



# My 1<sup>st</sup> ten hikes worksheet

**ZERO INJURY CONDITIONING SCHEDULE\* (Print format)**

1. **99.99%** - 99.99% of all injuries are due to increasing the hike level before the ability level has increased. Go slow, this is a noncompetitive environment - relax and smell the wildflowers.
3. **48 hours** - Give your muscles time to rebuild; rest **at least 48 hours** before hiking again.\*
4. **Hydration/nutrition** – Jet’s don’t fly on low quality fuel and the same is true for your body.
5. **Sleep** – Your body rebuilds muscle tissue as you sleep. Get extra sleep for faster recovery.
6. **Attitude is everything** – A positive attitude impacts the whole group, so does whining.

Hikes	Date	Name of walk/hike location	Hike Organizer	Miles/Time	Highlights on the trail
Sample	0/0/0	Back Bay new beginner walk and dog walk	Arnold	3 mi/2.5 hrs	Lizard, Snowy Egret
1					
2					
3					
4					
5					
6					
7					
8					
9					
10		<b>Congratulations! (-: - S</b>			

Go to OC HIKING CLUB on facebook and tell us when you finish your 1<sup>st</sup> ten! [www.OC-Hiking.com](http://www.OC-Hiking.com)

**\*WAIVER – HIKE AT YOUR OWN RISK AND ALWAYS CHECK WITH YOUR DOCTOR BEFORE STARTING ANY EXERCISE PROGRAM. DO NOT HIKE WITH A PREEXISTING INJURY WITHOUT DOCTORS CLEARANCE.**