Train for the Milford Sound

\*\*\*\* Ask Your Doctor about participating in this training. This may not be the best training for you. It is my personal training schedule.

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Week | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday | Elevation | Backpack Weight in pounds |
| 1 |  |  |  | 2.2km | 4.4 km | 3 km | 4.6km |  |  |
| 2 | 1.5 km | 5.0 km | 1.5 km | 8 km | 1.5 km | 3 km | 4.6 km | 200 m |  |
| 3 | 2 km | 7 km | 2 km | 10 km | 2 km | 5 km | 7 km | 300 m | 20 lbs |
| 4 | 3 km | 8 km | 3 km | 11 km | 3 km | 3 km | 8 km | 400 m | 22 lbs |
| 5 | 4 km | 9 km | 3 km | 12 km | 2 km | 4 km | 9 km | 500 m | 24lbs |
| 6 | 4 km | 10 km | 2 km | 14 km | 2 km | 5 km | 10 km | 600 m | 26lbs |
| 7 | 2 km | 11 km | 2 km | 15 km | 2 km | 5 km | 11 km | 700 m | 28lbs |
| 8 | 2 km | 12 km | 2 km | 16 km | 2 km | 5 km | 12 km | 800 m | 30lbs |
| 9 | 2 km | 13 km | 2 km | 17 km | 2 km | 5 km | 13 km | 1000 m | 32lbs |
| 10 | 2 km | 14 km | 2 km | 18 km | 2 km | 5 km | 14 km | 1000 m | 34lbs |
| 11 | 2 km | 15 km | 2 km | 19 km | 2 km | 5 km | 15 km | 200 m | 36lbs |
| 12 | 2 km | 15 km | 2 km | 20 km | 2 km | 5 km | 19 km | 1000 m | 40lbs |
| 13 | 2 km | 2 km | 15 km | 2 km | 5 km | 2 km | 2 km | 1000 m | 42lbs |
| 14 | 21 km | 2 km | 8 km | 2 km | 5 km | 2 km | 4 km | 500 m | 44lbs |
| Final week | 5 km hike |  |  | Dec 19 Milford Sound |  |  |  |  |  |

Train with elevation:

Absolutely! Here are some title ideas that capture the essence of preparation and adventure for hiking the Milford Track:

1. \*\*Milford Track Mastery: Your Essential Guide to a Memorable Hike\*\*

2. \*\*Milford Track Ready: Prepare, Pack, and Hike with Confidence\*\*

3. \*\*Journey to Fiordland: Complete Guide to Conquering the Milford Track\*\*

4. \*\*Milford Track Essentials: From Preparation to Peak Experience\*\*

5. \*\*The Ultimate Milford Track Prep Guide: Hike Ready for an Unforgettable Adventure\*\*

6. \*\*Milford Track Unlocked: All You Need to Know for a Successful Trek\*\*

7. \*\*Step by Step to Milford Track Success: The Complete Preparation Guide\*\*

8. \*\*From Trailhead to Triumph: Preparing for the Milford Track Adventure\*\*

9. \*\*Hiking the Milford Track: Everything You Need for an Enjoyable Trek\*\*

10. \*\*Milford Track Made Easy: Your Step-by-Step Guide to a Perfect Hike\*\*

Let me know if any of these resonate or if you'd like more ideas with a different angle!