



# **TRAINING FOR A TSX BACKPACKING CHALLENGE**


**[tsxchallenge.com](https://tsxchallenge.com)**

# **Identify Your Challenge**

- 
- Long days
  - Full pack
  - Little sleep
  - Uphill
  - Downhill
  - Talus & scree
  - Marshy trail
  - Stream crossings
  - Boulders
  - Early starts
  - Hiking in rain
  - Hiking in snow
  - Hiking over snow
  - Time away from family

# Ideas To Prepare

## **Set A Goal!**

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- **Regular Cardio/Core Exercise**
  - **Practice Hikes**
  - **Morning Hikes**
  - **Hikes for Elevation**
  - **Hikes for Time**
  - **Hikes for Distance**
  - **Hikes with Weight**
  - **Days of Endurance**
  - **Sleep System Practice**

# Sample Calendar

## Week 1

- 2 mile hike
- 3 mile hike
- 30 min Cardio!

## Week 2

- 2 mile hike
- 3 mile hike
- 40 min Cardio!

**Long Weekend Hike**

## Week 3

- 3 mile hike
- 4 mile hike
- 40 min Cardio!

**Eat Breakfast,  
Make Bed, Out  
Door in 30 minutes**

## Week 4

- 3 mile hike with pack
- 2 mile hike intense uphill/down
- 50 min Cardio!

**Long Weekend Hike**

## Week 5

- 3 mile hike with pack (10% faster)
- 6 mile hike
- 60 min Cardio!

**Wake up 2 Hours Earlier and Hike**

## Week 6

- 3 hour hike
- 2 mile interval hike
- 60 min Cardio!

**5 mile Hike With Weight**

## Week 7

- Hike football stadium, hill or office stairs for 1 hour

**Long Weekend Hike with Weight**

## Week 8

**Final gear check!  
Get one long good hike and good rest/food!**

**tsxchallenge.com**

*itinerary, videos, links, checklists*

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# TRANS-SIERRA XTREME CHALLENGE

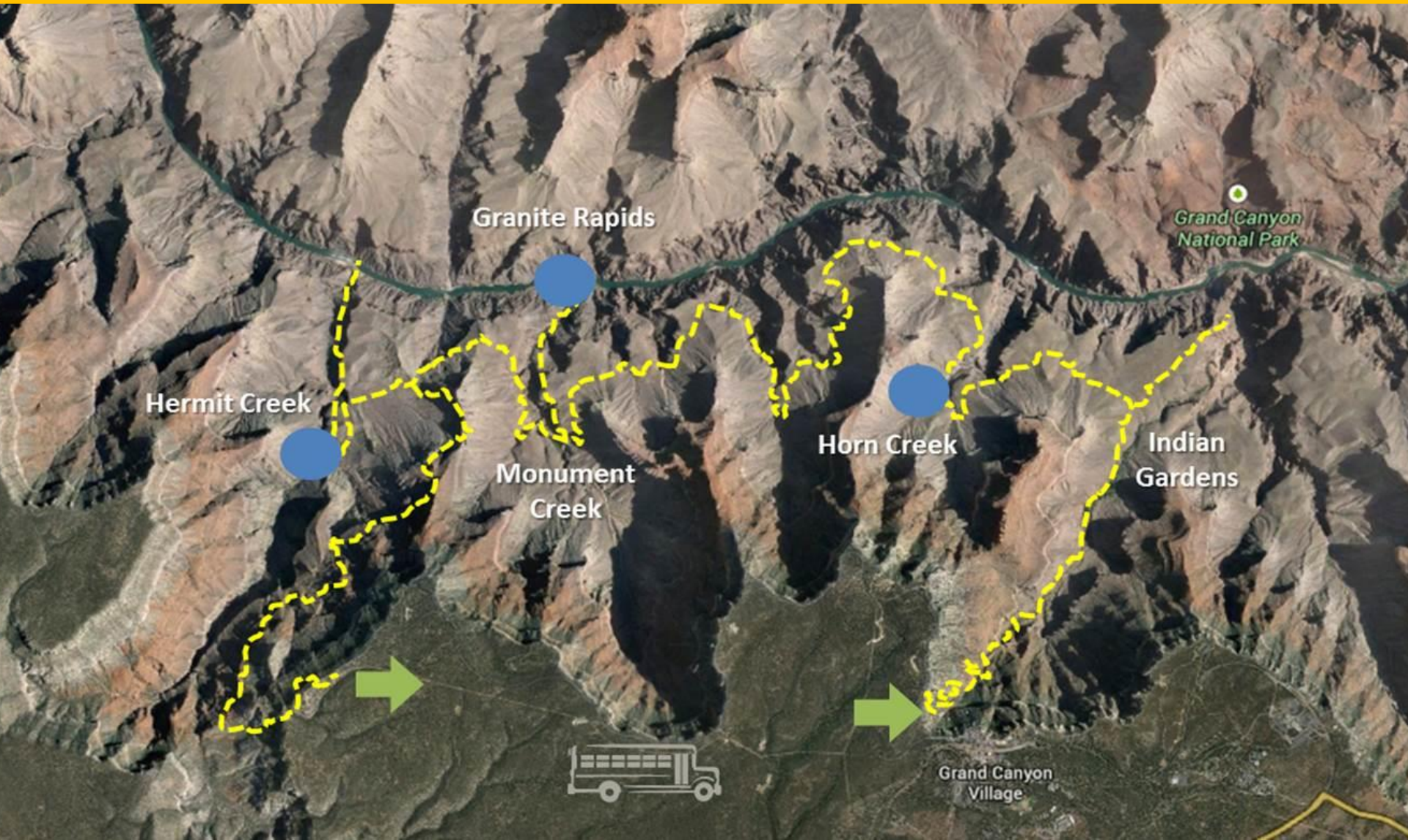
8 NIGHTS | 75 MILES | 14,505' MT. WHITNEY





# GRAND CANYON CHALLENGE

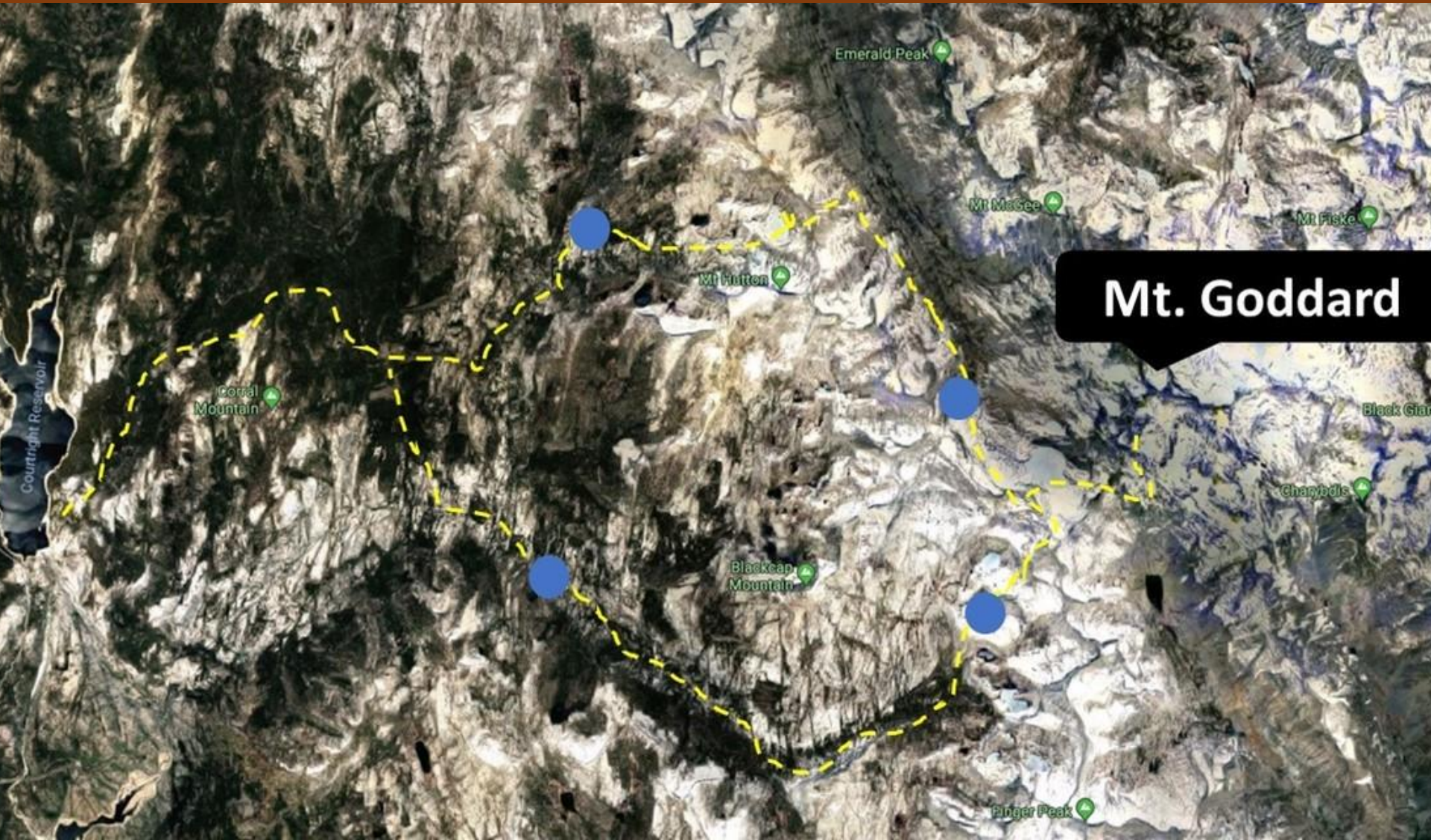
3 NIGHTS | 30 MILES | COLORADO RIVER





# HELL FOR SURE CHALLENGE

5 NIGHTS | 40-50 MILES | RED MTN & MT. GOODARD





Hike with Your Homies

# TSXPODS

