

Troop 890 / Crew 890 Philmont 2011 Training Schedule

Date	Time	Location	Distance	Notes
Saturday, March 12, 2011	9:00 AM	WRL Bath House	5 miles	Day pack, 10 pounds
Saturday, March 26, 2011	9:00 AM	Katy Trail, behind Lamps Plus	5 miles	Day pack, 10 pounds
Saturday, April 09, 2011	9:00 AM	WRL Bath House	10 miles	Day pack, 10 pounds
Saturday, April 23, 2011	9:00 AM	Katy Trail, behind Lamps Plus	10 miles	Day pack, 10 pounds
Saturday, May 07, 2011	9:00 AM	WRL Bath House	10 miles	Partial pack or daypack, at least 15 pounds
Saturday, May 14, 2011	9:00 AM	Katy Trail, behind Lamps Plus	10 miles	Partial pack or daypack, at least 15 pounds
Saturday, May 21, 2011	9:00 AM	WRL Bath House	10 miles	Full pack
Saturday, May 28, 2011	9:00 AM	Katy Trail, behind Lamps Plus	10 miles	Full pack
Saturday, June 04, 2011	9:00 AM	WRL Bath House	10 miles	Shake down, bring full Philmont pack and gear
Saturday, June 11, 2011	9:00 AM	Katy Trail, behind Lamps Plus	10 miles	Full pack + 20%
Saturday, June 25, 2011	9:00 AM	WRL Bath House	10 miles	Full pack + 20%
Saturday, July 02, 2011	9:00 AM	Katy Trail, behind Lamps Plus	10 miles	Full pack + 20%

Notes:

1. Have at least 2 quarts of water for each hike, water counts as part of your pack weight
2. Carry a first aid kit, foot care items, snacks and appropriate weather gear on each hike
3. Beginning with May 21 hike, wear the boots you will hike in at Philmont. Suggested but optional before then, appropriate hiking shoes always required
4. Participation in the majority of training hikes is required
5. Training hikes alone are not enough conditioning - be sure to add you own walking and some type of aerobic exercise 2 or 3 times per week
6. Core fitness exercises and balance training are also strongly suggested
7. Hikes begin promptly at the starting time