

Hiking Training Checklist

Print or save this checklist and work through each stage to build strength, endurance, and trail readiness.

1 Before Starting the Plan

- ☐ Confirm the target distance, elevation, terrain and expected time.
- ☐ Choose a four-week, eight-week or extended training window.
- ☐ Record a comfortable walking baseline.
- ☐ Identify health concerns or injuries that require professional guidance.
- ☐ Schedule walking, strength, longer sessions and recovery days.

3 Before the Goal Hike

- ☐ Reduce hard training during the final days.
- ☐ Check the official trail page, weather and current alerts.
- ☐ Confirm the route, parking, access and turnaround time.
- ☐ Pack route-appropriate essentials, food and water.
- ☐ Share the trip plan with a reliable person.
- ☐ Choose a safer alternative if conditions or readiness have changed.

2 During Training

- ☐ Keep most walking at a controlled effort.
- ☐ Add hills, stairs or inclines after establishing a base.
- ☐ Practice both climbing and controlled descending.
- ☐ Train the legs, hips, calves, core and balance.
- ☐ Increase one main challenge at a time.
- ☐ Test shoes, socks, pack, food and water.
- ☐ Record unusual pain, poor recovery and equipment problems.
- ☐ Repeat or reduce a week when the next progression is not appropriate.

Training Log & Hike Goal Plan

GOAL HIKE DETAILS

Target trail, distance, elevation, target date, training window...

TRAINING BASELINES

Baseline Distance _____
Weekly Sessions _____
Pack Weight Tested _____

READINESS CHECKS

Gear Break-In _____
Long Hike Tested _____
Safer Plan B Route _____