



Worthington Field Studies, Inc.

Thomas Worthington High School
300 West Granville Road
Worthington, Ohio 43085-2501





Central Rocky Adventure, Summer 2008 Pre-Trip Conditioning

If you are not participating in a spring sport, you should begin getting in shape for the trip next week. Get your hiking boots and wear them to condition for our hiking - don't become the person who holds the group back this summer! Get in shape now!

Week	Dates	Walking	Stairs (up and down stairs)
1	3/3 - 3/9	3 days x 30 minutes	
2	3/10 - 3/16	3 days x 30 minutes	
3	3/17 - 3/23	4 days x 30 minutes	
4	3/24 - 3/30	4 days x 30 minutes w/ 10-20 lb. bookbag	
5	3/31 - 4/6	4 days x 30 minutes w/ 10-20 lb. bookbag	
6	4/7 - 4/13	3 days x 30 minutes w/ 10-20 lb. bookbag	1 day x 30 minutes
7	4/14 - 4/20	3 days x 30 minutes w/ 10-20 lb. bookbag	1 day x 30 minutes
8	4/21 - 4/27	3 days x 30 minutes w/ 10-20 lb. bookbag	1 day x 30 minutes w/ 10-20 lb. bookbag
9	4/28 - 5/4	3 days x 30 minutes w/ 10-20 lb. bookbag	1 day x 30 minutes w/ 10-20 lb. bookbag
10	5/5 - 5/11	3 days x 30 minutes w/ 10-20 lb. bookbag	2 days x 30 minutes w/ 10-20 lb. bookbag
11	5/12 - 5/18	3 days x 30 minutes w/ 10-20 lb. bookbag	2 days x 30 minutes w/ 10-20 lb. bookbag
12	5/19 - 5/25	3 days x 45 minutes w/ 10-20 lb. bookbag	2 days x 30 minutes w/ 10-20 lb. bookbag
13	5/26 - 6/1	3 days x 45 minutes w/ 10-20 lb. bookbag	2 days x 30 minutes w/ 10-20 lb. bookbag
14	6/2 - 6/8	3 days x 45 minutes w/ 10-20 lb. bookbag	3 days x 30 minutes w/ 10-20 lb. bookbag

Examples of Possible Hikes for the trip:

 Grand Teton Backpacking trip (3 days, 2 nights) - Holly Lake Loop
19.2 miles, change in elevation of 3520 feet

 Rocky Mountain National Park - Long's Peak
16 miles, change in elevation of 4850 feet