



## COUCH TO RIM-TO-RIM 12 WEEK TRAINING PLAN

We're grateful you are joining us in this adventure! Descending from the North Rim, crossing the Colorado River and ascending onto the South Rim of the Grand Canyon is incredibly beautiful and deeply symbolic of the fight against brain cancer. Crossing the Grand Canyon in a day is also a great physical challenge. We've put together this 12 week training guide for those who will be hiking. For those who want to run the crossing, we recommend using a marathon training plan.

	<b>MON</b> RECOVERY: EASY WALK	<b>TUE</b> STAIRS TRAINING	<b>WED</b> BRISK WALK	<b>THU</b> LUNGES AND SQUATS	<b>FRI</b> CROSS TRAINING	<b>SAT</b> ENDURANCE WALK	<b>SUN</b> ENDURANCE WALK
<b>WEEK 1</b>	1 mile	30 minutes	3 miles	Lunges: 10 Squats: 5	Cross train	4 miles	3 miles
<b>WEEK 2</b>	1 mile	40 minutes	3 miles	Lunges: 15 Squats: 10	Cross train	6 miles	4 miles
<b>WEEK 3</b>	1 mile	45 minutes	4 miles	Lunges: 20 Squats: 10	Cross train	8 miles	5 miles
<b>WEEK 4</b>	1 mile	45 minutes	4 miles	Lunges: 25 Squats: 15	Cross train	10 miles	6 miles
<b>WEEK 5</b>	1 mile	60 minutes	5 miles	Lunges: 30 Squats: 15	Cross train	12 miles	6 miles
<b>WEEK 6</b>	1 mile	60 minutes	5 miles	Lunges: 35 Squats: 20	Cross train	13 miles	7 miles
<b>WEEK 7</b>	2 miles	75 minutes	6 miles	Lunges: 35 Squats: 20	Cross train	15 miles	7 miles
<b>WEEK 8</b>	2 miles	75 minutes	6 miles	Lunges: 40 Squats: 25	Cross train	17 miles	8 miles
<b>WEEK 9</b>	2 miles	90 minutes	6 miles	Lunges: 40 Squats: 25	Cross train	20 miles	9 miles
<b>WEEK 10</b>	2 miles	90 minutes	4 miles	Lunges: 40 Squats: 25	Cross train	22 miles	10 miles
<b>WEEK 11</b>	2 miles	60 minutes	3 miles	Lunges: 20 Squats: 10	Cross train	8 miles	4 miles
<b>WEEK 12</b>	1 mile	Rest	2 miles	Rest	Cross train	Rest	Rest