

## Trek 2021 Preparation Program Schedule

Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1 (May 2)	Rest	30 min easy	20 min stroll	30 min easy	Rest	30 min cross train	3m easy
Week 2 (May 9)	Rest	35 min easy	20 min stroll	35 min easy	Rest	30 min cross train	3m easy
Week 3 (May 16)	Rest	35 min easy	20 min stroll	35 min easy	Rest	30 min cross train	2m brisk
Week 4 (May 23)	Rest	35 min easy	25 min stroll	35 min easy	Rest	35 min cross train	5m easy
Week 5 (May 30)	Rest	40 min easy	25 min stroll	40 min easy	Rest	35 min cross train	6m easy
Week 6 (June 6)	Rest	40 min easy	25 min stroll	40 min easy	Rest	35 min cross train	4m brisk
Week 7 (June 13)	Rest	40 min easy	30 min stroll	40 min easy	Rest	40 min cross train	7m easy
Week 8 (June 20)	Rest	45 min easy	30 min stroll	45 min easy	Rest	40 min cross train	8m easy
Week 9 (June 27)	Rest	45 min easy	30 min stroll	45 min easy	Rest	50 min cross train	6m brisk
Week 10 (July 4)	Rest	45 min easy	30 min stroll	45 min easy	Rest	50 min cross train	7m easy
Week 11 (July 11)	Rest	30 min easy	20 min stroll	Rest	TREK	TREK	TREK