



iConquer Adventures
10-Week Training Schedule

Conquer The Canyon - Grand Canyon

Consistency is the key to successful training and preparation. Through our experience and in research over the last few years, we have learned that the single biggest challenge that most of our hike participants face is not just what to do, but rather to find the time, motivation and drive to stay active and train on a regular basis. If you follow the recommended schedule, your hike in Arizona will be on **"Day 71 & 72"** of your consecutive days of walk training. So not only will you have Conquered The Canyon, but you will have started a daily fitness regime that can help you live healthier for the rest of your life. Even if you are unable to take the time to fully follow the scheduled times/distances, make sure you walk at least 30 minutes every day to keep the consistency part going. Once you reach 20 or 30 days in a row, you will be more highly motivated to keep it going, if for no other reason than to just avoid the dreaded "Day One" all over again. **Stick with it and have fun.**

Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
✓ Check When Completed	6	7	8	9	10	11	March 12
1 Start March 6th	Hike At Your Leisure	Run/PowerWalk/Gym 30+ Min.	Run/PowerWalk/Gym 30+ Min	Run/PowerWalk/Gym 30+ Min.	Run/PowerWalk/Gym 45+ Min	Run/PowerWalk/Gym 60+ Min	Hike (1 Hour) Elevation gain/loss 200'-500'
Check When Completed	13	14	15	16	17	18	March 19
2	Hike 1 Hour	Incline Walk 30+ Min.	Run/PowerWalk/Gym 60+ Min	Incline Walk 30+ Min.	Run/PowerWalk/Gym 45+ Min	Run/PowerWalk/Gym 60+ Min	Hike (2 hours) Elevation gain/loss 800'-1000'
Check When Completed	20	21	22	23	24	25	March 26
3	Hike 1 Hours	Incline Walk 30+ Min.	Hike 1 Hour	Incline Walk 60+ Min.	Hike 1 Hour	Run/PowerWalk/Gym 60+ Min	Hike (2 Hours) Elevation gain/loss 800'-1000'
Check When Completed	27	28	29	30	31	April 1	April 2
4	Hike 1 Hours	Incline Walk 60+ Min.	Run/PowerWalk/Gym 1 Hour	Incline Walk 60+ Min.	Hike 1 Hour	Run/PowerWalk/Gym 60+ Min	Hike (2 hours) Elevation gain/loss 800'-1000'
Check When Completed	3	4	5	6	7	8	April 9
5	Hike 1/2 Hour	Incline Walk 60+ Min.	Run/PowerWalk/Gym 60+ Min.	Incline Walk 60+ Min.	Hike 1 Hour	Run/PowerWalk/Gym 60+ Min	Hike (2 hours) Elevation gain/loss 1000'-1200'

**When You're Moving, Look Down.
When You Look Up, Stop Moving!**





iConquer
HOW YOU SEE THE WORLD MATTERS
800.295.WALK

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Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Check When Completed	10	11	12	13	14	15	April 16
6	Hike 1 Hour	Incline Walk 60+ Min.	Hike 1 Hour	Incline Walk 60+ Min.	Hike 1 Hour	Run/PowerWalk/Gym 60+ Min	Hike (3 hours) Elevation gain/loss 1200'- 1500'
✓Check When Completed	17	18	19	20	21	22	April 23
7	Hike 1 Hour	Run/PowerWalk/Gym 60+ Min.	Incline Walk 60+ Min	Run/PowerWalk/Gym 60+ Min.	Hike 2 Hours	Run/PowerWalk/Gym 60+ Min	Hike (4 Hours) Elevation gain/loss 1200'-1500'
Check When Completed	24	25	26	27	28	29	April 30
8	Hike 1 Hour	Incline Walk 60+ Min.	Run/PowerWalk/Gym 60+ Min	Incline Walk 60+ Min.	Run/PowerWalk/Gym 60+ Min	Run/PowerWalk/Gym 60+ Min	Hike (5 hours) Elevation gain/loss 1500'-2000'
Check When Completed	May 1	2	3	4	5	6	May 7
9	Hike 1 Hours	Incline Walk 60+ Min.	Hike 1 Hour	Incline Walk 60+ Min.	Hike 1 Hour	Run/PowerWalk/Gym 60+ Min	Hike (6 hours) Elevation gain/loss 1500'-2000'
Check When Completed	8	9	10	11	12	13	May 14
10	Hike	Incline Walk	Hike	Walk	Airport / Phoenix	GC Intro. Walk	Conquer The Canyon
	1/2 Hour	30+ Min.	1/2 Hour	30+ Min.	30+ Min	60+ Min	Congratulations!

May 15	May 16
Bright Angel Trail	South Kaibab Trail
Congratulations!	Congratulations!

**No Matter What The Circumstances Are,
WALK at least 30 minutes EVERYDAY!**



Training Definitions



Use these definitions in conjunction with the training schedule

Below are a few definitions that will help as you read the schedule.

1. **Run/Power Walk/Gym** - This means exercising with a purpose for the time allotted. This is an aerobic exercise so if you are running or walking make sure you are building and maintaining a pace that gets your heart rate and respiration elevated. Keep it going during your entire workout.
2. **Incline Walk** - Walk uphill! It is as simple as that. 50% of your hike and 75% of your energy will be spent walking uphill. Much of it is very steep. For this exercise, stair climbers in the gym or stairs in a local building, stadium work really well.
3. **Get your mind right!** If you are not used to hiking DOWN hill first, then back up the hill, try it. It has a different feel than loops or out and back activities. Have someone drop you off 5 or 6 kilometers downhill from your house with only your regular gear, water, a snack, and your phone. Now walk home. Build this up until you are doing several a week until you can comfortably do 12 to 14k.
4. **Hike (Sundays and Midweek)** - Get out in nature and hike. The goal is for you to develop the dexterity, balance, and stamina for walking on uneven, rocky, and inconsistent surfaces and pitches that make up a forest or mountain trail.
5. **Hike (Saturdays)** - This hike should be something you set up that will challenge your strength, endurance, agility, and motivation. It is meant to be a harder hike than the Sunday or midweek hikes and is designed to help you develop your sense of commitment to a longer hike. **Remember, hiking down is optional. Hiking back up is mandatory.** Approach these training hikes with that mindset.
6. **Keep Your Walk Consistent - Walk (Week 10)** - Just do a purposeful walk anywhere you can for 30 minutes each day. Home, work, airport - anywhere that is convenient. The key is to keep your consistency streak going!

As a general reminder, while you prepare yourself mentally and physically for the hike, keep in mind that unless you live in an area where the elevation is 7000' and in a dry desert, you can't fully duplicate the environment that you will experience in Grand Canyon. As we stated before, while you can never really know how the environment will affect you until you arrive at the Canyon, you can increase your ability to cope with the added physical stress by increasing your endurance and lung capacity as you train.