

Senior Trail Adventure

Trail Adventure Training Tips

Nutrition Tips for Competition

Carb load. Before a race, eat regular meals of cereals, fruits, juices, bread, rice, baked potatoes, or pasta with tomato sauce.

Eat nutrient-rich food. Eat protein for muscle stamina, antioxidants to keep your heart pumping strong, and vitamin C to protect your immune system and to ward off any lastminute bugs before race day.

Drink lots of fluids. Drink juices and water. Save sport drinks for the actual event. You will have more stamina and endurance if you are well-hydrated before and during your event.

Eat some fiber. You can find fiber in whole wheat bread, bran cereal, fruits, and vegetables.

Eat a light breakfast the morning of your event. This might be cereal, a bagel, toast, fruit, energy bars, and/or juice.

Eat and drink during your event: Sport drinks, water, bananas, and dried fruit.

Training Tips

Aim for doing cardio workouts (walking, jogging, running, hiking, cross-training) two to three times a week for six weeks before your outdoor adventure to help build endurance.

Practice basic form for trail running and hiking. Keep your eyes on the trail ahead of you, hold your body tall (try not to slouch), swing your arms up and down, keep your feet under (not in front of) your body, and use a shorter stride.

Make sure to train in different weather conditions—cold, rainy, hot. You never know what the weather will bring the day of your adventure!

For more fun: Find an app to log your workouts and keep track of your progress.

Training Tips for Backpacking

Complete a day hike for about four to six hours covering at least four miles. Do it with a weighted hiking backpack, no more than a quarter of your body weight.

Test out your footwear and backpack for comfort—a slight strap or hip belt adjustment can make a huge difference.

Show your Girl Scout friends or a family member that you know how to use your gear, like your water purifier, tent, and stove.