike, and every challenge will bring you one step closer to your goal.

So take a deep breath, lace up your boots, and trust the process. This journey is about more than just hiking—it's about growing in strength, resilience, and faith. You can do this, and we're here to walk alongside you.

Let's get started!

Onward and upward,
The Ends of the Earth Hiking Team



WHAT IS STRENGTH TRAINING AND WHY IS IT IMPORTANT FOR HIKING?

Strength training involves exercises that enhance muscle strength, endurance, and power by using resistance (such as body weight, dumbbells, kettlebells, or resistance bands). It focuses on building stronger muscles, bones, and joints, which are crucial for hiking performance and injury prevention.

WHY STRENGTH TRAINING IS ESSENTIAL FOR HIKERS

1. Improves Leg Strength & Endurance
2. Enhances Stability & Balance
3. Reduces Injury Risk
4. Increases Load-Carrying Capacity
5. Boosts Power for Ascents & Descents

WHAT IS CARDIOVASCULAR TRAINING AND WHY IS IT IMPORTANT FOR HIKING?

Cardiovascular training, also known as aerobic training, focuses on improving the body's ability to use oxygen efficiently. This includes activities like hiking, running, cycling, swimming, and stair climbing. The goal is to build endurance and stamina for prolonged physical activity.

WHY CARDIOVASCULAR TRAINING IS CRUCIAL FOR HIKERS

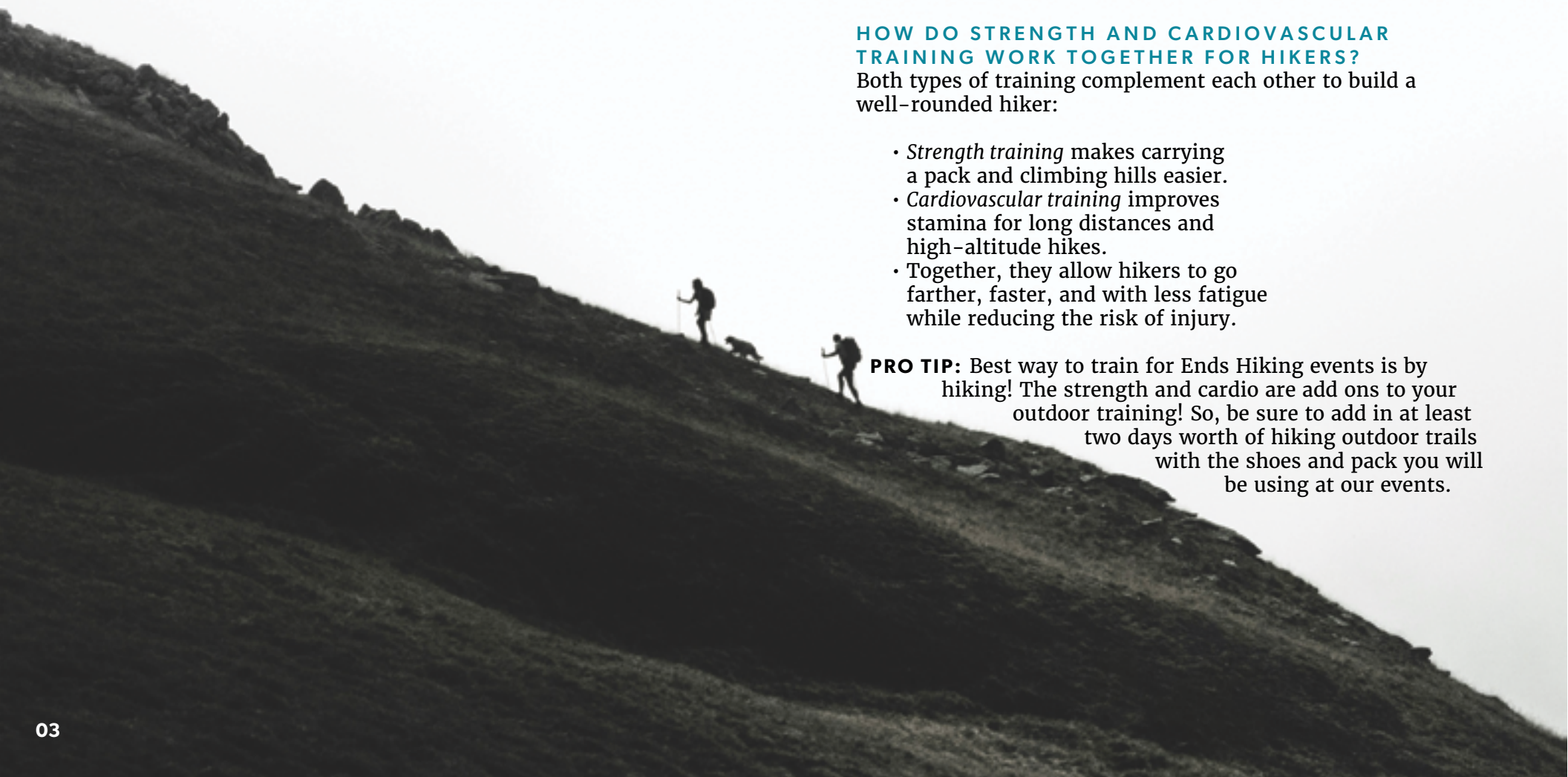
1. Increases Cardiovascular Endurance
2. Improves Oxygen Efficiency
3. Enhances Recovery Time
4. Supports a Sustainable Pace
5. Prepares for High-Altitude Hiking

HOW DO STRENGTH AND CARDIOVASCULAR TRAINING WORK TOGETHER FOR HIKERS?

Both types of training complement each other to build a well-rounded hiker:

- *Strength training* makes carrying a pack and climbing hills easier.
- *Cardiovascular training* improves stamina for long distances and high-altitude hikes.
- Together, they allow hikers to go farther, faster, and with less fatigue while reducing the risk of injury.

PRO TIP: Best way to train for Ends Hiking events is by hiking! The strength and cardio are add ons to your outdoor training! So, be sure to add in at least two days worth of hiking outdoor trails with the shoes and pack you will be using at our events.



CUSTOMIZED 10 WEEK TRAINING PLAN
BASED ON CURRENT ENDURANCE LEVEL

HOW TO USE THIS TRAINING PLAN

1. DECIDE WHAT LEVEL YOU WISH TO TRAIN FOR

BEGINNER

A challenging hike is 3-6 miles with less than 2,000 +/- elevation gain per day

INTERMEDIATE

A challenging hike is 6-10 miles and 2,000-4,000 +/- elevation per day

ADVANCED

A challenging hike is 10-20 miles with 3,000-5,000 +/- elevation per day

2. USE THE GRAPH BELOW

On the appropriate day (Monday-Sunday), use the templated workouts (strength/cardio/long hike/rest) according to what level plan you choose (Beginner/Intermediate/Advanced).

3. REPEAT FOR 10 WEEKS

If it is too difficult at first, do fewer reps and build up in the weeks to come. The important thing is to keep working out each week.

#PrayTrekRepeat with us!

TRAINING PLAN

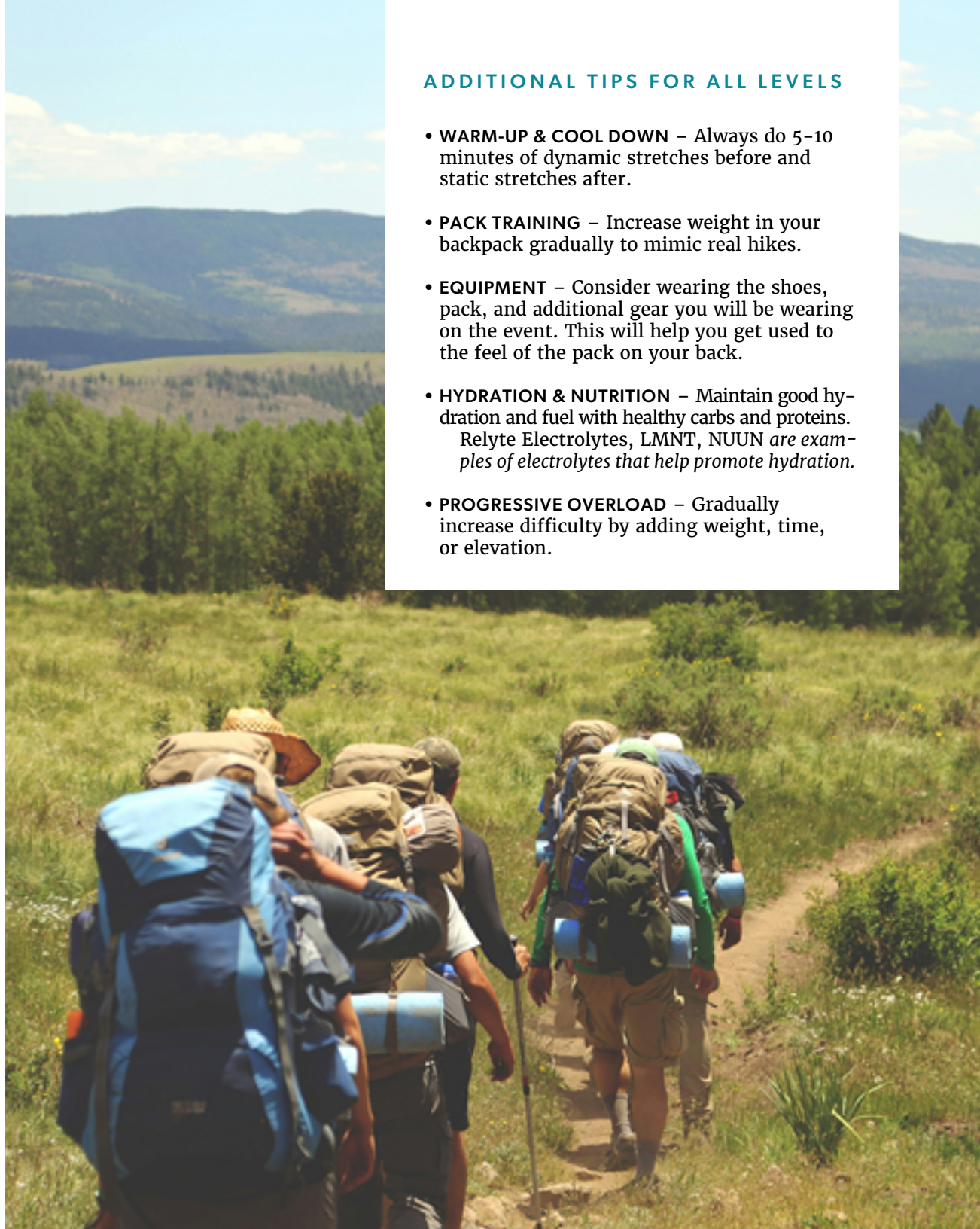
DAY	BEGINNER
Monday	Strength (#1 - Lower Body)
Tuesday	Cardio (#1 - Endurance)
Wednesday	Rest
Thursday	Strength (#2 - Upper Body)
Friday	Cardio (#2 Intervals)
Saturday	Rest
Sunday	Rest

DAY	INTERMEDIATE
Monday	Strength (#1 - Lower Body)
Tuesday	Cardio (#1 - Endurance)
Wednesday	Rest
Thursday	Strength (#2 - Upper Body)
Friday	Strength (#3 - Full Body)
Saturday	Long Hike (See page 09)
Sunday	Rest

DAY	ADVANCED
Monday	Strength (#1 - Lower Body)
Tuesday	Cardio (#1 - Endurance)
Wednesday	Rest
Thursday	Strength (#2 - Upper Body)
Friday	Strength (#3 - Full Body)
Saturday	Long Hike (See page 09)
Sunday	Rest

ADDITIONAL TIPS FOR ALL LEVELS

- **WARM-UP & COOL DOWN** – Always do 5–10 minutes of dynamic stretches before and static stretches after.
- **PACK TRAINING** – Increase weight in your backpack gradually to mimic real hikes.
- **EQUIPMENT** – Consider wearing the shoes, pack, and additional gear you will be wearing on the event. This will help you get used to the feel of the pack on your back.
- **HYDRATION & NUTRITION** – Maintain good hydration and fuel with healthy carbs and proteins. Relyte Electrolytes, LMNT, NUUN are examples of electrolytes that help promote hydration.
- **PROGRESSIVE OVERLOAD** – Gradually increase difficulty by adding weight, time, or elevation.



BEGINNER STRENGTH WORKOUT (AT HOME)
SEE PAGE 05

WORKOUT SESSION	EXERCISES	SETS AND REPS <i>(rest 60-90 seconds between sets)</i>
#1 Lower Body	Body weight squats	3 x 8 reps
	Reverse lunges	3 x 6 reps
	Calf raises	3 x 10 reps
	Elevated Plank	3 x 30 seconds
#2: Upper Body	Elevated pushups	3 x 6 reps
	Bent over rows (light weight)	3 x 8 reps
	Shoulder Press (light weight)	3 x 8 reps
	Russian Twist (feet on the ground)	3 x 30 seconds
	Elevated Side Plank	3 x 30 seconds (each side)

BEGINNER CARDIO WORKOUT
SEE PAGE 05

WORKOUT SESSION	EXERCISES	DURATION
# 1: Endurance	Flat Walk (indoor/outdoor) or Easy Hike w/ Pack	30-45 minutes
	Incline Walk (indoor/outdoor) or Moderate Hike w/ Pack	10-20 minutes
# 2: Intervals	Brisk Walk with Jog (3 min walk/30 second jog) or Stair climber	30 minutes

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INTERMEDIATE STRENGTH PROGRAM
SEE PAGE 05

WORKOUT SESSION	EXERCISES	SETS AND REPS <i>(rest 60-90 seconds between sets)</i>
#1 Lower Body	Goblet Squats with Dumbbell (DB)	3 x 8 reps
	Step Ups (Weighted)	3 x 10 reps
	Alternating Forward Lunge (DBx2)	3 x 14 reps
	Elevated Calf Raises (DBx2)	3 x 12 reps
	Plank from toes	3 x 30 seconds
#2: Upper Body	Push Ups from toes	3 x 6 reps
	Bent Over Rows (moderate weight)	3 x 10 reps
	Shoulder Press (moderate weight)	3 x 8 reps
	Side Plank from toes	4 x 30 seconds
	Russian Twist (feet off ground)	3 x 30 seconds
#3 Full Body	Kettlebell (KB) Deadlifts	3 x 8 reps
	Farmers March (KBx2)	3 x 30 sec
	Glute Bridges (DB)	3 x 10 reps
	Box Jumps	3 x 5-8 reps
	Bicep Curls (DB)	3 x 10 reps
	Tricep Skull Crusher (DB)	3 x 10 reps



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INTERMEDIATE CARDIO WORKOUT
SEE PAGE 05

WORKOUT SESSION	EXERCISES	DURATION
# 1: Endurance	Incline Treadmill or Moderate Hike	30-45 minutes
	Rowing (easy-mod pace) or Outdoor Walk	15 minutes
# 2: Intervals	Jog (3 mins on/1 min off) or Hill Sprints	15-20 minutes

ADVANCED STRENGTH PROGRAM
SEE PAGE 05

WORKOUT SESSION	EXERCISES	SETS AND REPS <i>(rest 60-90 seconds between sets)</i>
#1 Lower Body	Barbell (BB) Back Squat	3 x 8 reps
	Steps up with weight	3 x 15 reps
	Bulgarian Split Squat (DB)	3 x 14 reps
	Plank with Taps	3 x 45 seconds
#2: Upper Body	Decline Push Ups	3 x 8 reps
	Assisted or Unassisted Pull Ups	3 x 8 reps
	Shoulder Press Barbell	3 x 5 reps
	Weighted Sit Ups	3 x 8 reps
	Starfish Plank	3 x 45 seconds
#3 Full Body	Barbell (BB) Deadlifts	4 x 8 reps
	Hip Thrusts (BB)	4 x 5 reps
	Single Arm Farmer March (KB)	4 x 45 seconds
	Resisted Bearcrawl	4 x 30 seconds
	Lateral Raises (DB)	2 x 10 reps
	Bicep Curls (DB)	2 x 10 reps



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ADVANCED CARDIO WORKOUT
SEE PAGE 05

WORKOUT SESSION	EXERCISES	DURATION
# 1: Endurance	Stair climbing with pack	40 minutes
	Tough Terrain Hike	40-60 minutes
# 2: Intervals	Trail Run (with elevation if possible) or Indoor Run on Incline	30-40 minutes
	Hill Sprints (30 seconds)	6-8 rounds

EXPLAINING THE LONG HIKE

- Actually hiking is the most effective way to train for hiking and backpacking
- Complete a half or full length day hike, once per weekend
- Hike at conversational pace
- Wear the shoes/boots and backpack you'll use on the hike you are training for
- Scale up training by hiking longer and/or further, maintaining a conversational pace
- Scale down training by hiking slower if needed
- Exercising with a backpack doubles the effectiveness



POTENTIAL CHALLENGES: SETTING REALISTIC EXPECTATIONS

1. Physical Fatigue

- Hiking can push your endurance more than expected, especially on longer or steeper trails. We see people push past physical limits all of the time, because we do it together! The more you train for an event, the more endurance and enjoyment you will have on your trip.

2. Blisters & Foot Pain

- **It is not uncommon to get blisters on your feet during multi-day hikes. Proper training and equipment will go a long way towards having a blister free hike. Blisters form because of rubbing on your foot.** Poor-fitting shoes, and wet or thin socks can increase the chances of blisters. You never want to wear brand new shoes on a hike, so be sure to break in your hiking boots long before your trip (wear them as you train). If you experience a blister, covering it with a blister care product (such as Mole Skin) as soon as possible will make your trek much more enjoyable. Ladies, don't be too quick to scrape your foot callus off. Calluses are there to protect you from blisters!

3. Weather Surprises

- **At any time, you could experience weather changes.** Rain, cold, wind, or unexpected heat can affect energy and morale. Proper planning can turn a rainy, nasty situation into an enjoyable one. Be sure to pack the proper equipment recommended by your leader for each type of hiking event you do.

4. Mental Fatigue / Frustration

- Long days, tough climbs, or discomfort can challenge your mindset. The more training you have, the easier and more enjoyable your event will likely be.

5. Dehydration / Nutrition Lapses

- Forgetting to eat or drink regularly can lead to energy crashes. Make sure you eat properly and drink plenty of water, even in times of training for an event. How do you know if you are getting enough water? The color of your urine will tell you a lot! If you are well hydrated, your urine should be clear with a slightly yellow tint. Dark and/or cloudy urine tells you to drink more water.

6. Altitude Sickness

- At higher elevations, headaches, nausea, or shortness of breath can occur. Altitude Sickness rarely occurs below 10,000 feet, though a few healthy people may begin to suffer at about 8,000 ft and those with heart or lung problems even lower.

7. Overpacking / Underpacking

- Carrying too much weight or forgetting key items (like rain gear or layers) can lead to unnecessary discomfort. Pack what you need and leave the "kitchen sink" at home.

8. Navigation Mistakes

- Getting off trail or misreading maps is more common than you'd think. We are happy to lead you safely through one of our hiking journeys. Proper planning goes a long way to navigating your way through a hiking event.

9. Group Dynamics Challenges

- Personality clashes or different hiking paces can cause tension. No one will hike alone on our events. Feel free to pick your hiking buddy for the day or even invite a friend to come on the event with you!

10. Limited Personal Space / Privacy

- Sleeping in close quarters or being with a group constantly can be emotionally tiring.

11. Lack of Cleanliness

- Dirt, sweat, no showers—some hikers struggle more than others with the lack of hygiene. Just know, it is common to go a few days without a shower. Don't worry, we will all be a little stinky together.



FREQUENTLY ASKED QUESTIONS

1. What weight should I start with?

When starting a weight training program, it's essential to choose weights that allow you to perform the exercises with proper form. A good rule of thumb is to start with a weight that you can lift for 8–12 repetitions comfortably but is challenging by the last few reps. If you're unsure, consider starting with lighter weights (around 5–10 lbs for upper body and 10–20 lbs for lower body) and gradually increase as you gain strength and confidence.

2. What are good training shoes for lifting?

When selecting shoes for weightlifting, look for options with a flat sole for stability, good grip, and appropriate support. Here are a few popular brands known for their weightlifting shoes:

- **Nike:** The Nike Romaleos series is well-regarded for powerlifting.
- **Adidas:** The Adidas Adipower line offers excellent support and stability.
- **Reebok:** The Reebok Legacy Lifter is another solid choice for lifting.
- **Inov-8:** Known for their versatility and stability, great for various weightlifting activities.

3. How do I know I can increase weights/ reps?

A good indicator that you're ready to increase weights or reps is if you can perform your current sets comfortably and with good form, especially during the last few reps. If you can complete all sets of your workout without much struggle, it's time to increase the weight by about 5–10%. Alternatively, if you're consistently hitting the maximum number of reps in your range (e.g., 12 reps) for several sessions, consider adding more weight or an extra rep.

4. What do I do if I am really sore?

Soreness is a common part of training, especially when you're starting or increasing intensity. Here are a few tips to manage soreness:

- **Active Recovery:** Engage in light activities such as walking or gentle cycling to increase blood flow.
- **Stretching:** Gentle stretching can help alleviate tightness.
- **Hydration:** Drink plenty of water to aid recovery.
- **Rest:** Make sure to get adequate rest and sleep to allow your muscles to heal.

FREQUENTLY ASKED QUESTIONS

5. What do the abbreviations DB, KB, and BB mean?

DB = Dumbbell, KB = Kettlebell, BB = Barbell

6. What's the difference between reps and sets?

- **Reps:** (Repetitions) The number of times you perform a particular exercise in one go. For instance, if you do 10 push-ups, that counts as 10 reps.
- **Sets:** A group of consecutive reps. For example, if you do 3 sets of 10 push-ups, you complete 10 push-ups, rest, then repeat that 2 more times.

7. What's the most popular and cheapest gym to get a membership to?

The most popular and cost-effective gym can vary by location, but nationally recognized options include:

- **Planet Fitness:** Known for its affordable rates and “Judgment Free Zone” philosophy, with memberships often starting around \$10/month.
- **Anytime Fitness:** Offers 24/7 access, with competitive pricing.
- **Crunch Fitness:** Often has promotional rates and provides a solid gym experience.

It's best to check local listings and promotions, as prices and membership options can differ significantly by region.

8. How long should my workouts be?

Beginners should aim for workouts lasting 45–60 minutes. This duration allows enough time for warm-ups, strength training, and cool-downs without being overly taxing. As you become more experienced, workout durations may vary based on your goals and training intensity.

9. What should I eat before and after lifting?

Before lifting, aim for a balanced meal or snack that includes carbohydrates and protein, such as a banana with peanut butter or Greek yogurt with fruit. After your workout, focus on protein-rich foods for muscle recovery, like chicken, eggs, or protein shakes, along with carbohydrates to replenish glycogen stores.

10. Is it normal to feel nervous about lifting weights?

Yes, it's completely normal to feel nervous, especially if you're new to the gym environment or weightlifting. Remember that everyone starts somewhere. Consider bringing a friend for support, asking a trainer for guidance, or starting with lighter weights to build confidence.



11. How do I warm up before lifting?

A proper warm-up should include 5–10 minutes of light cardio (like walking or cycling) to increase your heart rate, followed by dynamic stretches or movements that mimic the exercises you'll be doing (like arm circles or leg swings). This helps prepare your muscles and joints for the workout.

12. Should I use machines or free weights as a beginner?

Both machines and free weights have their advantages. Machines can be easier to use and help you learn proper form, while free weights engage more stabilizer muscles and can improve functional strength. A combination of both is often beneficial for beginners.

13. How do I avoid injury while lifting?

To avoid injury, focus on proper form and technique, start with lighter weights, and gradually increase as you feel comfortable. Always listen to your body—if something feels wrong or painful, stop the exercise. Consider working with a trainer for guidance on form and safe practices.

HIKING APPS TO USE



ENDS OF THE EARTH HIKING IS PROUD
TO BE A MINISTRY OF NEW INTERNATIONAL