

PCT Hike Prep

Wk	Date	Object	Wgt	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Plan	Plan	Long Route and Notes	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Act	Act
				Tri	Flat	Hill	Flat	Hill	Off	Lng		Sum		Tri	Flat	Hill	Flat	Hill	Off	Lng		Sum
1	09/01/13	Start	10	6	5	6	5	8	0	10	40	40	Lady Bird Lake Trail (from Rock)	4.90	4.40	6.20	6.00	7.50	0.00	10.10	39.10	39.10
2	09/08/13	Start	10	6	5	6	5	8	0	10	40	80	St Eds (from Rock): Traveling to Chicago, so no St Eds long	6.60	4.43	6.22	6.01	7.50	0.00	10.00	40.76	78.20
3	09/15/13	Weight	17	6	5	8	5	8	0	12	44	124	Lake Trail (from Rogue)	0.00	7.81	8.36	7.85	8.03	0.00	12.09	44.14	118.96
4	09/22/13	Weight	17	6	5	8	5	8	0	12	44	168	South Austin (from Rock): Traveling to Ohio, so no S. Austin long	6.25	5.65	8.00	5.14	0.00	6.06	12.32	43.42	163.10
5	09/29/13	Recover	10	6	5	3	5	3	0	8	30	198	Wells Branch to Warehouses (from Home). Traveling to Ohio	0.00	6.14	4.09	0.00	0.00	4.14	8.04	22.41	206.52
6	10/06/13	Weight	20	6	5	8	5	8	0	12	44	242	Barton Creek Greenbelt Trail out & back (from Zilker)	6.45	5.71	8.36	5.27	7.90	0.00	12.26	45.95	228.93
7	10/13/13	Weight	20	6	5	8	5	8	0	12	44	286	Hike From Hell (from Rock)	6.03	5.76	8.34	5.32	8.01	0.00	12.00	45.46	274.88
8	10/20/13	Weight	25	8	5	8	5	8	0	14	48	334	To Far West and Back (from Rock): Somerville Lake Trailway (Fri & Sat), Camp w/ Austin Backpackers, no planned long	8.44	5.32	8.34	5.46	8.00	0.00	8.23	43.79	320.34
9	10/27/13	Weight	25	8	5	8	5	8	0	14	48	382	Comal to Shoal Creek Trail (from Rock): Hill of Life and Barton Greenbelt, no planned long	5.00	6.20	8.44	6.25	9.05	0.00	13.32	48.26	364.13
10	11/03/13	Recover	20	6	5	3	5	3	0	8	30	412	Jefferson to 35 th to Pecos (from Rock)	11.27	4.13	3.11	5.32	3.85	0.00	8.00	35.68	412.39
11	11/10/13	Weight	30	6	5	8	5	8	0	12	44	456	Inks Lake State Park, Camp w/ Foxes, do 12 mi long in park, leave early Sunday for Matthew's Marathon	6.05	5.35	8.37	6.02	8.41	0.00	12.00	46.20	448.07
12	11/17/13	Weight	30	6	5	8	5	8	0	12	44	500	Josh's Eastside Loop (from Rogue)	0.00	6.05	8.35	5.05	8.39	0.00	13.00	40.84	494.27
13	11/24/13	Weight	35	8	5	8	5	8	0	14	48	548	Scenic/Pecos (from Rogue). Thanksgiving	8.04	5.43	8.40	5.93	8.41	0.00	14.21	50.42	535.11
14	12/01/13	Weight	35	8	5	8	5	8	0	14	48	596	Barton Creek Greenbelt Trail 2 out & back (from Camp Craft Rd)	9.06	6.23	8.50	6.18	8.40	0.00	16.00	54.37	585.53
15	12/08/13	Recover	20	6	4	6	4	6	0	10	36	632	Colorado Bend Park for weekend, Camp Solo, do 10 mi long in park	5.99	4.15	8.61	4.30	8.33	0.00	12.83	44.21	639.90
16	12/15/13	Distance	35	8	5	8	5	8	0	14	48	680	Town Lake Trail plus 4 (from Rogue)	7.69	5.10	8.56	6.24	8.38	0.00	14.92	50.89	684.11
17	12/22/13	Distance	35	8	5	8	5	8	0	14	48	728	MoonTower. Christmas	8.00	5.73	8.45	0.00	8.38	6.24	14.06	50.86	735.00
18	12/29/13	Distance	35	9	6	8	6	8	0	16	53	781	Balcones Country Club (from Plaza Lot). New Years	8.00	6.26	8.49	6.19	8.36	0.00	16.00	53.30	785.86
19	01/05/13	Distance	35	9	6	8	6	8	0	16	53	834	To Far West and Back (from Rock)	9.80	5.50	8.40	6.66	8.41	0.00	16.11	54.88	839.16
20	01/12/13	Recover	20	8	6	4	8	4	0	10	40	874	Lost Maples State Park for weekend, Camp Solo, do 10 mi long in park	8.05	6.26	4.21	8.02	5.05	0.00	10.00	41.59	894.04
21	01/19/13	Distance	35	10	7	9	7	9	0	16	58	932	South Austin (from Rock)	10.00	8.00	10.49	6.28	11.14	0.00	16.09	62.00	935.63
22	01/26/13	Distance	35	10	7	9	7	9	0	16	58	990	Coaches Special (from Rogue)	5.67	8.32	10.63	8.19	10.08	0.00	16.15	59.04	997.63
23	02/02/13	Distance	35	12	8	9	8	9	0	18	64	1054	The Schrup (from Auditorium Shores). Apply for Permits; Get prints of HalfMile Maps; Download latest Apps; Buy latest Yogi Trail Guide	9.12	8.19	12.79	7.87	10.13	0.00	18.88	66.98	1056.67
24	02/09/13	Distance	35	12	8	9	8	9	0	18	64	1118	Rogueette (from Rogue)	10.05	8.05	10.35	8.01	10.13	0.00	16.48	63.07	1123.65
25	02/16/13	Recover	20	9	7	5	9	5	0	15	50	1168	Big Bend National Park, Camp Solo w/ Kathy at lodge, Outer Mountain Trail	8.22	0.00	11.00	9.90	10.00	0.00	15.36	54.48	1186.72
26	02/23/13	Distance	35	14	9	10	9	10	0	18	70	1238	West Austin to House (way out Parmer)	12.10	10.03	10.66	10.53	10.23	0.00	18.67	72.22	1241.20
27	03/02/13	Distance	35	14	9	10	9	10	0	18	70	1308	Hills 2 Heaven (from NorthCross Mall)	12.01	10.41	10.22	10.68	10.19	0.00	19.44	72.95	1313.42
28	03/09/13	Distance	35	15	10	11	10	11	0	20	77	1385	Guadalupe out & back (from Rogue)	7.27	11.35	13.03	12.04	13.05	0.00	19.99	76.73	1386.37
29	03/16/13	Distance	35	15	10	11	10	11	0	20	77	1462	South Austin Ramble (from Rogue)	15.67	12.09	13.13	12.05	13.15	0.00	19.93	86.02	1463.10
30	03/23/13	Recover	20	9	7	6	9	5	0	14	50	1512	Comal to Shoal Creek Trail (from Rock)	16.57	6.14	6.46	5.93	5.08	0.00	14.69	54.87	1549.12
31	03/30/13	Distance	35	16	10	12	10	12	0	20	80	1592	West Austin to House (way out Parmer)	9.09	12.23	13.08	12.04	12.70	0.00	18.67	77.81	1603.99
32	04/06/13	Distance	35	6	6	6	0	0	0	0	18	1610	Taper, and Leaving on 4/10	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	1681.80