

20 MILE DAY - HIKING ITINERARY

6:30 AM - 6:45 AM	CMP	BREAK CAMP - 15 MINS
6:45 AM - 7:00 AM		2 SNACKS (500 CALS) - 15 MIN
7:00 AM - 7:15 AM	SEGMENT 1	HIKE 5 MILES - 2 HOURS (2.5 mph)
7:15 AM - 7:30 AM		
7:30 AM - 7:45 AM		
7:45 AM - 8:00 AM		
8:00 AM - 8:15 AM		
8:15 AM - 8:30 AM		
8:30 AM - 8:45 AM		
8:45 AM - 9:00 AM		
9:00 AM - 9:15 AM	BREAK 1	BREAKFAST (750 CALS), REST - 45 MINS
9:15 AM - 9:30 AM		
9:30 AM - 9:45 AM		
9:45 AM - 10:00 AM		POWER NAP - 15 MINS
10:00 AM - 10:15 AM	SEGMENT 2	HIKE 5 MILES - 2 HOURS (2.5 mph)
10:15 AM - 10:30 AM		
10:30 AM - 10:45 AM		
10:45 AM - 11:00 AM		
11:00 AM - 11:15 AM		
11:15 AM - 11:30 AM		
11:30 AM - 11:45 AM		
11:45 AM - 12:00 PM		
12:00 PM - 12:15 PM	BREAK 2	2 SNACKS (500 CALS), REST - 45 MINS
12:15 PM - 12:30 PM		
12:30 PM - 12:45 PM		
12:45 PM - 1:00 PM		
		POWER NAP - 15 MINS
1:00 PM - 1:15 PM	SEGMENT 3	HIKE 5 MILES - 2 HOURS (2.5 mph)
1:15 PM - 1:30 PM		
1:30 PM - 1:45 PM		
1:45 PM - 2:00 PM		
2:00 PM - 2:15 PM		
2:15 PM - 2:30 PM		
2:30 PM - 2:45 PM		
2:45 PM - 3:00 PM		
3:00 PM - 3:15 PM	BREAK 3	2 SNACKS (500 CALS), REST - 45 MINS
3:15 PM - 3:30 PM		
3:30 PM - 3:45 PM		
3:45 PM - 4:00 PM		
		POWER NAP - 15 MINS
4:00 PM - 4:15 PM	SEGMENT 4	HIKE 5 MILES - 2 HOURS (2.5 mph)
4:15 PM - 4:30 PM		
4:30 PM - 4:45 PM		
4:45 PM - 5:00 PM		
5:00 PM - 5:15 PM		
5:15 PM - 5:30 PM		
5:30 PM - 5:45 PM		
5:45 PM - 6:00 PM		
6:00 PM - 6:15 PM	CAMP	PITCH CAMP - 30 MINS
6:15 PM - 6:30 PM		
6:30 PM - 6:45 PM		
6:45 PM - 7:00 PM		
7:00 PM - 7:15 PM		
7:15 PM - 7:30 PM		
7:30 PM - 7:45 PM		
7:45 PM - 8:00 PM		
8:00 PM - 8:15 PM		
8:15 PM - 8:30 PM		
8:30 PM - 8:45 PM		
8:45 PM - 9:00 PM		
		GO TO BED - 15 MINS