

AUG

2026 TRAILBLAZE CHALLENGE TRAINING SCHEDULE



SUN	MON	TUES	WED	THURS	FRI	SAT
30 Recovery walk and stretching	31 Rest and mobility exercises					DAY ONE!!! 1 6 mile hike
2 Recovery walk and stretching	3 Rest and gentle mobility exercises	4 3 miles + strength training	5 20-30 min cross-training	6 4 miles	7 Rest and gentle mobility exercises	8 7 mile hike
9 Recovery walk and stretching	10 Rest and gentle mobility exercises	11 3 miles + strength training	12 20-30 min cross-training	13 4 miles	14 Rest and gentle mobility exercises	15 8 mile hike
16 Recovery walk and stretching	17 Rest and gentle mobility exercises	18 3 miles + strength training	19 20-30 min cross-training	20 4 miles	21 Rest and gentle mobility exercises	22 9 mile hike optional pack - 5-10 lbs
23 Recovery walk and stretching	24 Rest and mobility exercises	25 4 miles + strength training	26 30-40 min cross-training	27 5 miles with hills optional pack - 5-10 lbs	28 Rest and mobility exercises	29 10 mile hike optional pack - 5-10 lbs

SEPT

2026 TRAILBLAZE CHALLENGE TRAINING SCHEDULE



SUN	MON	TUES	WED	THURS	FRI	SAT
		1 4 miles + strength training	2 30-40 min cross-training	3 5 miles with hills	4 Rest and mobility exercises	5 11 mile hike optional pack - 5-10 lbs
6 Recovery walk and stretching	7 Rest and mobility exercises	8 4 miles + strength training	9 30-40 min cross-training	10 5 miles with hills	11 Rest and mobility exercises	12 8 mile hike RECOMMITMENT
13 Recovery walk and stretching	14 Rest and mobility exercises	15 3 easy miles	16 easy cross-training	17 4 miles	18 Rest and mobility exercises	19 13 mile hike pack - 10-15 lbs
20 Recovery walk and stretching	21 Rest and mobility exercises	22 4-5 miles + strength training	23 40-45 min cross-training	24 6 miles with hills or pack	25 Rest and mobility exercises	26 15 mile hike pack - 10-15 lbs
27 Recovery walk and stretching	28 Rest and mobility exercises	29 4-5 miles + strength training	30 40-45 min cross-training			

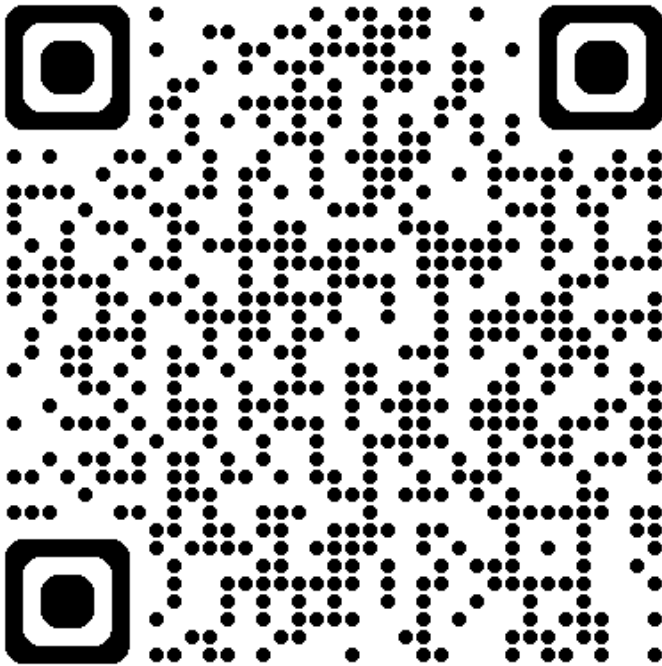
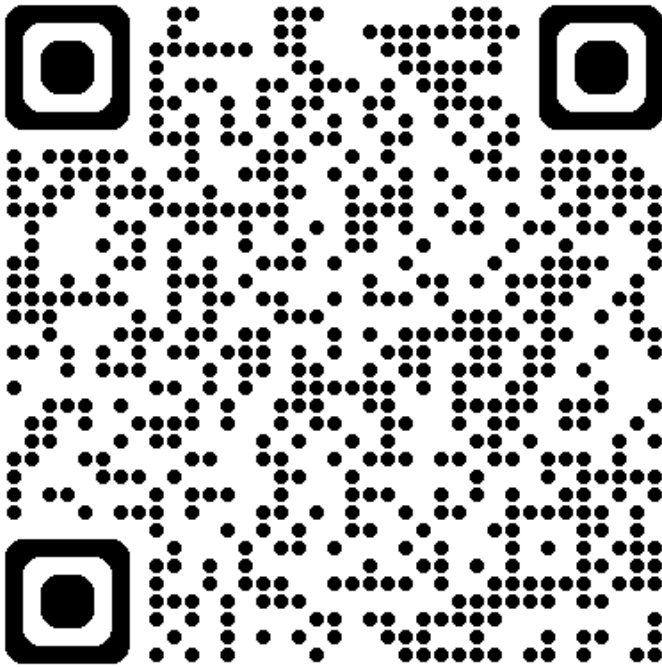
OCT

2026 TRAILBLAZE CHALLENGE TRAINING SCHEDULE

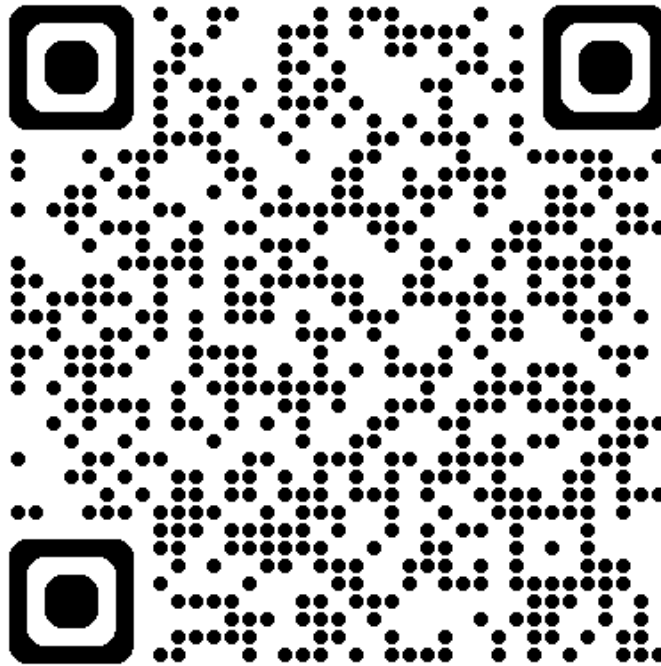
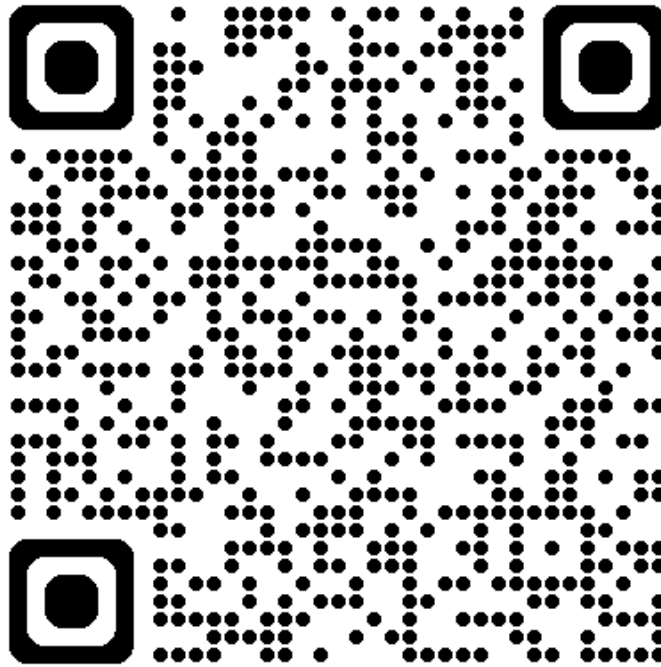


SUN	MON	TUES	WED	THURS	FRI	SAT
				1 6 miles with hills or pack	2 Rest and mobility exercises	3 17-18 mile hike pack - 10-15 lbs
4 Recovery walk and stretching	5 Rest and mobility exercises	6 4-5 miles + strength training	7 40-45 min cross-training	8 6 miles with hills or pack	9 Rest and mobility exercises	10 10 mile hike
11 Recovery walk and stretching	12 Rest and mobility exercises	13 4 easy miles	14 easy cross-training	15 5 miles	16 Rest and mobility exercises	17 EASY 8 mile hike
18 Recovery walk and stretching	19 Rest and mobility exercises	20 3 easy miles	21 Mobility excersizes	22 2 miles	23 Rest and mobility exercises	24 HIKE DAY

Mobility exercises



Strength training



Cross-training exercises

