Worthington Field Studies, Inc.

Pacific Northwest, Summer 2006, Pre-Trip Conditioning

If you are not participating in a spring sport, you should begin getting in shape for the trip next week. Get your hiking boots and wear them to condition for our hiking - don't become the person who holds the group back this summer! Get in shape now!

Week	Dates	Walking	Stairs (up and down stairs)
1	3/5 - 3/11	? 3 days x 30 minutes	
2	3/12 - 3/18	? 3 days x 30 minutes	
3	3/219 - 3/25	? 4 days x 30 minutes	
4	3/26 - 4/1	? 4 days x 30 minutes w/ 10-20 lb. bookbag	
5	4/2 - 4/8	? 4 days x 30 minutes w/ 10-20 lb. bookbag	
6	4/9 - 4/15	? 3 days x 30 minutes w/ 10-20 lb. bookbag	? 1 day x 30 minutes
7	4/16 - 4/22	? 3 days x 30 minutes w/ 10-20 lb. bookbag	? 1 day x 30 minutes
8	4/23 - 4/29	? 3 days x 30 minutes w/ 10-20 lb. bookbag	? 1 day x 30 minutes w/ 10-20 lb. bookbag
9	4/30 - 5/6	? 3 days x 30 minutes w/ 10-20 lb. bookbag	? 1 day x 30 minutes w/ 10-20 lb. bookbag
10	5/7 - 5/13	? 3 days x 30 minutes w/ 10-20 lb. bookbag	? 2 days x 30 minutes w/ 10-20 lb. bookbag
11	5/14 - 5/20	? 3 days x 30 minutes w/ 10-20 lb. bookbag	? 2 days x 30 minutes w/ 10-20 lb. bookbag
12	5/21 - 5/27	? 3 days x 45 minutes w/ 10-20 lb. bookbag	? 2 days x 30 minutes w/ 10-20 lb. bookbag
13	5/28 - 6/3	? 3 days x 45 minutes w/ 10-20 lb. bookbag	? 2 days x 30 minutes w/ 10-20 lb. bookbag
14	6/4 - 6/10	? 3 days x 45 minutes w/ 10-20 lb. bookbag	? 3 days x 30 minutes w/ 10-20 lb. bookbag

Examples of Possible Hikes for the trip:
- Sourdough Mountain, North Cascades NP – 10 miles, 5000' change in elevation
- Badlands National Park –Trail – 2 miles (first .25 miles has a change in elevation of 800')
- Glacier National Park – Otokomi Lake – 10 miles, 1900' change in elevation
- Glacier National Park – Virginia Falls – 3 miles
- Rocky Mountain National Park – Estes Cone – 6 miles, 1606' change in elevation
- Rocky Mountain National Park - Hallett's Peak - 10 miles, 3238' change in elevation