



Couch to Portofino

Your 6-10 Week Travel Fitness Training Schedule

Your goal: Walk 2 miles comfortably on uneven surfaces · Lift carry-on into overhead bin · Climb stairs with a daypack · Arrive ready to enjoy every step of your trip.

Walk
 Strength
 Active rest
 Combo
 Rest

WEEKS 1-2 Wake Up the Engine

WEEK	MON	TUE	WED	THU	FRI	SAT	SUN
Week 1	Walk 15 min	Strength A · 15 min	Rest	Walk 15 min	Strength A · 15 min	Easy outing	Rest
Week 2	Walk 20 min	Strength A · 20 min	Rest	Walk 20 min	Strength A · 20 min	Easy outing	Rest

WEEKS 3-4 Find Your Footing

WEEK	MON	TUE	WED	THU	FRI	SAT	SUN
Week 3	Walk 25 min	Strength B · 20 min	Rest	Walk 25 min	Strength B · 20 min	Uneven walk 20 min	Rest
Week 4	Walk 30 min	Strength B · 25 min	Rest	Walk 30 min	Strength B · 25 min	Hilly walk 25 min	Rest

WEEKS 5-6 Load the Luggage

WEEK	MON	TUE	WED	THU	FRI	SAT	SUN
Week 5	Walk 35 min	Strength C · 25 min	Rest	Strength C · 25 min	Walk 40 min (uneven)	Market walk or park	Rest
Week 6	Walk 40 min	Strength C · 30 min	Rest	Strength C · 30 min	Walk 45 min (hilly)	Active outing with bag	Rest

WEEKS 7-8 The Long Haul

WEEK	MON	TUE	WED	THU	FRI	SAT	SUN
Week 7	Walk 45 min	Circuit D · 25 min	Rest or stretch	Circuit D · 25 min	Stairs + walk 45 min	Long walk 60 min	Rest
Week 8	Walk 50 min	Circuit D · 30 min	Rest or stretch	Circuit D · 30 min	Stairs + walk 50 min	Long walk 60-75 min	Rest

WEEKS 9-10 Ready for Departure

WEEK	MON	TUE	WED	THU	FRI	SAT	SUN
Week 9	Walk 50 min	Full circuit 30 min	Rest	Full circuit 30 min	2-mile walk with daypack	Luggage lift practice	Rest + celebrate
Week 10	Easy walk 30 min	Light circuit 20 min	Rest	Light circuit 20 min	2-mile walk cobblestone	Final dress rehearsal	You're ready. →

Exercise Quick Reference

Step-ups

3×12 each leg. Use a sturdy chair or stairs. For stairs & curbs.

Goblet squat

3×12 with light dumbbell. Slow and controlled. For sitting/rising gracefully.

Suitcase carry

3×30 sec each side. Use actual luggage. For airports & cobblestone alleys.

Calf raises

3×20. Standing on a step edge. For all-day walking on uneven surfaces.

Overhead press

3×12 with light weights. For getting your carry-on into the overhead bin.

Hip hinge

3×15. Slow and deliberate. For picking up bags from carousels & floors.

Ankle circles

10 each direction, both feet. Daily warm-up. For stability on uneven ground.

Stair repeats

5–10 times up and down. Steady pace. For the 87 steps down to the harbor.

Sample Week in Detail (Weeks 5–6)

MON	TUE	WED	THU	FRI	SAT	SUN
30-min brisk walk Pretend you're late for a ferry.	Strength C: Step-ups, goblet squats, calf raises 3 sets each · ~20 min	Rest or gentle stretch Wine is an acceptable accompaniment.	Strength C: Suitcase carry, overhead press, hip hinges 3 sets each · ~20 min	45-min walk on uneven terrain Gravel path, hilly streets — anything not perfectly flat.	Farmers market, botanical garden, or neighborhood walk This counts. Seriously.	<i>Rest. You earned it.</i>

My Progress Tracker

Week 1–2	Week 3–4	Week 5–6	Week 7–8	Week 9–10
<input type="checkbox"/> Walks done	<input type="checkbox"/> 30-min walks	<input type="checkbox"/> Suitcase carries	<input type="checkbox"/> Stair repeats	<input type="checkbox"/> 2-mile walk ✓
<input type="checkbox"/> Strength sessions	<input type="checkbox"/> Step-ups added	<input type="checkbox"/> Overhead press	<input type="checkbox"/> Circuit workouts	<input type="checkbox"/> Luggage lift ✓
<input type="checkbox"/> Rest days taken	<input type="checkbox"/> Light weights in	<input type="checkbox"/> 3 strength/week	<input type="checkbox"/> 60-min walk done	<input type="checkbox"/> Dress rehearsal
<input type="checkbox"/> Feeling good	<input type="checkbox"/> Uneven walk done	<input type="checkbox"/> 45-min walk done	<input type="checkbox"/> Feeling strong	<input type="checkbox"/> Trip booked!



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