

Grand Canyon Whitewater Preparation Program

Aerobic Training Program “C”

This portion of your training program is designed to get you more time on your feet with your backpack and hiking shoes on. This will help prepare you for the overall volume of walking and hiking you will be doing on your trip. As described in the initial instructions for this program, this is one of the most important yet often overlooked aspects of your general preparation!

If you do not have much experience hiking on trails with uneven terrain, it is recommended that you complete this portion of the program at a place where you can do just that! Afterall, this is what you can expect to encounter on your trip. If you do not have access to any hiking trails, this can be done in more urban areas so long as you still are reaching the desired mileage.

In this program, you will see that the emphasis is on increasing your distance. Your overall speed is not a concern and you may stop and rest where needed. Your goal is only to complete the desired mileage with your backpack and hiking shoes on. You’ll want to start with you backpack as close to the expected weight on your trip as possible.

- **Hiking/Walking for Distance: backpack at expected trip weight**
 - **Weeks 1-2: 4 miles**
 - **Weeks 3-4: 6 miles**
 - **Weeks 4-6: 8 miles**

