



90 Day Trek Training Schedule

Day	Activity	Course	Back Pack	Date	Duration		Intensity	Maximum Heart Rate ¹	
					Goal	Achieved		Goal	Achieved
1	Walk	Flat/medium	Empty Pack		40 mins		60%		
2	walk	Flat/medium	Empty pack		40 mins		50-70%		
3	Rest Day								
4	Walk	Flat/medium	Empty Pack		45 mins		75%		
5	Rest Day								
6	Rest Day								
7	Walk	Flat/medium	Empty Pack		45mins		70%		
8	Rest Day								
9	Walk	Flat	Empty Pack		60 mins		65%		
10	Walk	Flat/medium	Half Pack (approx 8kg)		60 mins		70- 85%		
11	Walk	Hilly	Half Pack (approx 8kg)		60 mins		70%		
12	Walk	Hilly/Flat	Half Pack (approx 8kg)		60 mins		70%		
13	Rest Day								
14	Walk	Hilly/flat	Half Pack (approx 8kg)		45 mins		75%		
15	Walk	Hilly/flat	Half Pack (approx 8kg)		45 mins		75%		
16	Rest Day								
17	Walk	Hilly	Half Pack (approx 8kg)		1 hour		75%		
18	Walk	Hilly	Half Pack (approx 8kg)		1 hour		75%		
19	Walk	Hilly	Half Pack (approx 8kg)		60 min		75%		
20	Rest Day								
21	Walk	Hilly	Full Pack (approx 15kg)		40 min		70%		
22	Walk	Hilly	Full Pack (approx 15kg)		50 mins		70%		
23	Rest Day								
24	Walk	Hilly/ medium	Full Pack (approx 15kg)		2hours		75%		
25	Walk	Hilly /medium	Full Pack (approx 15kg)		2 hours		75%		
26	Rest Day								
27	Walk	Hilly/flat	Full Pack (approx 15kg)		60 min		75%		
28	walk	Hilly/flat	Full Pack (approx 15kg)		60 min		60%		
29	Walk	Hilly	Full Pack (approx 15kg)		60 mins		75%		
30	Rest Day								

¹ Refer to the Participant Guide for instructions on calculating your Maximum Heart Rate



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31	Walk	Hilly	Empty Pack		120 mins		70%		
32	Rest Day								
33	Walk	Hilly/Flat	Full Pack (approx 15kg)		60 mins		70%		
34	Rest Day								
35	Walk	Flat	Full Pack (approx 15kg)		60 min		85%		
36	Walk	Hilly	Full Pack (approx 15kg)		60 mins		70- 85%		
37	Walk	Hilly	Full Pack (approx 15kg)		60 mins		70%		
38	Walk	Hilly/Flat	Full Pack (approx 15kg)		2 Hours		80%		
39	Rest Day								
40	Walk	Hilly	Half Pack (approx 8kg)		60 mins		85%		
41	Walk	Hilly	Half Pack (approx 8kg)		60 mins		85%		
42	Rest Day								
43	Walk	Hilly	Full Pack (approx 15kg)		60 mins		85%		
44	Walk	Hilly	Full Pack (approx 15kg)		60 mins		85%		
45	Walk	Hilly	Full Pack (approx 15kg)		60 min		Fast		
46	Rest Day								
47	Walk	Hilly	Full Pack (approx 15kg)		1 hours		85%		
48	Walk	Hilly	Full Pack (approx 15kg)		1 hours		85%		
49	Rest Day								
50	Rest Day								
51	Rest Day								
52	Walk	Hilly/ medium	Full Pack (approx 15kg)		3hours		85%		
53	Walk	Hilly /medium	Full Pack (approx 15kg)		2 hours		85%		
54	Walk	Hilly	Full Pack (approx 15kg)		40 min		Fast 90%		
55	Walk	Hilly	Full Pack (approx 15kg)		40 min		Fast		
56	Walk	Hilly	Full Pack (approx 15kg)		40 min		Fast		
57	Walk	Hilly	Full Pack (approx 15kg)		60 min		Fast		
58	Rest Day								
59	Walk	Hilly	Full Pack (approx 15kg)		3hours		Fast		
60	Walk	Hilly	Empty Pack		4 Hours		Fast		
61	Walk	Medium	Empty Pack		60 min		Fast		
62	Walk	Medium	Full Pack (approx 15kg)		60 min		Fast		
63	Rest Day								
64	Rest Day								



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65	Rest Day							
66	Walk	Hilly	Full Pack (approx 15kg)		4.5 hours		Fast	
67	Walk	Hilly	Full Pack (approx 15kg)		4 hours		Fast	
68	Rest Day							
69	Walk	Hilly	Full Pack (approx 15kg)		60 min		Fast	
70	Walk	Hilly	Full Pack (approx 15kg)		70 min		Fast/ med	
71	Walk	Hilly	Full Pack (approx 15kg)		70 min		Fast	
72	Walk	Hilly	Full Pack (approx 15kg)		70 min		Fast	
73	Walk	Hilly	Full Pack (approx 15kg)		75mins		Fast	
74	Rest Day							
75	Walk	Hilly	Full Pack (approx 15kg)		60 min		Fast	
76	Walk	Hilly	Full Pack (approx 15kg)		60 min		Fast	
77	Rest Day							
78	Walk	Hilly	Full Pack (approx 15kg)		60 min		Fast	
79	Rest Day							
80	Walk	Hilly	Full Pack (approx 15kg)		60 min		Fast	
81	Walk	Hilly	Full Pack (approx 15kg)		60 min		Fast	
82	Walk	Hilly	Full Pack (approx 15kg)		60 min		Fast	
83	Walk	Hilly	Full Pack (approx 15kg)		60 min		Fast	
84	Walk	Hilly	Full Pack (approx 15kg)		60 min		Fast	
85	Rest							
86	Rest							
87	Rest							
88	Rest							
89	Rest							
90	Depart							