



TRAINING TIPS

**Playing 100 holes of golf is a real challenge!
To prepare, start your physical training now:**

- Walk every chance you get while playing golf
- Hit the driving range
- Play 36 holes in a day
- Take long walks
- Jog (slowly increase mileage)
- Cross train with cardio exercise
- Stretch often and stay hydrated
- Connect with veteran Hikers (we can help connect you)
- Let your donors know how your training is going. Post pictures and videos of your training on social media.



Online Resources

- [GolfDigest's "7 Lessons From a Golf Marathon"](#)
- [VeryWellFit.com: "How to Train to Walk a Ultramarathon"](#)

