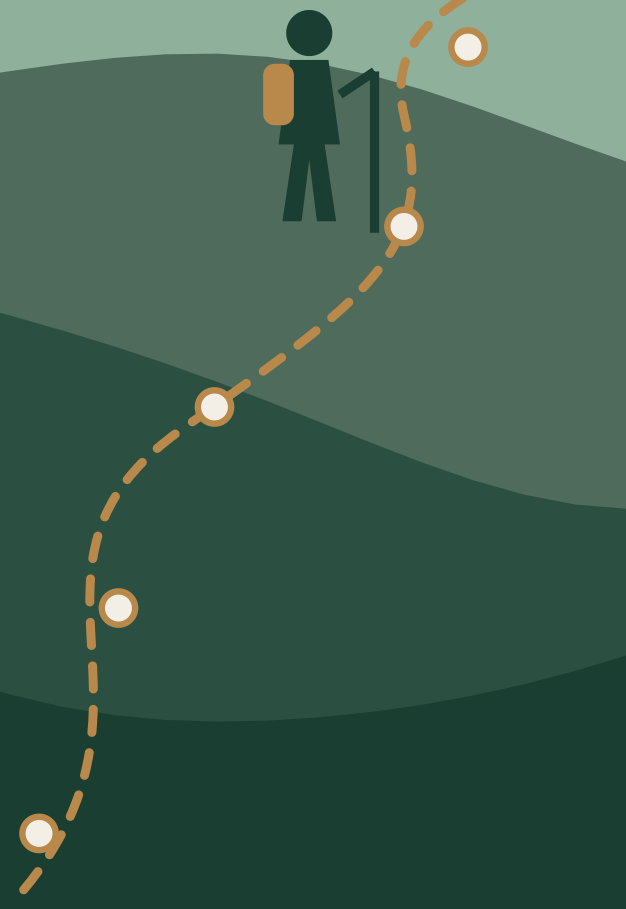
Trail Ready

THE FIVE-ANCHOR METHOD

From the desk to any trail in sixty days, five small habits at a time.

5	2 h	60
ANCHORS A DAY	THE TEST	DAYS

Imam Dawood Yasin · Learn. Practice. Return.



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Three parts. Read the first tonight, start the second tomorrow at Fajr, carry the third with you.

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READ THIS FIRST

You are two pages from knowing exactly what to do

This guide has one job: turn a person who says I could never do that into a person standing at a trailhead, ready. In sixty days. Here is how it works.

THE PROBLEM

You sit at a desk. You have a screen mind and a car body. Somebody has invited you on a five-day walk through hard country, and every part of you says that is for other people.

THE PROMISE

Sixty days from today you will walk four and a half hours with a pack on and feel fine. You will have slept outdoors twice and know you can. You will have a habit that runs on its own, and you will know the du'as for the road by heart.

The method is five small habits a day, hung on the five prayers you already pray.

You already stop five times a day. Each stop becomes the trigger for one tiny thing: walk after Fajr, move after Dhuhr, build after Asr, prepare after Maghrib, return after Isha. Each one starts at two minutes. By day sixty they are who you are.

PART 1 · LEARN

Why your body matters, what walking does to you, and why habits hold or fail. Read it tonight.

PART 2 · PRACTICE

The sixty days: the walks, the workouts, gear, food, feet, and getting comfortable outdoors. Start Monday at Fajr.

PART 3 · RETURN

What you carry onto the trail: the mind, the adhkar, worship outdoors, and how the habit survives the trip. Carry it with you.

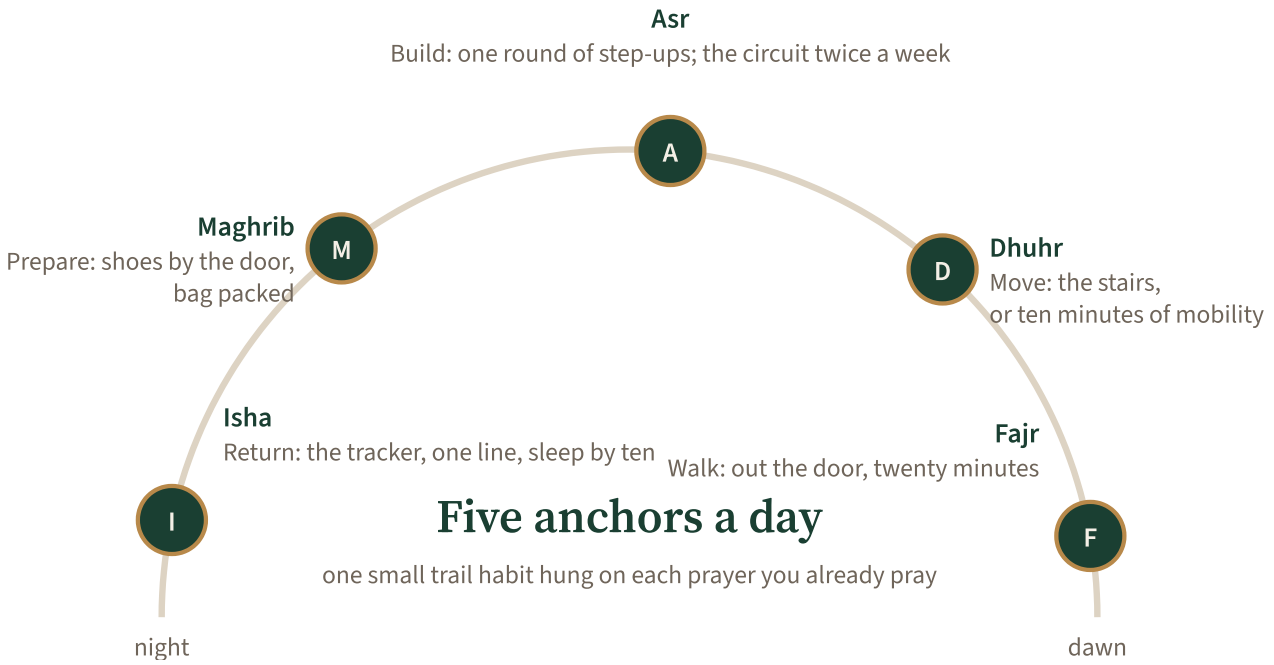
DO THIS TODAY

Walk today at a pace where you can still talk, for up to two hours. Stop the moment it stops feeling easy, and write down the minutes. That one number tells you where to start. Day one is Monday: read this weekend, start Monday at Fajr.

Salaam, and welcome. Everybody is welcome here.
Imam Dawood

One page. Everything that matters.

If you read one page, read this one, and start.



The Five-Anchor Method. Five cues a day that are already set, already kept, and already yours.

THE TWO-HOUR TEST

Walk up to two hours at a talking pace and stop when it stops feeling easy. Under two hours: start the walks at week one. Two hours felt fine: start at week three. The anchors run all sixty days either way.

THE TWO-MINUTE START

Every anchor habit starts at two minutes. Shoes on and out the door is the habit; the walk follows on its own.

THE NEVER-TWICE RULE

You will miss a day. Everybody does. You never miss the same anchor two days running. That is the whole discipline.

Anchor	When	Then I	It grows into
Fajr	after the prayer, before the phone	put my shoes on and step outside	the daily walk, and the long walk on its day
Dhuhr	after the prayer, before lunch	take the stairs, or ten minutes of mobility	the midday reset, and eating like a walker
Asr	after the prayer, every day	do one round of step-ups; the circuit on Tuesday and Thursday	fifteen minutes of strength, and the weekend outing
Maghrib	after the prayer, before dinner	put tomorrow's shoes by the door	the packed bag, and the weekly gear task
Isha	after the prayer, before bed	fill in today's line of the tracker	one word on the intention, the sleep du'a, lights out by ten

5 Full Circles, and the man writing to you

This guide travels. If it reached you from a friend, here is who made it.

5 FULL CIRCLES

5 Full Circles forms people over time. We help people reconnect to Allah, to themselves, and to their responsibility in the world, and we do it the slow way: learn what is true, practise what is right, return when you drift, until it is who you are.

Information is everywhere. Formation is rare. That is the part we work on, and we work on it outdoors, because the land does half the job: it strips the noise, makes the self smaller, and puts the signs of Allah where the eyes are.

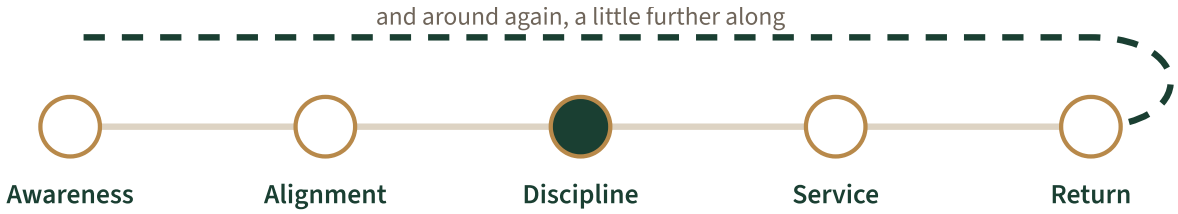
The journeys are the vessel: retreats, the Hijra Walk on foot along the road he ﷺ walked, courses and cohorts. Mission Support pours the benefit back out, to the communities and the land that held us.

IMAM DAWOOD YASIN

The imam of the Islamic Center of Greater Austin. Before that he taught at Yale, Dartmouth and Zaytuna. For twenty-five years he has been taking Muslims into the outdoors with a pack on and the Qur'an and the seerah close at hand. An outdoorsman and a hunter, and a teacher who would rather show you a thing under the sky than describe it.

Anyone who has travelled with him will tell you the same thing: you come home different. This guide is what he tells a person in the months before they walk with him, written down.

Learn. Practice. Return.



The five circles in our mark: awareness, alignment, discipline, service, return. This guide is the discipline circle, sixty days of it, outdoors.

WHY IT WORKS

Why a habit guide, from a formation initiative. Formation is training the inner life on purpose, and a habit is its smallest unit. Five prayers, five small acts, sixty days outdoors: formation in miniature. So the first thing we give a person is a walking plan and a Saturday.

PART 1

Learn

Why your body matters, what walking does to you, and why habits hold.

هُوَ ٱلَّذِى جَعَلَ لَكُمُ ٱلْأَرْضَ ذَلُولًا فَٱمْشُوا۟ فِى مَنَاكِبِهَا وَكُلُوا۟ مِن رِّزْقِهِۦ ۖ وَإِلَيْهِ ٱلنُّشُورُ

It is He who made the earth tame for you, so walk among its slopes and eat of His provision, and to Him is the resurrection.

al-Mulk 67:15, Saheeh International

CHAPTER 1

Who you are becoming

By the end of this page you will have written one sentence that carries the next sixty days.

Most plans start with the outcome. *I want to finish the trek, so I must train, so maybe I will get fit.* The outcome is far away. The training is a chore. The person never arrives.

The plans that hold run the other way. Decide who you are, and let the outcome follow.



Outcome-first against identity-first. The second chain holds because every walk is a vote for a person who walks, and votes add up.

Every walk is a vote. You are voting for a person who walks. On a Tuesday when the couch is winning, one twenty-minute walk is one vote, and sixty days of votes is an election you win.

WHY IT WORKS

This is how 5 Full Circles works too. You learn what is true, you practise what is right, you return when you drift, and you keep at it until it is who you are. We call it formation. It is the same mechanism as a habit, aimed at a person.

DO THIS TODAY

Finish this sentence and write it on the first line of the tracker at the back: **I am a person who ...** When a day goes badly, read it. Then take the next vote.

CHAPTER 2

The body is a trust

The whole guide rests on one sentence the Prophet ﷺ said to a man who was overdoing worship.

Abdullah ibn Amr was fasting every day and praying all night. The Prophet ﷺ stopped him.

فَلاَ تَفْعَلْ، صُمْ وَأَفْطِرْ، وَقُمْ وَنَمْ، فَإِنَّ لِجَسَدِكَ عَلَيْكَ حَقًّا، وَإِنَّ لِعَيْنِكَ عَلَيْكَ حَقًّا، وَإِنَّ لِزَوْجِكَ عَلَيْكَ حَقًّا، وَإِنَّ لِزَوْرِكَ عَلَيْكَ حَقًّا

Do not do that. Fast and break your fast; stand and sleep. For your body has a right over you, your eyes have a right over you, your wife has a right over you, and your guest has a right over you.

Sahih al-Bukhari 1975 · sahih, agreed upon

Most of us have the opposite problem. We have handed our bodies to chairs, screens and cars, and told ourselves the deen, the religion as it is lived, sits in the heart and the body only carries it around.

He ﷺ lived differently. He walked everywhere. He climbed to Hira and sat there for days. He raced his wife and laughed when she won.

He made the Hijra on foot and by camel across some four hundred and fifty kilometres of desert. He marched to Tabuk and back. He said the strong believer is better and more beloved, and he meant the whole person. Your body is a trust, given for a while. Looking after it is part of the deen and part of the thanks.

الْمُؤْمِنُ الْقَوِيُّ خَيْرٌ وَأَحَبُّ إِلَى اللَّهِ مِنَ الْمُؤْمِنِ الضَّعِيفِ، وَفِي كُلٍّ خَيْرٌ. احْرِصْ عَلَى مَا يَنْفَعُكَ، وَاسْتَعِنْ بِاللَّهِ، وَلاَ تَعْجِزْ

The strong believer is better and more beloved to Allah than the weak believer, and there is good in everything. Be eager for what benefits you, seek help from Allah, and do not be helpless.

Sahih Muslim 2664 · sahih

نِعْمَتَانِ مَغْبُونٌ فِيهِمَا كَثِيرٌ مِنَ النَّاسِ: الصِّحَّةُ وَالْفَرَاغُ

There are two blessings that many people are deceived into losing: health and free time.

Sahih al-Bukhari 6412 · sahih

Two more things he ﷺ said, and where he walked

اغْتَنِمْ خَمْسًا قَبْلَ خَمْسٍ: شَبَابَكَ قَبْلَ هِرَمِكَ، وَصِحَّتَكَ قَبْلَ سَقَمِكَ، وَغِنَاءَكَ قَبْلَ فَقْرِكَ، وَفَرَاغَكَ قَبْلَ شُغْلِكَ، وَحَيَاتَكَ قَبْلَ مَوْتِكَ

Take advantage of five before five: your youth before your old age, your health before your illness, your wealth before your poverty, your free time before your busyness, and your life before your death.

al-Hakim, al-Mustadrak 7846 · sahih (al-Hakim, al-Dhahabi, al-Albani)

فَسَابَقْتُهُ فَسَبَقْتُهُ عَلَى رِجْلَيَّ فَلَمَّا حَمَلْتُ اللَّحْمَ سَابَقْتُهُ فَسَبَقَنِي فَقَالَ هَذِهِ بِتِلْكَ السَّبْقَةِ

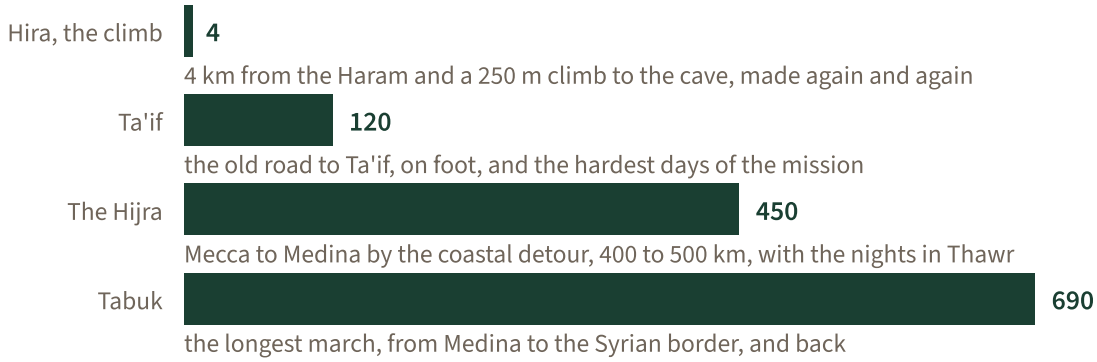
Aisha said: I raced him and outstripped him on my feet. When I became fleshy, I raced him again and he outstripped me. He said: This is for that outstripping.

Sunan Abi Dawud 2578 · sahih (al-Albani)

WHY IT WORKS

A person who walks is a person keeping a trust. Every step is worship when it is meant that way, and he ﷺ said so: every step to the mosque raises a degree and drops a sin (Sahih al-Bukhari 647).

Journeys of the Prophet ﷺ, on foot and by camel, in kilometres



The man who said your body has a right over you spent his life on the move. Distances by today's roads, approximate.

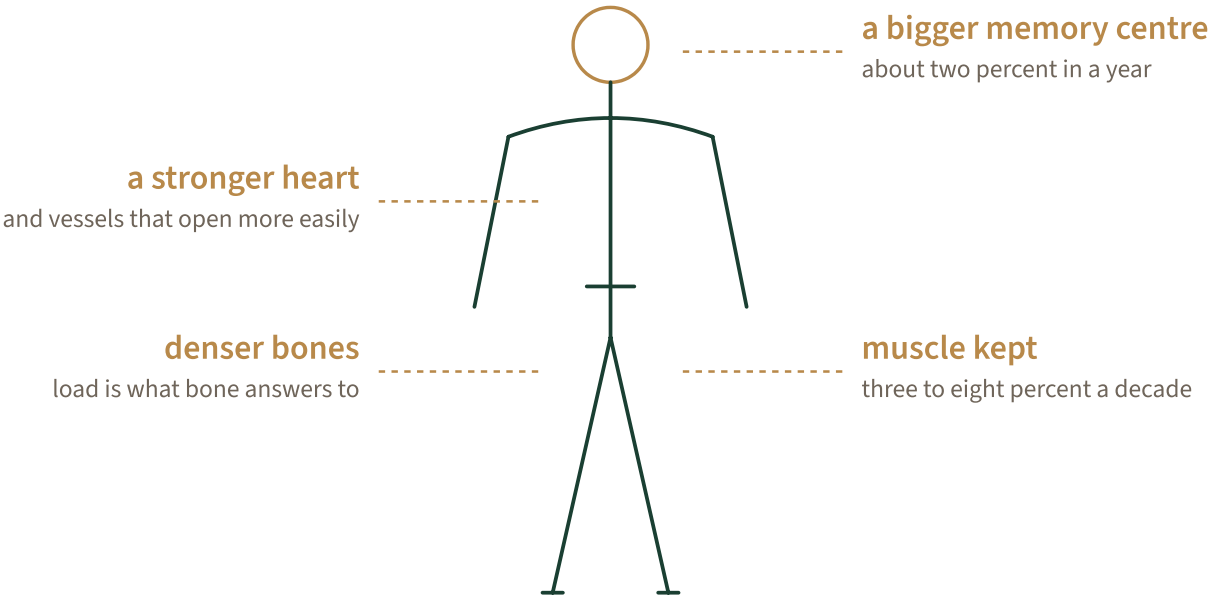
DO THIS TODAY

Pick one of the five hadith in this chapter and put it where you will see it at Fajr: the lock screen, the fridge, the shoes. That is your reason.

CHAPTER 3

What walking does to you

Seven things change in a body that walks most days for sixty days. Each one has a study behind it, named at the end.



Four changes you can point to on a body. Three more below.

less worry

ninety minutes in nature quiets the worry loop

steadier blood sugar

walking breaks flatten the after-meal spike

deeper sleep

and sleep is where the body rebuilds

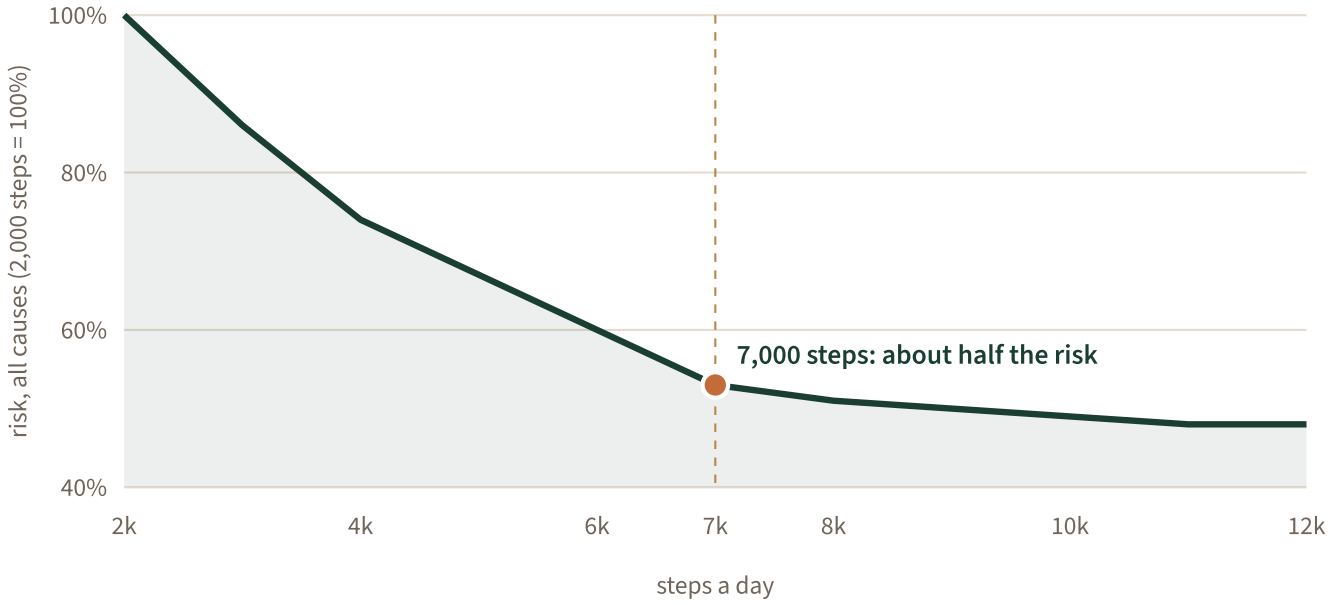
Your heart. The biggest review yet, fifty-seven studies and about one hundred and sixty thousand adults, found about half the risk of dying from any cause at seven thousand steps a day compared with two thousand. Above seven thousand the gains level off. Four thousand already beats two.

Your muscles and bones. After thirty, adults lose roughly three to eight percent of their muscle a decade unless they load it. Bone answers only to load. Hills, stairs, a pack and fifteen minutes of strength twice a week are the answer.

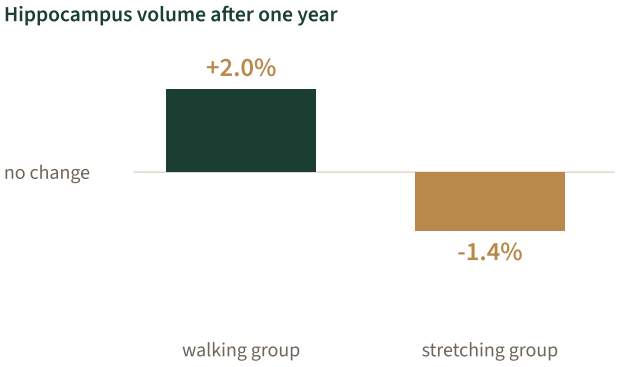
DO THIS TODAY

Count today's steps on your phone. Whatever the number, it is your baseline. Write it in the Before day one strip of the tracker.

The heart, the brain, the mind



Risk of dying from any cause, against two thousand steps a day. Approximate curve from the 2025 Lancet Public Health review.



Hippocampus volume after one year: walkers against stretchers, adults in their sixties and seventies (Erickson 2011).

Your brain. Walking raises a protein called BDNF that helps brain cells grow and connect. In one trial, a year of brisk walking grew the hippocampus, the part that holds memory, by about two percent in older adults while the stretching group's shrank.

Your mind. Ninety minutes of walking in nature turned down the part of the brain that runs worry loops.

Your blood sugar. A few minutes of walking after eating, and a short walk every half hour if you sit all day, flattens the spike that makes you sleepy at your desk.

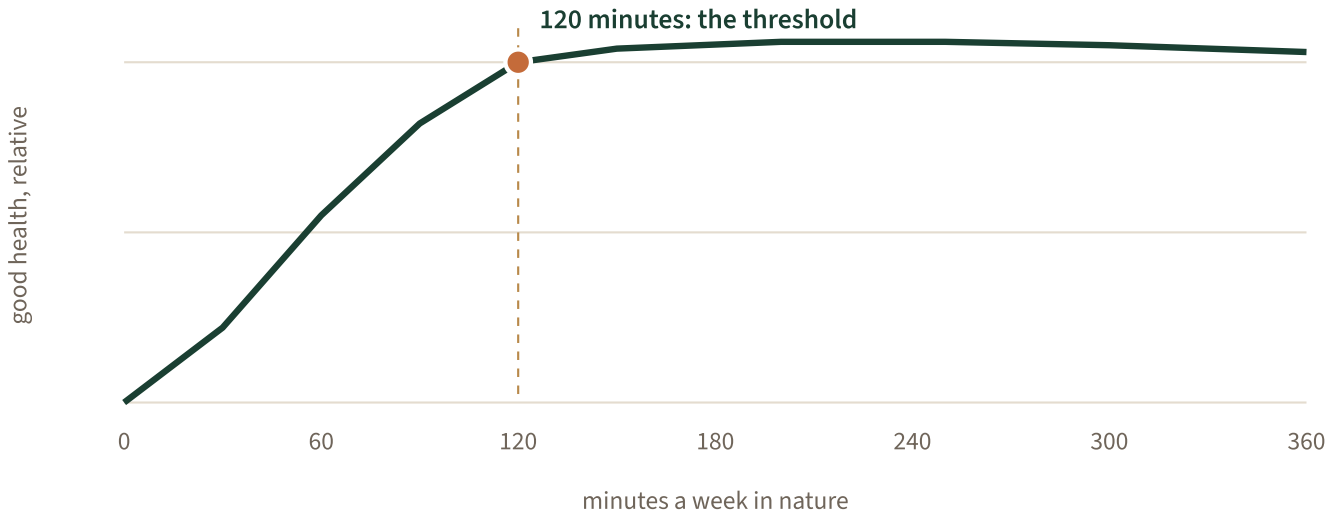
THE SHORT VERSION

- Seven thousand steps a day: about half the risk. Four thousand already beats two.
- Load your muscles and bones or lose them, three to eight percent a decade after thirty.
- Walking grows the memory part of your brain and quiets the worry part.
- Sleep banks all of it. Chapter 12.

CHAPTER 4

Why nature

A treadmill gives you the steps. It gives you almost none of this chapter.



Likelihood of reporting good health against minutes a week in nature. After White et al. 2019; the threshold is the finding.

120 min
a week in nature: the threshold for wellbeing. One long visit or several short ones counted the same

20 to 30 min
outdoors gives the biggest drop in the stress hormone cortisol for the time spent

2 hours
a week, outdoors, is the dose. Two Saturdays a month is enough to start

In a study of about twenty thousand adults, people who spent two hours a week in nature were far more likely to report good health and wellbeing than people who stayed indoors. Under two hours, the effect was small. Over it, more time added little. **Two hours a week, outdoors, is the dose.**

WHY IT WORKS

A screen demands the kind of attention that tires. A trail gives your eyes clouds, water and a path turning, and that tired attention recovers while you look. Psychologists have a name for it. You only need the effect.

WHY IT WORKS

A big sky makes the self smaller. People who have just felt awe are measurably kinder and more patient. The outdoors does to a person what a good teacher does, and it does it for free.

What the outdoors does that nothing indoors can

Most of the research on walking would hold on a treadmill. This page would not. Every line below needed the sky.

What changes	What the study found
Your body clock	A week of camping with no electric light moved the body's night signal, melatonin, about two hours earlier, and people woke with the sun. Two nights did most of it. (Wright 2013)
Recovery	Hospital patients whose window faced trees went home about a day sooner, and asked for fewer strong painkillers, than patients facing a brick wall. (Ulrich 1984)
Memory	A fifty-minute walk through an arboretum improved working memory by about a fifth. The same walk through downtown traffic did nothing. (Berman 2008)
Mood	Five minutes of movement in a green place lifted mood and self-esteem in a review of ten studies. Water nearby did more. (Barton and Pretty 2010)
Children's eyes	A school that sent its children outside for eighty minutes a day saw about half as many new cases of short-sightedness in a year as the school next door. (Wu 2013)
The stress hormone	Twenty to thirty minutes outdoors gives the largest drop in cortisol for the time spent; after that the gain slows. (Hunter 2019)

WHY IT WORKS

Why 5 Full Circles takes people outside. We could teach in a hall, and sometimes we do. We take people into the desert and the woods because the land does part of the work a teacher cannot: it sets the clock by the sun, strips the noise, makes the self smaller, and puts the signs of Allah where the eyes are. He ﷺ loved a mountain by name. Take the children with you; their eyes, their sleep and their memory of you are on this page too.

خَرَجْتُ مَعَ رَسُولِ اللَّهِ ﷺ إِلَى خَيْبَرَ أَخْدُمُهُ فَلَمَّا قَدِمَ النَّبِيُّ ﷺ رَاجِعًا وَبَدَا لَهُ أُحُدٌ قَالَ هَذَا جَبَلٌ يُحِبُّنَا وَنُحِبُّهُ

Anas said: I went along with the Prophet ﷺ to Khaibar so as to serve him. When the Prophet ﷺ returned and Uhud appeared to him, he said: This is a mountain that loves us and is loved by us.

Sahih al-Bukhari 2889 · sahih · Uhud, on the road home from Khaybar

MORNING LIGHT

Ten minutes of daylight before the first screen. The Fajr walk does it, and it is the cheapest sleep aid there is.

LUNCH UNDER A TREE

Eat outside once a week, near water if you can find it. The view does the rest.

SLEEP BY THE SUN

The night in a tent in week five resets the clock. Two nights do most of the work, and the second one is easy.

Go and look

The Qur'an was revealed to people who lived under the sky. We read it under ceilings. It tells us, again and again, to go and look.

أَفَلَا يَنظُرُونَ إِلَى ٱلْإِبِلِ كَيْفَ خُلِقَتْ · وَإِلَى ٱلسَّمَآءِ كَيْفَ رُفِعَتْ · وَإِلَى ٱلْجِبَالِ كَيْفَ نُصِبَتْ · وَإِلَى ٱلْأَرْضِ كَيْفَ سُطِحَتْ

Then do they not look at the camels, how they are created? And at the sky, how it is raised? And at the mountains, how they are erected? And at the earth, how it is spread out?

al-Ghashiyah 88:17 to 20, Saheeh International

إِنَّ فِى خَلْقِ ٱلسَّمَـٰوَٰتِ وَٱلْأَرْضِ وَٱخْتِلَـٰفِ ٱلَّيْلِ وَٱلنَّهَارِ لَـَٔايَـٰتٍ لِّأُو۟لِى ٱلْأَلْبَـٰبِ · ٱلَّذِينَ يَذْكُرُونَ ٱللَّهَ قِيَـٰمًا وَقُعُودًا وَعَلَىٰ جُنُوبِهِمْ وَيَتَفَكَّرُونَ فِى خَلْقِ ٱلسَّمَـٰوَٰتِ وَٱلْأَرْضِ رَبَّنَا مَا خَلَقْتَ هَـٰذَا بَـٰطِلًا سُبْحَـٰنَكَ فَقِنَا عَذَابَ ٱلنَّارِ

Indeed, in the creation of the heavens and the earth and the alternation of the night and the day are signs for those of understanding, who remember Allah while standing or sitting or lying on their sides and give thought to the creation of the heavens and the earth, saying: Our Lord, You did not create this aimlessly; exalted are You above such a thing; then protect us from the punishment of the Fire.

Al Imran 3:190 to 191, Saheeh International

A person who goes back outside reads those verses differently. The camels are camels. The mountains are the ones you climbed on Saturday. That is the spiritual case for this guide, and it is the same as the scientific one: you were made for the open country, and you have been indoors too long.

DO THIS TODAY

Find the nearest place with no pavement: a park, a field, a river path.
Put Saturday in your calendar now. Chapter 9 tells you what to do there.

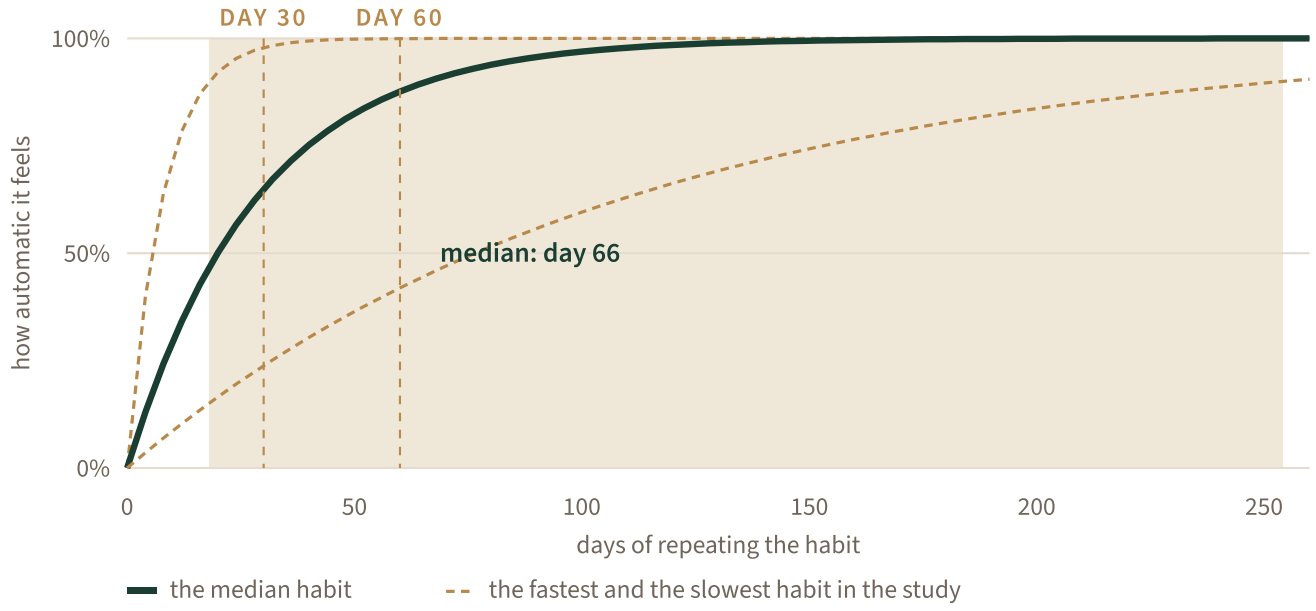
CHAPTER 5

Habits that hold

Most people who read a plan like this stop before the habit holds. Here is why, and here is what gets you to sixty.

1. CUE	2. CRAVING	3. RESPONSE	4. REWARD
The thing that starts it. A time, a place, a prayer you just finished.	What you want from it. Air, quiet, the feeling after.	The habit itself, made so small you can do it on your worst day.	The tick in the tracker, the message to your group, the shower.

Every habit runs that loop. The cue is the part most people leave to chance, and chance loses. The reward is the part most people skip, and a habit starves without one.



How automatic a habit feels, by day, after Lally et al. 2010. Solid line: the study's median habit. Dashed: the fastest and slowest habits in the study. The thirty and sixty day marks are this guide's.

THE HONEST NUMBER

In the best study of habit formation, people repeated one daily habit for twelve weeks. The median time until it ran on its own was sixty-six days. Nine weeks gets you there, and this guide calls it sixty.

THE IF-THEN TRICK

People who write down *when X happens, I will do Y* follow through far more often than people who only intend to. Across ninety-four studies the effect was large. Every habit here is written that way.

The four anchor rules

1 · TWO MINUTES

Each anchor habit starts at two minutes. After Fajr the habit is *shoes on, step outside*. The twenty-minute walk follows because you are already outside in your shoes.

2 · NEVER TWICE

You will miss a day. Everybody does. The rule is that you never miss the same anchor two days running. One miss is a day. Two is a new habit, and it is the wrong one.

3 · SET THE ROOM

Shoes by the door at Maghrib. Bag packed. Bottle filled. Tomorrow's walk should be the easiest thing in the house to do and the hardest to avoid.

4 · COUNT IT, AND LET SOMEONE SEE

The tracker is the reward made visible. Willpower turns up some days. A group of three to five who can see your week turns up every day. Your three: a sibling, a friend from the masjid, a colleague. If you reserved a journey with us, the training group is already waiting for you.

WHY IT WORKS

Why five prayers beat any app. An app reminder can be swiped away. A prayer is already in your day, set by the sun, five times, for life, and you notice when you miss it. That is the strongest cue a habit can have, and you already keep it.

PART 1, THE SHORT VERSION

- Decide who you are first. Every walk is a vote for that person.
- Your body is a trust, and looking after it is part of the deen.
- Walking changes the heart, the bones, the brain and the mind. Two hours a week outdoors is the dose.
- Habits hold when the cue is fixed, the start is tiny, and someone can see your week. Five prayers are five fixed cues.

DO THIS TODAY

Write your five if-thens on the tracker page, one per anchor, in your own words. Then message two people and ask them to be your three. Monday at Fajr, do the first one. Two minutes.

PART 2

Practice

The sixty days: the walks, the workouts, the outdoors, gear, food, feet.

فَسَابَقْتُهُ فَسَبَقْتُهُ عَلَى رِجْلَيَّ فَلَمَّا حَمَلْتُ اللَّحْمَ سَابَقْتُهُ فَسَبَقَنِي فَقَالَ هَذِهِ بِتِلْكَ السَّبْقَةِ

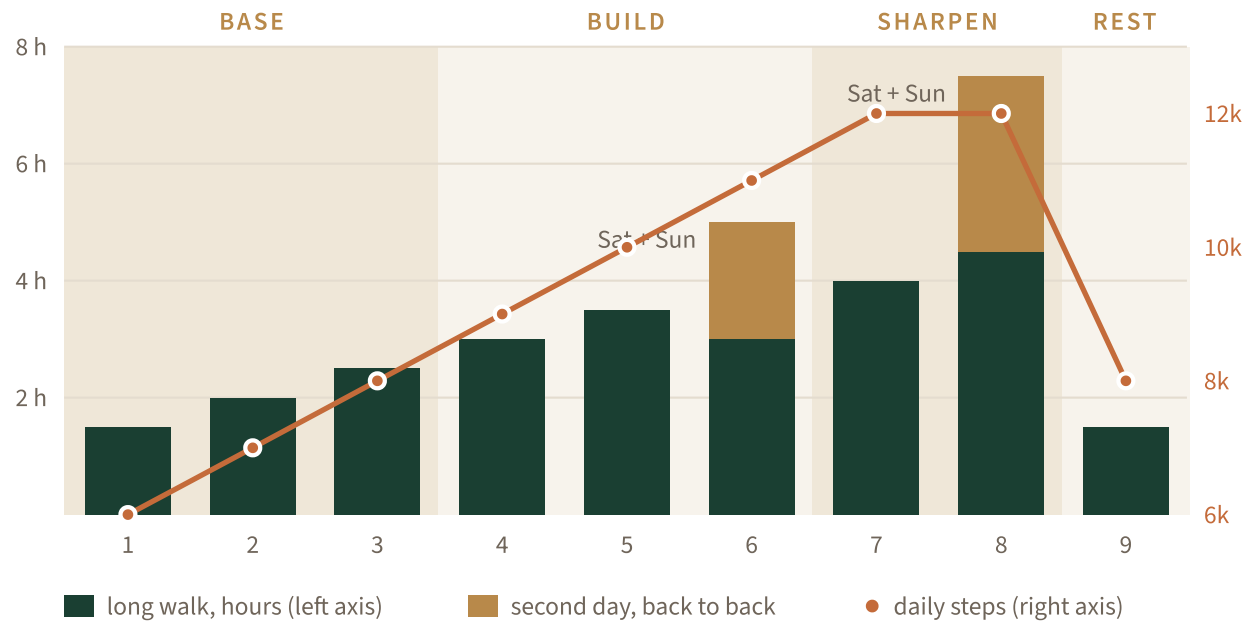
Aisha said: I raced him and outstripped him on my feet. When I became fleshy, I raced him again and he outstripped me. He said: This is for that outstripping.

Sunan Abi Dawud 2578

CHAPTER 6

The sixty days at a glance

Nine weeks, sixty-three days; we call it sixty. Base, build, sharpen, rest. Four walking rules carry the whole plan.



The long walk (bars, left axis) grows from ninety minutes to four and a half hours with two back-to-back weekends, then drops in the rest week. Daily steps (line, right axis) rise from six to twelve thousand and ease off.

RULE 1

Walk most days.

RULE 2

Make one walk a week long.

RULE 3

Twice before you go, walk two long days back to back.

RULE 4

Let the last week be easy.

WHY IT WORKS

The Thirty-Day Ceiling. In a study of five thousand runners, injuries followed the single session that jumped far past anything done in the previous thirty days. Weekly totals predicted nothing. So the long walk grows by half an hour a week and never more.

WHERE TO START

1. Under two hours in the test: week one. Under five thousand steps a day: week one, adding a thousand steps a week until you meet the table.
2. Two hours felt fine: week three, hills and all.
3. Your starting week moves only the walk columns. Gear, the ladder and the anchors start at week one.

Week by week

Wk	Steps a day	Fajr walk	Long walk	Asr strength	Weekend outing (the ladder)	Maghrib gear task
1	6,000	20 min	90 min	step-ups daily; 1 round x 2	a park, twenty minutes	shoes, socks, headlamp
2	7,000	25 min	2 h	2 rounds x 2	a marked trail, two hours	the day pack, water
3	8,000	30 min	2.5 h	2 rounds x 2	a half day with the pack and lunch	layers, shell, poles
4	9,000	30 min, one hill	3 h	circuits A and B	a sunrise or sunset outdoors	tent, bag, mat: borrow first
5	10,000	35 min, one hill	3.5 h	A and B, pack on	a night in a tent near home	first aid, sun, repair
6	11,000	35 min, one hill	3 h Sat + 2 h Sun	A and B	the first back-to-back weekend	check every item
7	12,000	40 min, one hill	4 h	A and B, pack on	an overnight with one friend	pack the trip bag once
8	12,000	40 min, one hill	4.5 h Sat + 3 h Sun	A and B	the peak weekend, full kit	everything familiar
9	8,000	20 min, easy	90 min	one easy round	an easy walk with your three	sleep, pack, go

HOW TO READ THE TABLE

1. Find your starting week from the Two-Hour Test. Day one is a Monday.
2. The Fajr and long-walk columns are the body. Asr is strength. Stairs live at Dhuhr every day.
3. The outing column is the ladder, chapter 9. The gear column is one purchase a week, chapter 10. The tracker's online version is the Sheet, page 41.

IF A WEEK GOES BADLY, OR THE TREK IS CLOSE

Repeat it. Miss one week, repeat one. Miss two, repeat two. Miss six, start again at week one. All of that is fine, and your three will have asked before you had to say.

Trek in eight weeks: skip week five. In seven: skip weeks three and five. Keep the rest week whatever happens.

DO THIS TODAY

Print this page or copy the Sheet. Circle your starting week. Put the nine long-walk days in your calendar now.

CHAPTER 7

The walks

Four kinds of walk. Each one has a job.

THE FAJR WALK

Out the door within ten minutes of the prayer, before the phone. If you pray at the masjid, the walk starts from its door. Twenty minutes in week one, forty by week seven. Talking pace. Same route most days, so the route becomes the cue. From week four, one Fajr walk a week takes in a hill.

THE LONG WALK

One a week, on the day you can protect. Ninety minutes in week one, growing by half an hour to four and a half hours in week eight. Pack on from week three. Real ground from week four: gravel, sand, a hill, rock. Practise eating and drinking on it.

BACK TO BACK

Twice, in weeks six and eight: a long day Saturday, a shorter one Sunday. The second day is where your body learns what a multi-day trek asks. It is the most useful weekend in the plan.

PACE

On a trek you walk at the group's pace and arrive together. Train at a pace where you can speak in sentences: about four kilometres an hour on the flat, twelve to fifteen minutes a kilometre. Slower than you think. Fast walks build fatigue; slow ones build the engine.

ON EVERY LONG WALK

- [ ] Pack the night before, at Maghrib.
- [ ] Eat before Fajr. If you start at first light, dates at the door and breakfast at hour two.
- [ ] Drink before you feel thirsty. Something small to eat every hour after the first.
- [ ] Stop at the first sting in a shoe and tape it.
- [ ] Ten minutes of mobility when you get home.
- [ ] One line in the tracker at Isha.

THREE QUESTIONS, EVERY SUNDAY, TO YOUR THREE

1. What did you walk this week, and how did it feel?
2. What got in the way, and what will you do about it next week?
3. Who did you check on?

CHAPTER 8

The workouts

One round of step-ups after Asr every day. The full circuit, fifteen minutes, on Tuesday and Thursday. Every movement carries a person up and down hills.

CIRCUIT A · TUESDAY

Movement	Reps	What it builds
Step-ups onto a stair	12 each leg	the climbing muscle; drive the knee at the top
Reverse lunges	10 each leg, slow down	the downhill muscle and the knees
Single-leg calf raises	15 each leg, hold a wall	every incline, and the ankles
Plank	30 to 60 seconds	a back that stays tall under a pack
Hip hinge (bend at the hips, back flat), pack to chest	12	the hips and lower back that carry the load

CIRCUIT B · THURSDAY

Movement	Reps	What it builds
Split squats	10 each leg	the climbing muscle, a different angle
Glute bridge	15, pause at the top	the muscle that powers the uphill
Side plank	30 seconds each side	the sides that steady you on rough ground
Farmer's carry, two bottles	40 metres, twice	grip, shoulders, posture under a pack
Balance hold	30 seconds each foot	the ankle that holds on rock

ROUNDS

Two rounds of each in week one. Three from week three. The pack on your back from week five. The daily step-ups are one round of twelve each leg, on any stair.

PROGRESSIONS

Add a round before you add weight. Add the pack before you add height. If a joint hurts rather than a muscle, drop that move for a week and keep the rest.

MOBILITY TEN

After Dhuhr on the two circuit days, and at home after every long walk: calves at a wall, hip flexors in a half-kneel, ankle circles, a slow forward fold, a twist on all fours. A minute each side.

WHY IT WORKS

Four form cues that cover every movement. Slow on the way down. Tall through the back. Knee over the middle toe. Breathe out on the effort. If you keep those four, the reps take care of themselves.

A week on the five anchors

Day	Fajr	Dhuhr	Asr	Maghrib	Isha
Mon	walk	stairs	step-ups, one round	shoes by the door	tracker
Tue	walk	mobility ten	circuit A	bag packed	tracker
Wed	walk (one hill, from week 4)	stairs	step-ups, one round	shoes by the door	tracker
Thu	walk	mobility ten	circuit B	bag packed	tracker
Fri	walk	Jumu'ah; stairs after Asr	step-ups, one round	shoes and bag, for the long walk	tracker
Sat	the long walk	eat like a walker	the outing (rung of the week); mobility ten at home	the week's gear task	tracker
Sun	easy walk, twenty minutes	easy day	step-ups, one round	shoes by the door	the three questions

WHEN THE PRAYER FALLS AT WORK

Dhuhr: the stairs in your building, twice up and down, in your shoes. Asr: one round of step-ups on any stair; on Tuesday and Thursday the full circuit moves to after Maghrib at home, and it still counts. Maghrib on the train: pack the bag the moment you get in, before you sit down. Fajr at the masjid: the walk starts from its door.

IF YOU CAN KEEP ONLY ONE ANCHOR

Keep Fajr. The walk is the engine; everything else tunes it. A person who walks every morning for sixty days and does nothing else in this guide will still stand at the trailhead in better shape than most.

THE TEN-MINUTE DAY

On your worst day the five anchors still fit: two minutes out the door at Fajr, a flight of stairs at Dhuhr, one round of step-ups at Asr, shoes by the door at Maghrib, one line at Isha. Ten minutes, five kept.

DO THIS TODAY

Do one round of circuit A now, in your living room, in whatever you are wearing. Seven minutes. You have started.

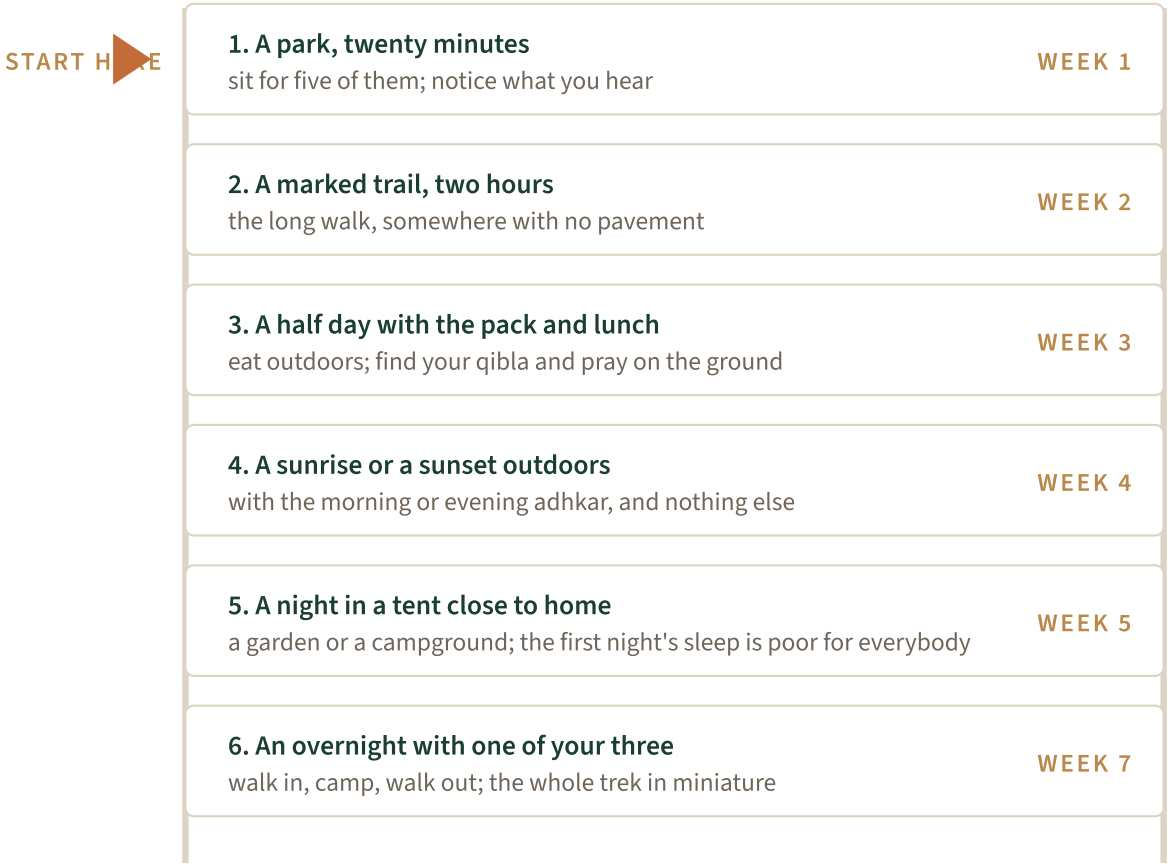
CHAPTER 9

Getting comfortable in nature

The body is the easy part. The thing that stops most people is the thought of being cold at three in the morning.

So the plan takes you outdoors one rung at a time, each a little further from comfort than the last, each one a Saturday after Asr. Rung four is the exception: a sunrise or a sunset.

By week seven you will have slept under the sky, and it will feel like something you do.



The Discomfort Ladder. Six outings, one rung at a time, from a park bench to an overnight. Start at the top.

BRING THEM

Rungs one to four are family outings: the park, the trail, the half day, the sunset. Take the children. Say at home in week one that Saturday mornings belong to the road for nine weeks, and they stop being a negotiation.

What you will feel, and what it is

You will feel	What it is
Cold at three in the morning	your body's normal night-time dip; a warm layer and a hat, and it passes
Silence that feels loud	your attention recovering; give it twenty minutes
Poor sleep on the first night	normal for everybody, even guides; the second night is better, which is why there are two
Insects, wind, dark	the country being itself; a headlamp, a shell (a rain jacket) and a tent with a zip
An urge to check your phone	the habit loop looking for its cue; leave the phone in the bag
A wish to go home at hour two	the dip; it lifts by hour three, every time. On the trek the same dip arrives on day two

SAFETY, IN PLAIN WORDS

- [ ] Tell someone your route and your return time.
- [ ] Carry water, a layer and something to eat, even for two hours.
- [ ] Carry a map you can read with no phone.
- [ ] Set a turnaround time before you set out, and keep it.
- [ ] Rain at Fajr on a Tuesday: the shell goes on and the walk happens. Dark: the headlamp, from week one.
- [ ] On a supported trek a crew does this for you. On your Saturdays, you are the crew.

RUNG FIVE: THE NIGHT IN A TENT, WHAT TO BRING

- [ ] A tent you have pitched once in daylight
- [ ] A sleeping mat and a bag rated for the night's low
- [ ] A hat and dry socks, for sleeping in
- [ ] A headlamp, and a spare light
- [ ] Two litres of water and a snack for the morning
- [ ] The shell, over everything if the wind comes
- [ ] The du'a card for sleep, and the one for the morning

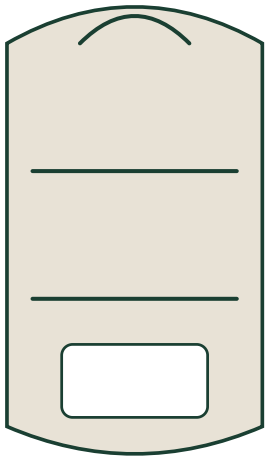
DO THIS TODAY

Book rung one. A park, twenty minutes, this Saturday after Asr. Sit for five of the twenty and write three things you heard in the tracker's notes line.

CHAPTER 10

Gear: what to buy, and when

One thing a week, at the Maghrib anchor, in the order the plan needs it. Borrow first. Buy once you have used it.



The day pack, twenty litres. Train with it from week three.

In the pack	Grams
Water, two litres	2,000
Food for the day	400
Warm layer	300
Shell (a rain jacket)	250
Phone, map, whistle	250
Sun hat, glasses, cream	200
First aid and tape	150
Headlamp	80
Total	**3,630 with water · 1,630 dry**

THE TEN ESSENTIALS, FOR A SUPPORTED TREK

- [ ] Water
- [ ] Food
- [ ] A warm layer
- [ ] A shell
- [ ] Sun: hat, glasses, cream
- [ ] A headlamp
- [ ] First aid and paper tape
- [ ] A map you can read
- [ ] A whistle
- [ ] Your medication

Everything else is comfort, and comfort is allowed.

SHOES FIRST

They want a hundred kilometres of break-in before the trailhead, in the socks you will wear. Buy them in week one, in the evening. Wear them on your next Fajr walk.

WHAT IT COSTS

The essential column, all in, is about the price of a good pair of trainers and a weekend away. The good column is about double. The best column you will know you need, or you will never miss it. Tent, bag and mat are the biggest line: borrow them for the two nights, and buy only if the trail becomes yours.

Essential, good, best

Item	Wk	Essential	Good	Best	What the extra money buys
Shoes	1	trail running shoes	light hikers, half a size up	boots, only for heavy loads or snow	grip and durability; fit matters more than tier
Socks	1	two thin synthetic pairs	merino blend, three pairs	liner (a thin inner sock) plus merino	moisture control, which is what stops blisters
Headlamp	1	any with fresh batteries	rechargeable, red light	the same, with a spare	hands free at Fajr, from the first dark morning
Day pack	2	any 20 litre with a hip belt	a hiking pack with a bladder sleeve	a fitted pack from a shop	the hip belt carries the weight; that is the whole point
Water	2	two bottles	a two litre bladder (a water bag with a hose)	bladder plus a bottle for electrolytes	sipping without stopping
Layers	3	a fleece you own	a light down or synthetic jacket	both, for cold nights	warmth for weight
Shell	3	a packable rain jacket	a breathable waterproof	a three-layer shell	staying dry while sweating
Poles	3	one pole	a pair, adjustable	carbon	twelve to twenty-five percent less knee load on a steep descent, in one lab study
Tent	4	borrowed, pitched once at home	a two-person three-season tent	a lighter one	dry, and a zip between you and the wind
Bag and mat	4	borrowed	a bag rated to freezing, a foam mat	down bag, inflatable mat	sleep, which is where the gains are banked
First aid	5	paper tape, plasters, painkillers	plus a blister dressing, needle, antiseptic	plus your medication list	a hot spot (the sting before a blister) taped in one minute stays a hot spot
Sun	5	a brimmed hat and cream	plus glasses	plus a neck cover	a day in the sun is a day you feel tomorrow

WHAT PEOPLE FORGET

A whistle, paper tape, the medication list, a spare light, a bag for rubbish. Put them in the day pack in week one and never take them out.

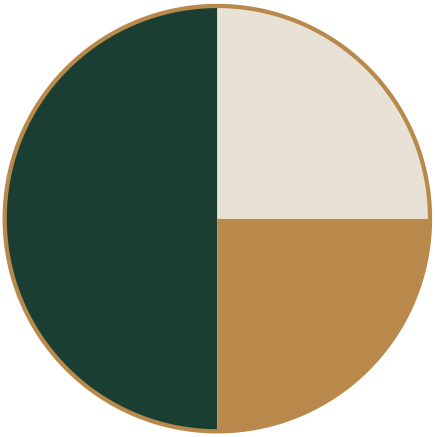
DO THIS TODAY

Buy the shoes this week. Wear them on your next Fajr walk. Everything else waits for the walk that needs it.

CHAPTER 11

Food and water in training

Eat like a person who walks. Sixty days of walking on a diet is how people arrive tired.



Half the plate
vegetables and fruit

A quarter
protein: eggs, fish, chicken, lentils, yoghurt

A quarter
slow carbohydrate: oats, rice, barley, bread

Olive oil, dates, nuts and water alongside. Eat enough.

The training-day plate. Half vegetables and fruit, a quarter protein, a quarter slow carbohydrate, with olive oil, dates, nuts and water alongside.

1.6 g

of protein per kilo of bodyweight a day, spread over meals: about one hundred and ten grams for a seventy-kilo person

30 to 60 g

of carbohydrate an hour on the walk, after the first hour: dates, fruit, a sandwich, a bar

0.4 to 0.8 L

of water an hour on the walk, and drink to thirst. Salty food or an electrolyte tab at every stop in heat

THE SUNNAH PANTRY

He ﷺ travelled on dates, barley and water, and the science backs it. Dates are the original trail food: fast sugar, potassium, fibre, and nothing to spill. Talbina, a barley porridge, is slow fuel that is easy on the stomach. Eat them at home now so the trail food is familiar food.

FASTING DAYS, AND RAMADAN

Keep Mondays and Thursdays if you keep them. Move the long walk to another day, take the Fajr walk short, and eat properly at iftar, the meal that breaks the fast. If Ramadan falls inside your sixty days, the Fajr walk moves to after Isha, the long walk to the weekend after Eid, and the anchors stay.

Fuel on the walk

يَا عَائِشَةُ بَيْتٌ لاَ تَمْرَ فِيهِ جِيَاعٌ أَهْلُهُ

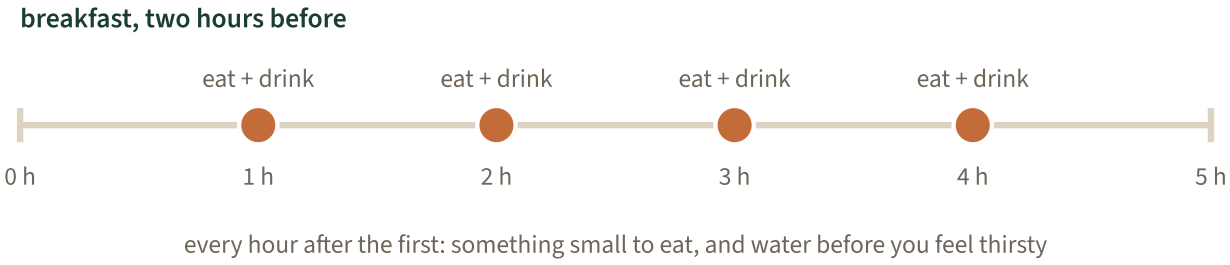
O Aisha, a family which has no dates in their house, its members will be hungry.

Sahih Muslim 2046b · sahih

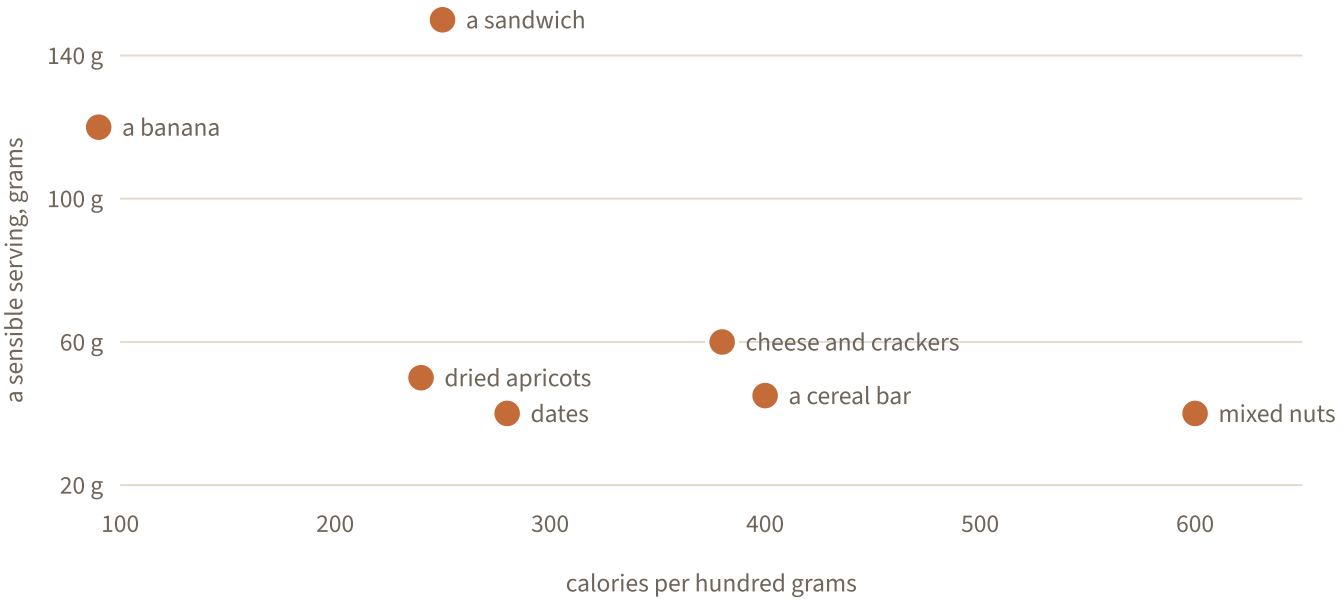
التَّلْبِينَةُ مُجَمَّةٌ لِفُؤَادِ الْمَرِيضِ تَذْهَبُ بِبَعْضِ الْحُزْنِ

The talbina soothes the heart of the patient and relieves him from some of his sadness.

Sahih al-Bukhari 5417 · sahih, agreed upon



Fuel on a long walk. Breakfast before Fajr, then something small to eat and a drink at every hour after the first. Practise it on every long walk so your stomach learns.



Trail foods by energy density and serving. Dense and light for the pack; heavy and wet for the rest stop.

DO THIS TODAY

Put dates in the bag tonight. Eat two at the one-hour mark of your next walk. That is the whole fuelling skill, practised once.

CHAPTER 12

Feet, sleep, heat and cold

The road is won or lost at the feet, and the gains are banked in your sleep.

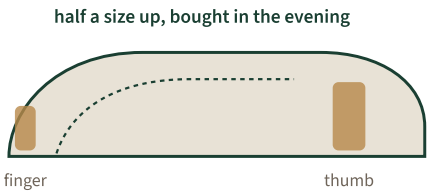
FEET

Fit. Half a size up, bought in the evening when feet are largest. A thumb's width in front of the longest toe, a finger behind the heel, laced. A hundred kilometres before you fly.

Socks. Moisture matters more than fibre: a dry sock is a safe sock. Two thin pairs suit most people. Change them at the midday rest.

Tape. A randomised trial across ultramarathons found forty percent fewer blisters with plain paper tape on known hot spots. Tape from week three, and stop at the first sting on the trail. Nails short the week before.

THE FIT CHECK



7 to 9 h

of sleep a night, closer to nine in the build weeks. Short sleep raises injury risk and slows recovery. Lights out by ten, or an hour after Isha in summer

2 easy days

a week, kept. The Fajr walk still happens; nothing else does. The body adapts on the days you go easy

IF SOMETHING HURTS BEFORE DAY ONE

A knee or hip that already hurts: start at week one, poles from week one, skip the stairs and take the lift, and see a physiotherapist in week one. Pain in a joint on a walk: stop, ice, two days off, then repeat the week. Pain in a muscle is training.

THE WEEK BEFORE A TREK

Keep everything familiar. Sleep more. Eat the foods you trained on. Start the day of travel with water, and pack the bag at Maghrib the night before like every other night.

DO THIS TODAY

Set the Isha alarm for lights out by ten, or an hour after Isha in summer.

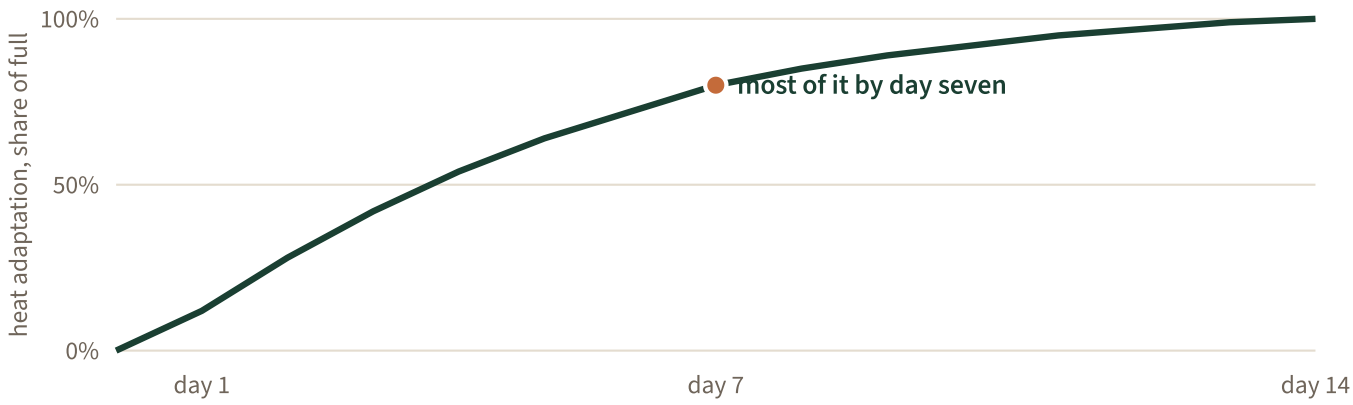
Heat and cold

HEAT

Before a hot trek, walk in the heat for one to two weeks: sessions of about an hour that make you sweat. Most of it arrives in the first week. It fades slowly: away from the heat you lose about a day of it for every two days. Finish the heat walks inside the two weeks before you fly.

COLD

The desert and the hills both drop fast after sunset. A warm layer, a hat and dry socks for camp, and the shell over everything when the wind comes.



Heat adaptation over fourteen days of hour-long sessions, from the consensus recommendations on training in the heat.

SIGNS OF HEAT ILLNESS, AND WHAT TO DO

A headache, dizziness, a stop in sweating, confusion. **Sit. Shade. Water. Tell the person beside you.** On a trek, tell the crew.

PART 2, THE SHORT VERSION

- Walk most days, one long walk a week, two back-to-back weekends, an easy last week. Grow the long walk by half an hour a week, never more.
- Step-ups after Asr every day; the circuit on Tuesday and Thursday.
- Six Saturdays outdoors, one rung further each time. By week seven you have slept under the sky.
- Shoes in week one, a hundred kilometres before you fly. Eat like a walker. Sleep pays for all five anchors.

PART 3

Return

What you carry onto the trail, and home again.

إِنَّ فِى خَلْقِ ٱلسَّمَـٰوَٰتِ وَٱلْأَرْضِ وَٱخْتِلَـٰفِ ٱلَّيْلِ وَٱلنَّهَارِ لَـَٔايَـٰتٍ
لِّأُو۟لِى ٱلْأَلْبَـٰبِ ۝ ٱلَّذِينَ يَذْكُرُونَ ٱللَّهَ قِيَـٰمًا وَقُعُودًا وَعَلَىٰ جُنُوبِهِمْ
وَيَتَفَكَّرُونَ فِى خَلْقِ ٱلسَّمَـٰوَٰتِ وَٱلْأَرْضِ رَبَّنَا مَا خَلَقْتَ هَـٰذَا بَـٰطِلًا
سُبْحَـٰنَكَ فَقِنَا عَذَابَ ٱلنَّارِ

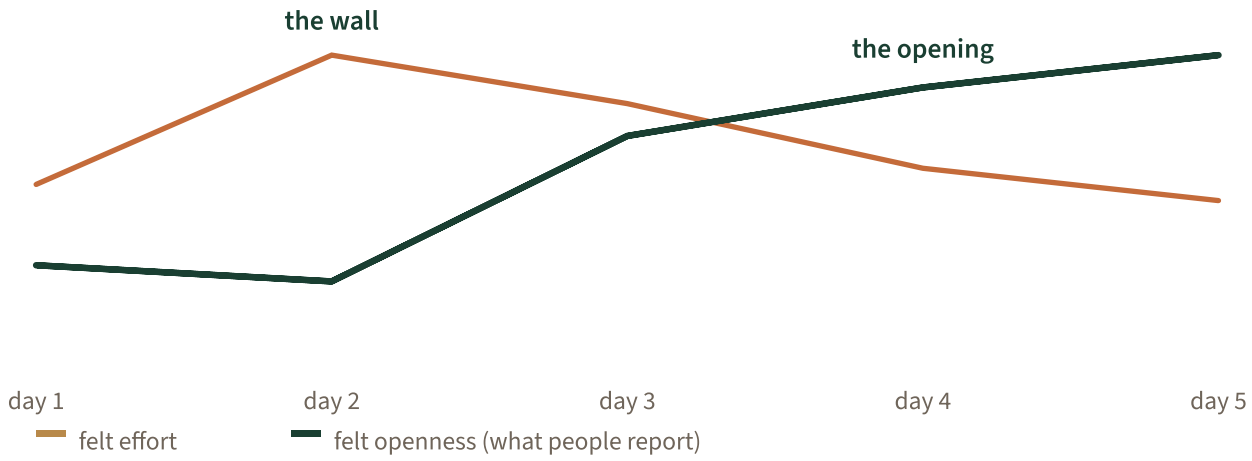
Indeed, in the creation of the heavens and the earth and the alternation of the night and the day are signs for those of understanding, who remember Allah while standing or sitting or lying on their sides and give thought to the creation of the heavens and the earth, saying: Our Lord, You did not create this aimlessly; exalted are You above such a thing; then protect us from the punishment of the Fire.

Al Imran 3:190 to 191, Saheeh International

CHAPTER 13

The mind on the trail

On day two something tightens. On day three it opens. Here is the shape of it.



The wall and the opening: the shape of a five-day walk as walkers describe it, and as we have seen it on every road we have led. A sketch, and true.

DISCOMFORT IS INFORMATION

A sore calf says slow down. A low mood at hour two says eat something. A wish to go home says the wall has arrived on schedule. None of it is a verdict on you. Read it, answer it, keep walking.

TALK LIKE A GUIDE

This is a hill, and hills end. We eat at the top. The camp is standing. Short, true, and about the next hundred metres.

SABR IS A SKILL

Patience is practised, and the training walks are the practice. When the long walk drags at hour three, that is the rep. Stay, breathe, say the tasbih, walk another ten minutes. Sixty days of that is sabr, trained on purpose.

TEN MINUTES, A FEW TIMES A WEEK

Sit, breathe, and walk the trek day in your mind from first light to camp. The mind arrives prepared the way the legs do.

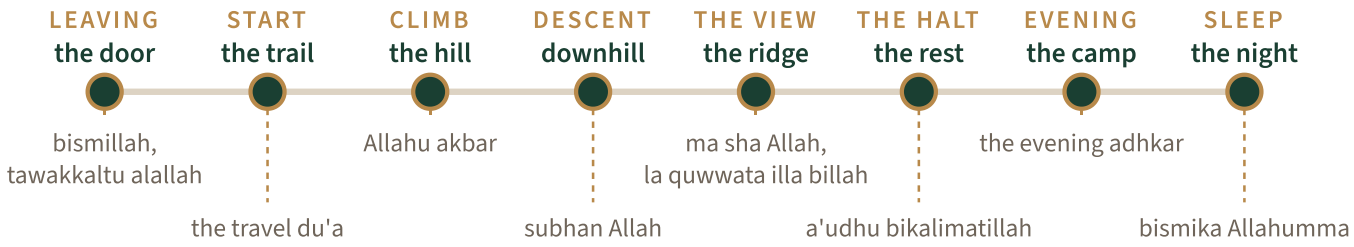
DO THIS TODAY

Write six words on your lock screen now: *this is a hill, and hills end.* On your next long walk, say them out loud at the hardest point, then walk ten more minutes before you decide anything.

CHAPTER 14

Adhkar and du'as for the trail

The sunnah has a word for every moment of a day on the move. Learn one a week on the Fajr walks. By the trek they come on their own.



A day on the trail, moment by moment, with the remembrance for each. The cards on the next pages carry the full text.

WHY IT WORKS

A du'a said at the moment it belongs to is learned in a week; the same du'a read from a page at home takes a month. The Fajr walk is the trail in miniature: a door, a start, a climb, a turn for home.

Which week: 1 setting out · 2 climb and descent · 3 the view · 4 the stopping place · 5 wind and rain · 6 sleep · 7 the town · 8 morning · 9 the master of forgiveness.

كُنَّا إِذَا صَعِدْنَا كَبَّرْنَا وَإِذَا نَزَلْنَا سَبَّحْنَا

Whenever we went up a place we would say Allahu akbar, and whenever we went down a place we would say subhan Allah.

Sahih al-Bukhari 2993 · sahih

DO THIS TODAY

Put the setting-out card by the door tonight. Say it at the door on your next Fajr walk. Learn the climbing pair on every staircase until the trek: Allahu akbar going up, subhan Allah coming down.

The du'a cards

SETTING OUT · WEEK 1

اللَّهُ أَكْبَرُ، اللَّهُ أَكْبَرُ، اللَّهُ أَكْبَرُ. سُبْحَانَ الَّذِي سَخَّرَ لَنَا هَذَا وَمَا كُنَّا لَهُ مُقْرِنِينَ وَإِنَّا إِلَى رَبِّنَا لَمُنْقَلِبُونَ. اللَّهُمَّ إِنَّا نَسْأَلُكَ فِي سَفَرِنَا هَذَا الْبِرَّ وَالتَّقْوَى وَمِنَ الْعَمَلِ مَا تَرْضَى. اللَّهُمَّ هَوِّنْ عَلَيْنَا سَفَرَنَا هَذَا وَاطْوِ عَنَّا بُعْدَهُ. اللَّهُمَّ أَنْتَ الصَّاحِبُ فِي السَّفَرِ وَالْخَلِيفَةُ فِي الْأَهْلِ. اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنْ وَعْثَاءِ السَّفَرِ وَكَآبَةِ الْمَنْظَرِ وَسُوءِ الْمُنْقَلَبِ فِي الْمَالِ وَالْأَهْلِ

Allahu akbar, Allahu akbar, Allahu akbar. Subhanalladhi sakhkhara lana hadha wa ma kunna lahu muqrinin, wa inna ila rabbina lamunqalibun. Allahumma inna nas'aluka fi safarina hadhal-birra wat-taqwa wa minal-'amali ma tarda. Allahumma hawwin 'alayna safarana hadha watwi 'anna bu'dah. Allahumma antas-sahibu fis-safar wal-khalifatu fil-ahl. Allahumma inni a'udhu bika min wa'tha'is-safar wa ka'abatil-manzar wa su'il-munqalabi fil-mali wal-ahl.

Allah is the greatest, three times. Glory be to the One who has subjected this to us, for we could never have managed it on our own; and indeed, to our Lord we shall surely return. O Allah, we ask You on this journey of ours for righteousness and piety, and for deeds that please You. O Allah, make this journey easy for us, and fold up its distance for us. O Allah, You are the Companion in travel and the Successor over the family. O Allah, I seek refuge in You from the hardship of travel, from a gloomy sight, and from a bad return in wealth and family.

Sahih Muslim 1342

EVERY CLIMB AND EVERY DESCENT · WEEK 2

اللَّهُ أَكْبَرُ (صاعدًا) · سُبْحَانَ اللَّهِ (نازلًا)

Allahu akbar, on the way up. Subhan Allah, on the way down.

Allah is the greatest, on every climb. Glory be to Allah, on every descent.

Sahih al-Bukhari 2993

WHEN SOMETHING STOPS YOU: A VIEW, A SUNRISE · WEEK 3

مَا شَآءَ ٱللَّهُ لَا قُوَّةَ إِلَّا بِٱللَّهِ

Ma sha Allah, la quwwata illa billah.

What Allah willed has occurred; there is no power except in Allah.

Qur'an 18:39

HOW TO LEARN THEM

1. One du'a a week, said on the Fajr walks at the moment it belongs to.
2. Photograph the card; it is the lock screen for the week.
3. Teach it to your three on Sunday. Teaching fixes it.

The du'a cards, continued

AT EVERY STOPPING PLACE: THE REST, THE CAMP, THE TENT · WEEK 4

أَعُوذُ بِكَلِمَاتِ اللَّهِ التَّامَّاتِ مِنْ شَرِّ مَا خَلَقَ

A'udhu bikalimatillahit-tammati min sharri ma khalaq.

I seek refuge in the perfect words of Allah from the evil of what He has created. Whoever lands at a place and says it, nothing will harm him until he marches from that stopping place.

Sahih Muslim 2708a

WHEN THE WIND RISES · WEEK 5

اللَّهُمَّ إِنِّي أَسْأَلُكَ خَيْرَهَا وَخَيْرَ مَا فِيهَا وَخَيْرَ مَا أُرْسِلَتْ بِهِ، وَأَعُوذُ بِكَ مِنْ شَرِّهَا وَشَرِّ مَا فِيهَا وَشَرِّ مَا أُرْسِلَتْ بِهِ

Allahumma inni as'aluka khayraha wa khayra ma fiha wa khayra ma ursilat bih, wa a'udhu bika min sharriha wa sharri ma fiha wa sharri ma ursilat bih.

O Allah, I ask You for what is good in it, and the good which it contains, and the good of that which it was sent for. I seek refuge with You from what is evil in it, what evil it contains, and the evil of that which it was sent for.

Sahih Muslim 899b

WHEN IT RAINS · WEEK 5

صَيِّبًا نَافِعًا

Sayyiban nafi'a.

A strong, fruitful rain.

Sahih al-Bukhari 1032

BEFORE SLEEP, UNDER THE SKY · WEEK 6

بِاسْمِكَ اللَّهُمَّ أَمُوتُ وَأَحْيَا

Bismika Allahumma amutu wa ahya.

With Your name, O Allah, I die and I live. On waking: al-hamdu lillahil-ladhi ahyana ba'da ma amatana wa ilayhin-nushur.

Sahih al-Bukhari 6324

TASBIH ON THE STEP

Tasbih is saying subhan Allah. A hundred for every kilometre fits the rhythm of walking, and it is where the trail becomes dhikr. Some walk with nothing at all and let the noise stop. Both are the sunnah of a man of the open country.

TAFAKKUR, REFLECTION

On the ridge, at the rest, at Maghrib in camp, read the verses from chapter 4 outdoors, where they were meant to be read. Look at the camels, the sky, the mountains. Then say what you see, to Allah, in your own words.

The du'a cards, continued

WHEN YOU SEE A TOWN AHEAD THAT YOU MEAN TO ENTER · WEEK 7

اللَّهُمَّ رَبَّ السَّمَوَاتِ السَّبْعِ وَمَا أَظْلَلْنَ، وَرَبَّ الأَرَضِينَ السَّبْعِ وَمَا أَقْلَلْنَ، وَرَبَّ الشَّيَاطِينِ وَمَا أَضْلَلْنَ، وَرَبَّ الرِّيَاحِ وَمَا ذَرَيْنَ، فَإِنَّا نَسْأَلُكَ خَيْرَ هَذِهِ الْقَرْيَةِ وَخَيْرَ أَهْلِهَا، وَنَعُوذُ بِكَ مِنْ شَرِّهَا وَشَرِّ أَهْلِهَا وَشَرِّ مَا فِيهَا

Allahumma rabbas-samawatis-sab'i wa ma azlaln, wa rabbal-aradinas-sab'i wa ma aqlaln, wa rabbash-shayatini wa ma adlaln, wa rabbar-riyahi wa ma dharayn, fa inna nas'aluka khayra hadhihil-qaryati wa khayra ahliha, wa na'udhu bika min sharriha wa sharri ahliha wa sharri ma fiha.

O Allah, Lord of the seven heavens and what they overshadow, Lord of the seven earths and what they cover, Lord of the devils and who they lead astray, Lord of the winds and what they scatter. Verily, we ask You for the goodness in this town and the goodness of its people, and we seek refuge in You from the evil within it and the evil of its people.

an-Nasa'i, al-Sunan al-Kubra 8505; Ibn Hibban 2709

IN THE MORNING, AND ITS EVENING PAIR · WEEK 8

اللَّهُمَّ بِكَ أَصْبَحْنَا وَبِكَ أَمْسَيْنَا وَبِكَ نَحْيَا وَبِكَ نَمُوتُ وَإِلَيْكَ النُّشُورُ

Allahumma bika asbahna wa bika amsayna wa bika nahya wa bika namutu wa ilaykan-nushur.

O Allah, by You we enter the morning, and by You we enter the evening, and by You we live, and by You we die, and to You is the resurrection. In the evening the order turns: by You we enter the evening, and by You we enter the morning, and to You is the return.

Sunan Abi Dawud 5068

MORNING AND EVENING: THE MASTER OF SEEKING FORGIVENESS · WEEK 9

اللَّهُمَّ أَنْتَ رَبِّي لاَ إِلَهَ إِلاَّ أَنْتَ، خَلَقْتَنِي وَأَنَا عَبْدُكَ، وَأَنَا عَلَى عَهْدِكَ وَوَعْدِكَ مَا اسْتَطَعْتُ، أَعُوذُ بِكَ مِنْ شَرِّ مَا صَنَعْتُ، أَبُوءُ لَكَ بِنِعْمَتِكَ عَلَيَّ، وَأَبُوءُ لَكَ بِذَنْبِي، فَاغْفِرْ لِي، فَإِنَّهُ لاَ يَغْفِرُ الذُّنُوبَ إِلاَّ أَنْتَ

Allahumma anta rabbi la ilaha illa ant, khalaqtani wa ana 'abduk, wa ana 'ala 'ahdika wa wa'dika mastata't, a'udhu bika min sharri ma sana't, abu'u laka bini'matika 'alayya wa abu'u laka bidhanbi, faghfir li fa innahu la yaghfirudh-dhunuba illa ant.

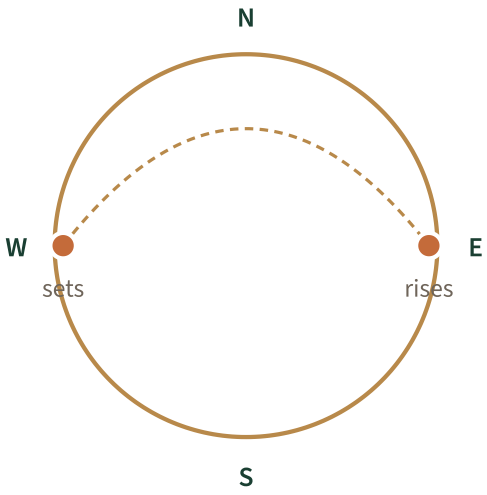
O Allah, You are my Lord; there is no god except You. You created me, and I am Your servant, and I remain upon Your covenant and promise as best as I can. I seek refuge in You from the evil of what I have done. I acknowledge to You Your favour upon me, and I confess to You my sin; so forgive me, for none forgives sins except You.

Sahih al-Bukhari 6306

CHAPTER 15

Worship outdoors

The basics, as most schools hold them. Your own teacher has the last word on the differences.



1. Sunrise is roughly east, sunset roughly west.

Face the sun at sunrise: north is on your left.

2. Shadow stick at midday points roughly north.

The shortest shadow of the day runs north-south.

3. Then turn to your qibla bearing.

Look it up before you leave home and write it in the tracker.

Direction by the sun, in three steps. A compass on the phone works while the phone does; the sun works always.

SALAH ON THE GROUND

Clean ground is a place of prayer; he ﷺ said the earth was made a mosque for us. Brush the stones aside, lay a shell or a cloth if you have one, and pray. Shoes stay on when they are clean and the ground is rough.

PRAYER TIMES ON THE TRAIL

Look up the times and the qibla bearing for where you will be before you leave home, and write the bearing in the tracker. On the trail the sun gives you direction and the crew gives you the call.

WUDU WITH LITTLE WATER

Wudu, the washing before prayer, is done with a small amount: a litre is plenty, and he ﷺ used less. One handful for the face, one for each arm, a wet hand over the head, and the feet last.

TAYAMMUM

When there is no water, or the water you have is for drinking: intention, both hands on clean earth or rock, wipe the face, wipe the hands. It stands in for wudu until water is found. When it applies is for your teacher; the act takes ten seconds.

Water, and the traveller's concessions

مَرَّ بِسَعْدٍ وَهُوَ يَتَوَضَّأُ فَقَالَ: مَا هَذَا السَّرَفُ؟ فَقَالَ: أَفِي الْوُضُوءِ إِسْرَافٌ؟ قَالَ: نَعَمْ، وَإِنْ كُنْتَ عَلَى نَهَرٍ جَارٍ

The Messenger of Allah passed by Sa'd when he was performing ablution, and he said: What is this extravagance? He said: Can there be any extravagance in ablution? He said: Yes, even if you are on the bank of a flowing river.

Sunan Ibn Majah 425 · hasan (al-Albani's later view; the chain is contested)

On a journey the four-unit prayers are shortened to two, and Dhuhr with Asr, and Maghrib with Isha, may be combined when the road asks for it. He ﷺ called the shortening a charity from Allah and told us to accept it.

وَإِذَا ضَرَبْتُمْ فِي ٱلْأَرْضِ فَلَيْسَ عَلَيْكُمْ جُنَاحٌ أَن تَقْصُرُوا۟ مِنَ ٱلصَّلَوٰةِ

And when you travel throughout the land, there is no blame upon you for shortening the prayer.

an-Nisa 4:101, Saheeh International

صَدَقَةٌ تَصَدَّقَ اللَّهُ بِهَا عَلَيْكُمْ فَاقْبَلُوا صَدَقَتَهُ

It is an act of charity which Allah has done to you, so accept His charity.

Sahih Muslim 686a · sahih

كَانَ رَسُولُ اللَّهِ ﷺ يَجْمَعُ بَيْنَ صَلاَةِ الظُّهْرِ وَالْعَصْرِ إِذَا كَانَ عَلَى ظَهْرِ سَيْرٍ وَيَجْمَعُ بَيْنَ الْمَغْرِبِ وَالْعِشَاءِ

The Messenger of Allah ﷺ used to offer the Zuhr and Asr prayers together on journeys, and also used to offer the Maghrib and Isha prayers together.

Sahih al-Bukhari 1107 · sahih

DO THIS TODAY

Ask your teacher three questions this week: how the concessions apply on the road you are training for, what to do about Jumu'ah, and what to do about fasting. Write the answers in the tracker.

CHAPTER 16

Guest of the land

We go as guests of the land, and we leave it the way we found it.

قَرَصَتْ نَمْلَةٌ نَبِيًّا مِنَ الأَنْبِيَاءِ فَأَمَرَ بِقَرْيَةِ النَّمْلِ فَأُحْرِقَتْ فَأَوْحَى اللَّهُ إِلَيْهِ أَنْ قَرَصَتْكَ نَمْلَةٌ أَحْرَقْتَ أُمَّةً مِنَ الأُمَمِ تُسَبِّحُ

An ant bit a Prophet amongst the Prophets, and he ordered that the place of the ants be burnt. So Allah inspired to him: it is because one ant bit you that you burnt a nation amongst the nations that glorify Allah?

Sahih al-Bukhari 3019 · sahih, agreed upon

فَرَأَيْنَا حُمَّرَةً مَعَهَا فَرْخَانِ فَأَخَذْنَا فَرْخَيْهَا فَجَاءَتِ الْحُمَّرَةُ فَجَعَلَتْ تَفْرُشُ فَجَاءَ النَّبِيُّ ﷺ فَقَالَ: مَنْ فَجَعَ هَذِهِ بِوَلَدِهَا؟ رُدُّوا وَلَدَهَا إِلَيْهَا

We saw a bird with her two young ones and we captured her young ones. The bird came and began to spread its wings. The Messenger of Allah ﷺ came and said: Who grieved this for its young ones? Return its young ones to it.

Sunan Abi Dawud 2675 · sahih (al-Albani)

وَلَا تُفْسِدُوا۟ فِى ٱلْأَرْضِ بَعْدَ إِصْلَٰحِهَا وَٱدْعُوهُ خَوْفًا وَطَمَعًا ۚ إِنَّ رَحْمَتَ ٱللَّهِ قَرِيبٌ مِّنَ ٱلْمُحْسِنِينَ

And cause not corruption upon the earth after its reformation. And invoke Him in fear and aspiration. Indeed, the mercy of Allah is near to the doers of good.

al-A'raf 7:56, Saheeh International

WATER

Take what you need. Wash away from streams. Waste is waste even at a river.

FIRE

Only where fire is allowed, only as big as the cooking, cold before you sleep.

WASTE

Everything you carry in, you carry out. Dig for what the body leaves, far from water.

WILDLIFE

Look, and let be. Nests, ant hills and herds are theirs.

THE TRAIL

Stay on it. A shortcut on a slope is a scar that lasts years.

PEOPLE

Salaam to everyone you pass. The land has hosts, and you are their guest too.

CHAPTER 17

After the trek

You come home changed. The danger is that the change goes back into the box with the pack. Here is how it stays.

READ THE SENTENCE

The one on the first line of the tracker. You are that person now, with sixty days of votes and a trek behind you. Keep voting. The Fajr anchor stays for life; it is the cheapest habit you own and the one everything else hangs on.

KEEP THE FLOOR

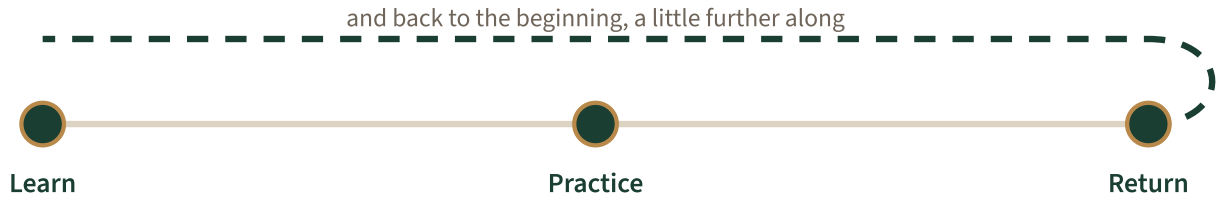
Seven thousand steps a day, most days, is where the science puts the biggest gains, and a person who has walked four hours in a morning finds seven thousand easy. Two hours a week outdoors is the other floor.

PICK THE NEXT RUNG

A trail you have never walked. A night further from the car. The friend who said *I could never*. You have a guide to hand them now.

KEEP THE GROUP

Three to five people, one sheet, three questions on Sunday. The three who trained for one trek are the three who train for the next.



Learn, Practice, Return, and back to Learn, a little further along. That is formation, and it is what 5 Full Circles exists for.

PART 3, THE SHORT VERSION

- The wall comes on day two and opens on day three. Discomfort is information, and sabr is a skill you have been training for sixty days.
- The sunnah has a word for every moment on the trail. Learn one a week.
- Pray on the ground, find the qibla by the sun, and take the concessions he ﷺ called a charity.
- Leave the land the way you found it. Keep the Fajr anchor for life.

THE TRACKER

Nine weeks, five anchors, one row a week

In each day's box: steps on top, anchors kept out of five below. The long walk in hours. A tick for each circuit and each outing. One word on whether the intention held: kept, slipped, or renewed.

I am a person who _____

Before day one	Two-Hour Test, minutes	Steps today, baseline	Starting week	Qibla bearing for the trek	My three

Wk	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Long walk (h)	Strength	Outing	Intention held
1											
2											
3											
4											
5											
6											
7											
8											
9											

MY FIVE IF-THENS

After Fajr I _____

After Dhuhr I _____

After Asr I _____

After Maghrib I _____

After Isha I _____

NEXT WEEK'S LONG WALK

Your longest walk of the last thirty days, plus half an hour, and never more. The Sheet works it out; on paper, write it in the long-walk box a week ahead.

NOTES

Three things you heard at rung one. Your teacher's answers. Anything the road taught you.

_____

_____

_____

Copy **the Google Sheet** (the link is at 5fullcircles.com/ready and in the email that brought you here). File, Make a copy, and it is yours.

WHERE THIS GOES NEXT

You have walked sixty days. Here is the road.

Formation is a loop: learn, practise, return, and go again a little further along. 5 Full Circles exists to walk it with you.

You have just spent sixty days looking after a trust, walking toward something, alongside people who kept you to it. That is exactly what we are for. We train together, we travel together, and we walk the roads of the seerah, the life of the Prophet ﷺ, as guests of the land.

THE FIRST JOURNEY

The Hijra Walk

Five days on foot along the Hijra road, five to six hours a day at the pace of the group, on the desert stretches between Mecca and Medina, with a crew beside us the whole way and a camp standing when we arrive.

- Umrah first, then the road
- Small groups, everyone known by name
- From the day you reserve, you train on this method beside everyone else who is going

Reserve a place

5fullcircles.com

EVERY JOURNEY AFTER IT

Hear from us

If it is a different year, keep the Fajr anchor and leave your email. We write the way we write to friends: rarely, and only when a road opens.

5fullcircles.com/ready

If it is your year, reserve a place. If this year belongs to something else, come when it is your year.

Shukran wa salam,
Imam Dawood

SOURCES

What the numbers rest on

Every study figure in this guide comes from one of these. Where a number is approximate, the guide says so on the page.

- **Steps and mortality.** Ding et al., *Lancet Public Health* 2025, dose-response meta-analysis, fifty-seven studies. Paluch et al., *Lancet Public Health* 2022.
- **Habit automaticity.** Lally, van Jaarsveld, Potts and Wardle, *European Journal of Social Psychology* 2010; median sixty-six days, range eighteen to two hundred and fifty-four.
- **If-then plans.** Gollwitzer and Sheeran, *Advances in Experimental Social Psychology* 2006, ninety-four studies. Identity-based habits: Clear, *Atomic Habits*, 2018.
- **Nature and wellbeing.** White et al., *Scientific Reports* 2019, about twenty thousand adults in England, an association in survey data. Worry loops: Bratman et al., *PNAS* 2015. Cortisol: Hunter, Gillespie and Chen, *Frontiers in Psychology* 2019. Attention: Kaplan, *Journal of Environmental Psychology* 1995. Awe: Piff et al., *Journal of Personality and Social Psychology* 2015. Body clock: Wright et al., *Current Biology* 2013, eight adults, one week camping. Recovery: Ulrich, *Science* 1984, forty-six patients. Memory: Berman, Jonides and Kaplan, *Psychological Science* 2008. Five minutes: Barton and Pretty, *Environmental Science and Technology* 2010, ten studies. Children's eyes: Wu et al., *Ophthalmology* 2013, two schools in Taiwan, one year.
- **The brain and the body.** Hippocampus: Erickson et al., *PNAS* 2011, one hundred and twenty older adults, one year. Muscle loss with age: Volpi, Nazemi and Fujita 2004. Walking breaks and glucose: Buffey et al., *Sports Medicine* 2022.
- **The thirty-day ceiling.** Frandsen et al., *British Journal of Sports Medicine* 2025, about five thousand two hundred runners over eighteen months. Sleep and injury: Milewski et al., *Journal of Pediatric Orthopaedics* 2014.
- **Food and water.** Protein: Morton et al., *British Journal of Sports Medicine* 2018, forty-nine studies. Carbohydrate: Academy of Nutrition and Dietetics, Dietitians of Canada and ACSM position 2016. Fluid: ACSM exercise and fluid replacement position 2007; drink to thirst and salty snacks: Wilderness Medical Society heat illness and hyponatremia guidelines, 2019 updates.
- **Feet, heat, poles.** Paper tape: Lipman et al., *Clinical Journal of Sport Medicine* 2016. Heat: Racinais et al., consensus recommendations 2015; decay: Daanen, Racinais and Périard, *Sports Medicine* 2018. Poles: Schwameder et al. 1999 (eight men, a steep descent); Bohne and Abendroth-Smith 2007; Hawke and Jensen 2020.
- **Training structure.** REI Expert Advice; twelve-week Camino de Santiago plans; physiotherapy consensus on hiking strength. The chapter 13 sketch of the wall and the opening is drawn from what walkers report, and is labelled as such.
- **Texts.** Hadith are cited by collection and number as on sunnah.com with the grading shown, and were checked against hadithunlocked.com and the gradings of al-Albani and others before printing. Qur'an in the Saheeh International translation. Distances are approximate and checked against published geography.

Everything in this guide is general information. Your doctor knows you, and your teacher knows your deen.

About this guide

5 FULL CIRCLES

5 Full Circles forms people over time. We help people reconnect to Allah, to themselves, and to their responsibility in the world, and we do it the slow way: learning what is true, practising what is right, and returning when we drift, until it becomes who we are. Information is everywhere. Formation is rare. That is the part we work on.

Learn. Practice. Return.

IMAM DAWOOD YASIN

A teacher who has spent twenty-five years under the sky, in the desert and the woods, and has led people through hard country and brought them home. He writes the way he speaks: to friends, at his own fire, with the seerah and the Qur'an close at hand.

THIS EDITION

Trail Ready, the Five-Anchor Method. First edition, September 2026. Written to be read in one weekend and used for sixty days. Every hadith and verse was checked against the collections named on the sources page before it went in.

Take it, use it, share it. Everybody is welcome here.

WHERE TO FIND US

The Hijra Walk and the journeys after it: **5fullcircles.com**

The list, for future trips and the training community: **5fullcircles.com/ready**

The tracker Sheet: linked at the address above and in the email that brought you here.

HOW TO SHARE IT

Send a friend the address **5fullcircles.com/ready** and they get their own copy, the tracker and the emails. The friend who said *I could never* is the one to send it to.

SAY SALAAM

Reply to any email from us. A person reads every one, and the questions we are asked shape the next edition of this guide.

Trail Ready is general information, offered freely. Your doctor knows you, and your teacher knows your deen.

5 FULL CIRCLES

Keep walking with us.

Future journeys on the roads of the seerah, the training community, and what we are building. Share your email and we will write to you the way we write to friends.

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