

## WFSI Summer 2012 – Central Rockies

# Fitness Program



### WFSI's Educational Goals:

The WFSI Summer 2012 program of instruction has four major types of educational goals for student. These goals include:

- Acquiring and applying scientific knowledge of ecology and geology by learning in the field (while hiking and backpacking in the mountains) and in other natural areas through direct observation.
- Increasing cultural awareness and knowledge of historical and present-day Native American societies, as well as settlement patterns of the western mountain region.
- Developing interpersonal skills such as leadership, collaboration, and cooperation in small and large group settings, including cooking and laundry.
- Developing outdoor skills including camping, hiking, backpacking, boating, and personal hygiene.

The WFSI Summer 2012 program is both mentally and physically challenging. Preparing your **body** properly for the physical challenges during the trip will help your **mind** to overcome the mental challenges you will encounter throughout the trip. To help you become prepared physically for the trip, the WFSI leaders have developed a fitness program for you.

### Summer 2012 Physical Challenges:

The WFSI Summer 2012 program to the Central Rockies will offer many unique physical activities throughout the summer trip. You will be participating in a WFSI experience seldom offered. The list below describes a few of the physical activities you will participate in this summer:

The descriptions of our hikes provided for you will include the total length of the hike, the starting elevation of the hike, and the total uphill elevation change encountered during the hike. You can read about these hikes and view photographs of the scenery you will encounter on many web sites. You will also see that many hikers will often attempt to “rate” hikes using the following terms in their descriptions:

- An “Easy” hike is a hike with a relatively short mileage (usually under 5 total miles) and/or a relatively low uphill elevation change (usually under 500 feet).
- A “Moderate” hike is a hike with moderate mileage (usually between 5 and 10 total miles) and/or a moderate uphill elevation change (usually between 500 and 2000 feet).
- A “Strenuous” or “Challenging” hike is a hike that exceeds 10 miles in length and/or exceeds 2000 feet of uphill elevation change.

Our hikes this summer will be a mix of “Easy”, “Moderate”, and “Strenuous” hikes. We will usually not have “Strenuous” hikes on back-to-back days. We will also attempt to alternate longer, flatter hikes with shorter, steeper hikes, similar to the way a cross country runner would train for their running season. Our hiking experiences will definitely provide both physical and mental challenges throughout the trip!

### **Here is a description of the major hikes for the WFSI Summer 2012 program:**

- Great Sand Dunes National Park – Dunes Hike – 2 to 4 miles, Strenuous

- Great Sand Dunes National Park – Mosca Pass Hike, 8 miles, Strenuous
- Great Sand Dunes National Park – Zapata Falls Hike, 1 mile, Easy
- San Isabel National Forest – Mt. Elbert Overnight Backpack – 12 miles, Strenuous
- Mesa Verde National Park – Cliff Palace & Spruce Tree House Hikes – 6 miles & 2.5 miles, Moderate
- Arches National Park – Delicate Arch Hike – 4 miles, Moderate
- Arches National Park – Devil’s Garden Hike – 4 to 6 miles, Moderate
- Grand Teton National Park – Cascade Canyon Overnight Backpack – 10 to 12 miles, Strenuous
- Grand Teton National Park – Overnight Whitewater Rafting Trip on Snake River – 14 miles, Strenuous
- Medicine Bow National Forest – Ryan Park Area Hikes – 4 to 6 miles, Moderate
- Rocky Mountain National Park – Fern Lake & Cub Lake Hike – 10 miles, Moderate
- Rocky Mountain National Park – Lake Haiyaha, Mills Lake, & Alberta Falls Hike – 10 miles, Moderate
- Rocky Mountain National Park – Flattop Mt., Hallet’s Peak & Andrew’s Glacier Hike – 10 to 14 miles, Strenuous
- High Plains, KS – Mt. Sunflower “Hike” – 0 miles, Easy

### **Our Monthly Conditioning Goals:**

To enjoy the physical challenges described in the section above, you will need to prepare your body. Below are the monthly goals for hiking, completing push ups, sit ups and pull ups or bar hangs.

<b><i>By the End of:</i></b>	<b><i>Hiking:</i></b>	<b><i>Push Ups:</i></b>	<b><i>Sit Ups:</i></b>	<b><i>Pull Ups or Bar Hangs:</i></b>
<b>February</b>	Pace: 20 minutes/mile	1 set of 10	1 set of 25	1 or 20 seconds
<b>March</b>	Pace: 20 minutes/mile with 20 lb in daypack	2 sets of 10	2 sets of 25	2 or 30 seconds
<b>April</b>	Pace: 17.5 minutes/mile with 20 lb in daypack	3 sets of 10	3 sets of 25	3 or 45 seconds
<b>May</b>	Pace: 15 minutes/mile with 20 lb in daypack	4 sets of 10	4 sets of 25	4 or 60 seconds

### **Our Monthly Training Plan:**

To help you achieve the Conditioning Goals we have set for you, we have developed a Training Plan to help you prepare for the physical challenges of the trip. We advise you to train at least 3 days each week and test yourself each weekend (either on Saturday or Sunday). We suggest that you try to complete the training with others who will be going on the trip – there is great power in using teamwork to achieve difficult undertakings. The WFSI leaders will also be happy to train with you at any time – just let us know when and where and we will do our best to be there to hike and/or do calisthenics with you!

<b>Month:</b>	<b>Activity:</b>	<b>Amount:</b>
<b>February</b>	<i>Hiking</i>	3 days per week of 30 to 45 minutes @ 20 minutes/mile
	<i>Calisthenics</i>	3 days per week – do as many push ups, sit ups, and pull ups or bar hangs that you can until your muscles are fatigued (you cannot do another repetition)
	<i>Testing</i>	On weekends – time a mile hike, then do push ups, sit ups, and pull ups or bar hangs (suggestion – record your results)
<b>March</b>	<i>Hiking</i>	3 days per week of 30 to 45 minutes @ 20 minutes/mile with 20 pounds in your daypack (suggestion - carry water)
	<i>Calisthenics</i>	3 days per week – do 2 sets of 10 push ups, sit ups, and pull ups or bar hangs. If you cannot do this yet, then do as many as you can until your muscles are fatigued (you cannot do another repetition)
	<i>Testing</i>	On weekends – time a mile hike with 20 pounds in your dayback, then do push ups, sit ups, and pull ups or bar hangs (suggestion – record your results)
<b>April</b>	<i>Hiking</i>	3 days per week of 30 to 60 minutes @ 17.5 minutes/mile with 20 pounds in your backpack (suggestion - carry water)
	<i>Calisthenics</i>	3 days per week – do 3 sets of 10 push ups, sit ups, and pull ups or bar hangs. If you cannot do this yet, then do as many as you can until your muscles are fatigued (you cannot do another repetition)
	<i>Testing</i>	On weekends – time a mile hike with 20 pounds in your dayback, then do push ups, sit ups, and pull ups or bar hangs (suggestion – record your results)
<b>May</b>	<i>Hiking</i>	3 days per week of 30 to 60 minutes @ 15 minutes/mile with 20 pounds in your backpack (suggestion - carry water)
	<i>Calisthenics</i>	3 days per week – do 4 sets of 10 push ups, sit ups, and pull ups or bar hangs. If you cannot do this yet, then do as many as you can until your muscles are fatigued (you cannot do another repetition)
	<i>Testing</i>	On weekends – time a mile hike with 20 pounds in your dayback, then do push ups, sit ups, and pull ups or bar hangs (suggestion – record your results)

### **WFSI Sunday Hikes:**

The WFSI leaders would like to offer an opportunity for you (and your family if they would like to participate) to hike with us on a trail in a nearby park. We will hike at the pace that we will be using that month in our training program. We will also teach you about trail etiquette, and about the ecology, geology, and history of the areas where we hike. This will give us all an opportunity to get to know one another, monitor our training and conditioning efforts, break in our hiking boots and other equipment, learn more about the natural world here in central Ohio, and answer questions you and your family may have.

We encourage you to attend these optional hikes. Make sure to dress appropriately for the weather – wear layers to stay warm and dry, but not sweaty. Wear your hiking boots and socks. If the weather is warm and dry, put your rain gear into your daypack – be prepared. Wear your daypack and carry 2 liters of water and a healthy snack – maybe granola bars and fruit.

Below is the schedule for where and when we will hike. The following pages have maps to each park and we have also marked the location of the meeting point in the park.

***Sunday February 12, 2012 – Blendon Woods Metropark***

- Meet at the Nature Center at 1:00 P.M.
- We will hike the Brookside & Overlook Trails, approximately 2.0 miles.

***Sunday March 11, 2012 – Sharon Woods Metropark***

- Meet at the Apple Ridge Picnic Area Shelter at 1:00 P.M.
- We will hike the Spring Creek & Edward S. Thomas Trails, approximately 3.0 miles.

***Sunday April 15, 2012 – Highbanks Metropark***

- Meet at the Nature Center at 1:00 P.M.
- We will hike the Dripping Rock & Overlook Trails, approximately 4.0 miles.

***Sunday May 13, 2012 – Alum Creek State Park***

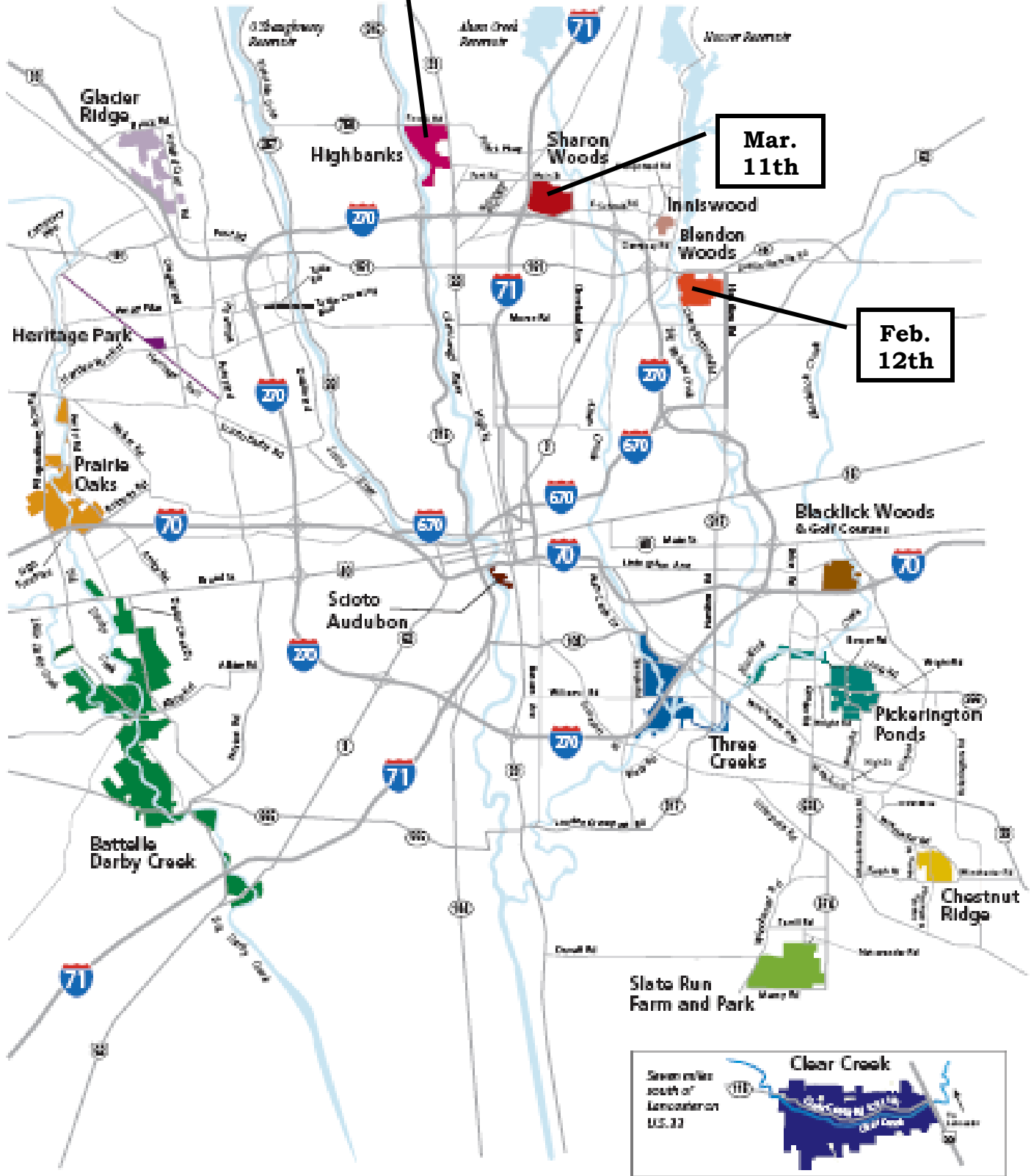
- Meet at the Cheshire Boat Ramp Area near the sign for the Multiple Purpose Trail at 1:00 P.M. The sign is near the first parking area on the right-hand side of the entry road to the Cheshire Boat Ramp Area.
- We will hike the Multiple Purpose Trail, approximately 4.0 to 7.0 miles. We will all hike at least 4 miles, some may choose to hike an additional 3 miles (see map).

# Metro Parks Map

Apr. 15th

Mar. 11th

Feb. 12th



## Sunday February 12, 2012 – Blendon Woods Metropark

- Meet at the Nature Center at 1:00 P.M.
- We will hike the Brookside & Overlook Trails, approximately 2.0 miles

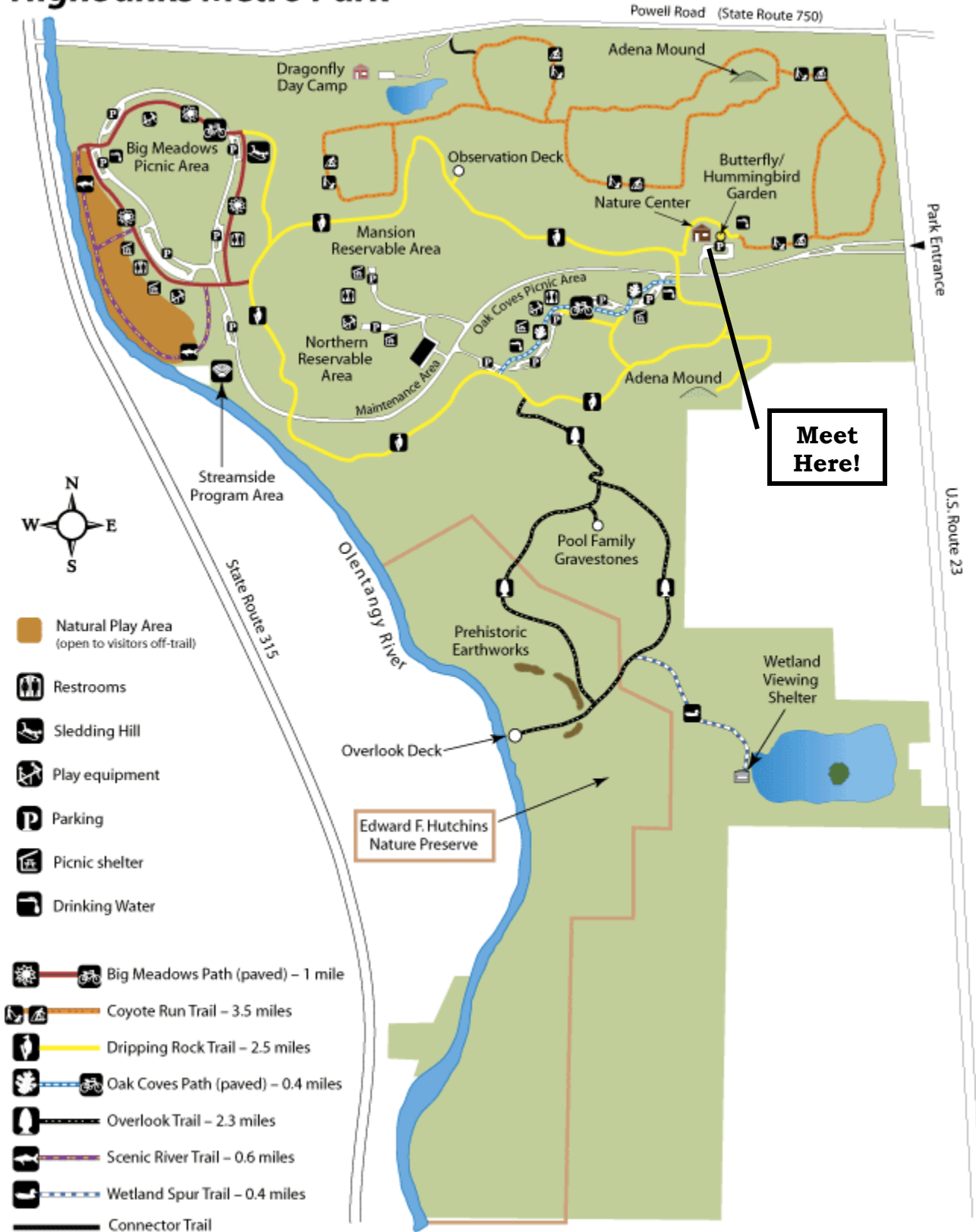




# Sunday April 15, 2012 – Highbanks Metropark

- Meet at the Nature Center at 1:00 P.M.
- We will hike the Dripping Rock & Overlook Trails, approximately 4.0 miles

## Highbanks Metro Park



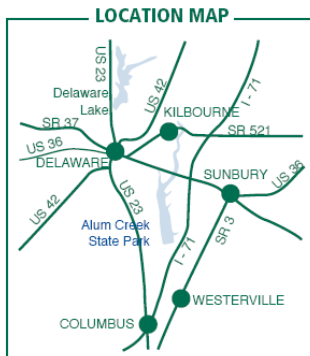
# Sunday May 13, 2012 – Alum Creek State Park

- Meet at the Cheshire Boat Ramp Area near the sign for the Multiple Purpose Trail at 1:00 P.M. The sign is near the first parking area on the right-hand side of the entry road to the Cheshire Boat Ramp Area.
- We will hike the Multiple Purpose Trail, approximately 4.0 to 7.0 miles. We will all hike at least 4 miles, some may choose to hike an additional 3 miles (see map).

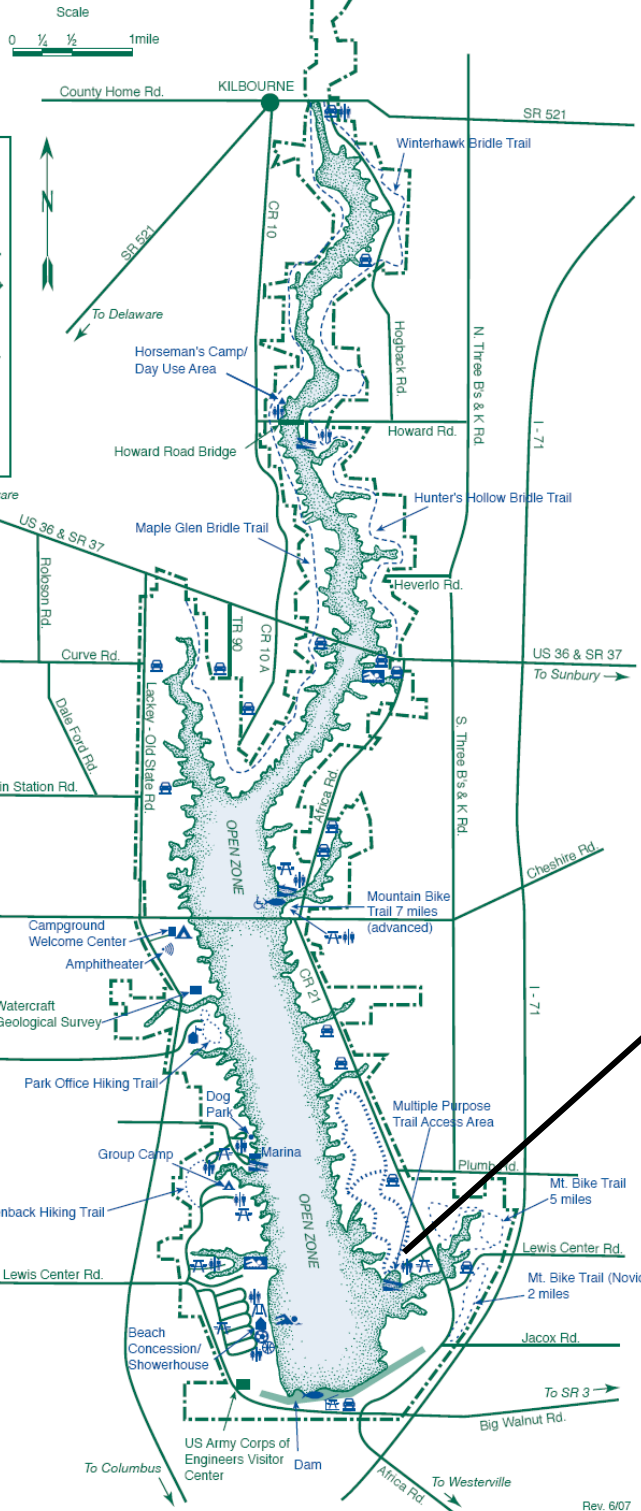
## Alum Creek State Park

3615 South Old State Road  
Delaware, Ohio 43015

(740) 548-4631 - Park Office  
(740) 548-4039 - Camp Office  
(740) 548-4509 - FAX



LEGEND	
	Park Office
	Picnic Area
	Picnic Shelter
	Latrine
	Parking
	Launch Ramp
	Fishing Access
	Camping
	Handicapped Accessible
	Boat Swim Area
	Bridle Trails
	Hiking Trails
	Multi Purpose Trail
	Mountain Bike Trail
	Park Boundary
	Swimming Beach
	Volleyball Court
	Soccer Field
	Playground



**Meet Here!**