5 FULL CIRCLES · HIJRA WALK

Your 30-day walk plan

Do each box. Tick it. Watch yourself get stronger.

Legs · 15 min | Walk | Long walk | Rest

Your four weeks

	MON	TUE	WED	THU	FRI	SAT	SUN
Week 1 Start easy	TEST Legs ×1 ☐	30 min ☐	Legs ×1 ☐	Rest	Legs ×1 ☐	1½ hours ☐	Rest
Week 2 Add the pack	Legs ×2 ☐	40 min + hills ☐	Legs ×2 ☐	Rest	Legs ×2 ☐	TEST 2½ hours + pack ☐	Rest
Week 3 Big week	TEST Legs ×3 ☐	45 min + hills ☐	Legs ×3 ☐	Rest	Legs ×3 ☐	TEST 4 hours, all gear ☐	1 hour easy ☐
Week 4 Ease off	Legs ×2 ☐	40 min ☐	Legs ×2 ☐	Rest	Legs ×1 ☐	2 hours easy ☐	Rest

Goal: wear your new boots on every walk.

Goal: pass the Week 2 check on page 2.

Goal: walk two days in a row. Then do the ready check.

Goal: feel fresh. The last days before you fly, just short strolls.

Group B (fly Dec 29): you have 10 more days. Do Week 2 two times.

Missed a day? Skip it. Do not catch up. Just do the next box.

Join the team

train together, cheer each other on

Strava: 5FC Hijra Walk

Log every walk. See everyone else's.

Tap or scan to join

StepUp: 5FC step challenge

Count your steps each day with the group.

Tap or scan to join

Legs · 15 minutes for knees and ankles · scan to watch

1



Walk backward
5 min
Small steps in a hallway.

2



Toe lift
15 times
Back on a wall. Lift your toes.

3



Heel lift
15 times
Up on your toes. Down slow.

4



Step-down
10 each leg
Best one for going downhill.

5



Stair stretch
30 sec each
One foot up. Lean in slowly.

Do move 1. Then do moves 2 to 5: **×1 = once** **×2 = twice** **×3 = three times** Hold a rail.

How to walk

Talk pace
Can't talk? Slow down.

Going up
Small steps.

Going down
Slow. Soft knees. Poles.

Knee brace
Wear it on long walks and downhills.

Every hour
Drink. Check your feet.

Check yourself see how far you've come

Then and now

Test on Week 1 Monday. Test again on Week 3 Monday.

TEST	WEEK 1	WEEK 3
Step-downs in a row	_____	_____
Heel lifts in a row	_____	_____
Flights of stairs, up and down	_____	_____

Bigger numbers in Week 3? **That is your new strength.**

Week 2 check

After your Saturday walk.

- [ ] I walked 2½ hours with my pack
- [ ] I could talk the whole way
- [ ] My knees felt OK the next morning
- [ ] No blisters

3 or 4 ticks: go to Week 3. **Fewer:** do Week 2 again.

Ready check · end of Week 3

- [ ] I walked 4 hours with all my gear
- [ ] I walked again the next day
- [ ] I went down hills or stairs with no knee pain
- [ ] My boots and socks feel good

All four? You are ready. On the road we walk as a group and take breaks. The trucks are always close, and you can ride any part.

Get this week

- [ ] Hiking boots, ½ size up
- [ ] Hiking socks
- [ ] Walking poles
- [ ] Day pack
- [ ] Knee braces
- [ ] Blister kit
- [ ] Headlamp