

Baker

Fitness Benchmark

- **Due** 2 weeks before the experience climb to Bean Peak/Camp Muir
- **Suggested Weight:** 30% of your bodyweight or 35 lbs whichever is max.
- **Pace:** this should be your climbing pace with mountaineering boots and remember not to push too hard
- **Recommended Trails and Time Standards:**
 - Cable Line - 1 hour 15 mins
 - Si - Main/Old Trail - 2 hours 15 mins
 - Mailbox - New Trail - 3 hours
 - *If you can't go on these trails, reach out to KD (seattle.climbing@ashanet.org) for recommendations; provide your constraints and nearby resources (stairs okay too)*
- **Do record your hike** and share on Strava and/or submit the following details in an email when completed:
 - Trail Name
 - Elevation Gain
 - Time up
 - Time down
 - Weight carried up in backpack
 - Weight carried down in backpack
 - Heart-rate, if available
 - With or Without mountaineering boots?
 - How did you feel at the time to repeat the same hike?

Shuksan

Fitness Benchmark

- **Due** 2 weeks before experience climb to Mount Daniel.
- **Suggested Weight:** 35% of your bodyweight or 40 lbs whichever is max.
- **Pace:** this should be your climbing pace with mountaineering boots and remember not to push too hard
- **Recommended Trails and Time Standards:**
 - Cable Line - 1 hour 15 mins
 - Si - Main/Old Trail - 2 hours 15 mins
 - Mailbox - New Trail - 3 hours
 - *If you can't go on these trails, reach out to KD (seattle.climbing@ashanet.org) for recommendations; provide your constraints and nearby resources (stairs okay too)*
- **Do record your hike** and share on Strava and/or submit the following details in an email when completed:
 - Trail Name
 - Elevation Gain
 - Time up
 - Time down
 - Weight carried up in backpack
 - Weight carried down in backpack
 - Heart-rate, if available
 - With or Without mountaineering boots?
 - How did you feel at the time to repeat the same hike?

Rock Movement Benchmark

- **Due** 2 weeks before Mount Shuksan climb.
- **Suggested Climb Grade:**
 - V2 Bouldering
 - 5.8 Top roping
 - Continuous 30 min climbs doing laps on V2 or 5.8 top ropes with 2-min break between each climb.
 - No hangs or falls on above grades
- **Technical Skills to brush up:**
 - Rappelling
 - Prusiking on a hand line

Glacier Peak

Base Fitness Benchmark

- **Due** 2 weeks before the experience climb to Bean Peak/Camp Muir
- **Suggested Weight:** 30% of your bodyweight or 35 lbs whichever is max.
- **Pace:** this should be your climbing pace with mountaineering boots and remember not to push too hard
- **Recommended Trails and Time Standards:**
 - Cable Line - 1 hour 15 mins
 - Si - Main/Old Trail - 2 hours 15 mins
 - Mailbox - New Trail - 3 hours
 - *If you can't go on these trails, reach out to KD (seattle.climbing@ashanet.org) for recommendations; provide your constraints and nearby resources (stairs okay too)*
- **Do record your hike** and share on Strava and/or submit the following details in an email when completed:
 - Trail Name
 - Elevation Gain
 - Time up
 - Time down
 - Weight carried up in backpack
 - Weight carried down in backpack
 - Heart-rate, if available
 - With or Without mountaineering boots?
 - How did you feel at the time to repeat the same hike?

Endurance Benchmark

- **Due** 2 weeks before the Glacier Peak climb
- **Suggested Weight:** 25% of your bodyweight or 30 lbs whichever is max.
- **Pace:** this should be your climbing pace with mountaineering boots and remember not to push too hard
- **Recommended Trails and Time on Trail Standards:**
 - 2x Si - Main/Old Trail - 7 hours 30 mins
 - Mailbox + Si - 10 hours 30 mins
 - Mount Teneriffe + Si - 11 hours 30 mins
 - West Tiger 3-2-1 Loop - 10 hours 30 mins

- *If you can't go on these trails, reach out to KD (seattle.climbing@ashanet.org) for recommendations; provide your constraints and nearby resources (stairs okay too)*
- **Do record your hike** and share on Strava and/or submit the following details in an email when completed:
 - All Trail Names in order
 - Total Elevation Gain
 - Total Time up
 - Total Time down
 - Weight carried up in backpack on hike #1
 - Weight carried down in backpack on hike #1
 - Weight carried up in backpack on hike #2
 - Weight carried down in backpack on hike #2
 - Heart-rate, if available
 - With or Without mountaineering boots?
 - How did you feel at the time to repeat the same hike once, the next day?

Mount Rainier

Base Fitness Benchmark

- **Due** 2 weeks before the experience climb to Bean Peak/Camp Muir
- **Suggested Weight:** 30% of your bodyweight or 35 lbs whichever is max.
- **Pace:** this should be your climbing pace with mountaineering boots and remember not to push too hard
- **Recommended Trails and Time Standards:**
 - Cable Line - 1 hour 15 mins
 - Si - Main/Old Trail - 2 hours 15 mins
 - Mailbox - New Trail - 3 hours
 - *If you can't go on these trails, reach out to KD (seattle.climbing@ashanet.org) for recommendations; provide your constraints and nearby resources (stairs okay too)*
- **Do record your hike** and share on Strava and/or submit the following details in an email when completed:
 - Trail Name
 - Elevation Gain
 - Time up
 - Time down
 - Weight carried up in backpack
 - Weight carried down in backpack
 - Heart-rate, if available
 - With or Without mountaineering boots?
 - How did you feel at the time to repeat the same hike?

Aerobic Fitness Benchmark

- **Due** 2 weeks before the Rainier climb
- **Suggested Weight:** carry just essentials.
- **Pace:** run the flats, hike up the hill and run down the hill
- **Recommended Trails and Time Standards:**
 - Cable Line - 1 hour up & 45 mins down
 - Si - Main Trail - 1 hours 30 mins & 1 hour down
 - *If you can't go on these trails, reach out to KD (seattle.climbing@ashanet.org) for recommendations; provide your constraints and nearby resources (stairs okay too)*
- **Do record your hike** and share on Strava and/or submit the following details in an email when completed:

- Trail Name
- Elevation Gain
- Time up
- Time down
- Weight carried up in backpack
- Weight carried down in backpack
- Heart-rate, if available
- With or Without mountaineering boots?
- How did you feel at the time to repeat the same hike?

Endurance Benchmark

- **Due** 2 weeks before the Rainier climb
- **Suggested Weight:** 25% of your bodyweight or 30 lbs whichever is max.
- **Pace:** this should be your climbing pace with mountaineering boots and remember not to push too hard
- **Recommended Trails and Time on Trail Standards:**
 - Option 1 -
 - Day 1: Mailbox + Si - 10 hours 30 mins
 - Day 2: Mailbox - 5 hours 30 mins
 - Option 2 -
 - Mount Teneriffe + Si - 11 hours 30 mins
 - Mount Teneriffe - 6 hours 30 mins
 - *If you can't go on these trails, reach out to KD (seattle.climbing@ashanet.org) for recommendations; provide your constraints and nearby resources (stairs okay too)*
- **Do record your hike** and share on Strava and/or submit the following details in an email when completed:
 - Day 1 - All Trail Names in order
 - Day 2 - Trail Name
 - Day 1 - Total Elevation Gain
 - Day 1 - Total Time up
 - Day 1 - Total Time down
 - Day 2 - Total Elevation Gain
 - Day 2 - Total Time up
 - Day 2 - Total Time down
 - Day 1 - Weight carried up in backpack on hike #1
 - Day 1 - Weight carried down in backpack on hike #1
 - Day 1 - Weight carried up in backpack on hike #2
 - Day 1 - Weight carried down in backpack on hike #2
 - Day 2 - Weight carried up in backpack on hike #3
 - Day 2 - Weight carried down in backpack on hike #3

- Heart-rate, if available
- With or Without mountaineering boots?
- How did you feel at the time to repeat the same hike once, the next day?