

### **Fitness and Safety Preparation:**

*“Wherefore, gird up your loins and be prepared.”*

Doctrine and Covenants 38:9

Trek is going to be an amazing and transformative experience for all who are able to participate! In order to best prepare for the physical demands of trek it is important to begin to prepare now.

First and foremost: Appropriate footwear!

- Best footwear would be **light-weight** hiking boots. If hiking boots are not available a pair of sturdy tennis shoes can be worn. However, note that the tennis shoes may not come back in wearable condition as you will be likely be walking through mud, some water and rocky terrain.
- Whatever shoes you plan to bring, *start using them now!* Shoes need to be broken in well before trek to prevent blisters.

Second: Start pre-trekking

- Goal: Everyone needs to be able to walk 3-4 miles at a pace of 3.5-4.0 mph.
- Create a plan and stick to it. Most can start walking 15-30 minutes a day for 3 days a week. Each week increase your time and pace until you are comfortable walking 4 miles in close to an hour. A sample workout plan is included below, but tailor as you need.

Lastly: Individual medical needs

- If you have any medical needs/accommodations, please let me know as soon as possible by email. [Br2infinityDoc@gmail.com](mailto:Br2infinityDoc@gmail.com)

I look forward to trekking with you all in a few months! Keep the faith!

~Brother Bracken Roberts

## 10-Week Walking Schedule:

<p>Week 1:</p> <ul style="list-style-type: none"><li>• 3 days: 15-minute walks at a comfortable pace.</li></ul>	<p>Week 6:</p> <ul style="list-style-type: none"><li>• 3 days: 40-minute walks.</li><li>• 1 day: 25 minute fast paced walk.</li></ul>
<p>Week 2:</p> <ul style="list-style-type: none"><li>• 3 days: 20-minute walks at a comfortable pace.</li><li>• Add light stretching after each walk.</li></ul>	<p>Week 7:</p> <ul style="list-style-type: none"><li>• 3 days: 45-minute walks.</li><li>• 1 day: 30 minute fast paced walk.</li></ul>
<p>Week 3:</p> <ul style="list-style-type: none"><li>• 4 days: 25-minute walks at a slightly brisker pace.</li></ul>	<p>Week 8:</p> <ul style="list-style-type: none"><li>• 2 days: 50-minute walks.</li><li>• 2 days: 35 minute fast paced walks.</li></ul>
<p>Week 4:</p> <ul style="list-style-type: none"><li>• 4 days: 30-minute walks, focusing on maintaining a consistent pace.</li></ul>	<p>Week 9:</p> <ul style="list-style-type: none"><li>• 2 days: 55 minute walks.</li><li>• 2 days: 40 minute fast paced walks.</li></ul>
<p>Week 5:</p> <ul style="list-style-type: none"><li>• 3 days: 35-minute walks.</li><li>• 1 day: 20 minute walk at a fast pace.</li></ul>	<p>Week 10:</p> <ul style="list-style-type: none"><li>• 3 days: 60-minute walks (4 miles) at a brisk pace (4 mph).</li><li>• 1 day: 30 minute brisk walk.</li></ul>