



Goals for Week 1:

- Focus for this week is on building strength, balance, and a base. This will help prevent injury later.
- For strength training work on your techniques and motion.
- Ensure a good warm up and cool down to prevent injury.

Week 1

Day	Warm Up	Aerobic	Strength	Notes
Monday	10 min stretch and warm up	30 min. cardio @ 60% MHR	1 set of the following: Step ups front (10) Step ups side (10) Step downs (10) Push Ups (10) Crunches (10) Plank (60 seconds) Mountain climbers (10)	
Tuesday		Rest	Rest	
Wednesday	10 min stretch and warm up	20 min. cardio @ 70% MHR	3 sets of the following: Squats (15) Step ups front (40) Step ups side Left and right (40) Step downs (40) Push Ups (10) Crunches (50) Plank (60 seconds) Mountain climbers (50)	
Thursday	10 min stretch and warm up	40 min stairs @ 70% MHR and 20 min walking	None	
Friday	10 min stretch and warm up	30 min cardio @ 70%	3 sets of the following: Squats (15) Step ups front (40) Step ups side Left and right (40) Step downs (40) Push Ups (10) Crunches (50) Plank (60 seconds) Mountain climbers (50)	
Saturday	10 min stretch and warm up	2-3 hr walk or hike with 15-20 lb pack	None	
Sunday		Rest	Rest	



Goals for Week 2:

- Continue building strength, balance, and a strong base.
- Increase the number of reps for strength training.
- Increase the intensity of aerobic activity.

Week 2

Day	Warm Up	Aerobic	Strength	Notes
Monday	10 min stretch and warm up	30 min cardio @ 70% MHR and 20 min walk	None	
Tuesday	10 min stretch and warm up	20 min cardio @ 70% MHR	45 minutes of weight training or yoga Balance exercises	
Wednesday	10 min stretch and warm up	30 min stairs @ 70% MHR	3 sets of the following: Squats (15) Step ups front (40) Step ups side Left and right (40) Step downs (40) Push Ups (10) Crunches (50) Plank (60 seconds) Mountain climbers (50)	
Thursday	10 min stretch and warm up	30 min cardio @ 75% MHR	Balance exercises	
Friday	10 min stretch and warm up	30 Min cardio @ 60-75% MHR	4 sets of the following: Squats (15) Step ups front (40) Step ups side Left and right (40) Step downs (40) Push Ups (10) Crunches (50) Plank (60 seconds) Mountain climbers (50)	
Saturday	10 min stretch and warm up	3 mile hike or run	None	
Sunday		Rest	Rest	



Goals for Week 3:

- Continue shift from strength training to emphasis on aerobic.
- Increase the % of MHR and duration of aerobic activity.
- Increase the amount of time spent outdoors hiking and backpacking.

Week 3

Day	Warm Up	Aerobic	Strength	Notes
Monday	10 min stretch and warm up	50 min cardio @ 75% MHR and 10 min walk	None	
Tuesday	10 min stretch and warm up	75 min stairs @ 75% MHR	None	
Wednesday	10 min stretch and warm up	None	4 sets of the following: Squats (15) Step ups front (40) Step ups side Left and right (40) Step downs (40) Push Ups (10) Crunches (50) Plank (60 seconds) Mountain climbers (40)	
Thursday	10 min stretch and warm up	1 hr 15 min of stairs with 15-20 lb pack. Aim for 1800 steps up and 1800 steps down.	Balance exercises	
Friday		Rest	Rest	
Saturday	10 min stretch and warm up	Hike 3-5 miles with 15-20 lb Pack	Rest	
Sunday		Rest	Rest	



Goals for Week 4:

- Emphasis on interval training and endurance.
- Increase the % of MHR and duration of aerobic activity.
- Increase the amount of time spent outdoors hiking and backpacking.

Week 4

Day	Warm Up	Aerobic	Strength	Notes
Monday	10 min stretch and warm up	1 hr 30 min cardio @ 65% MHR	None	
Tuesday		Rest	Rest	
Wednesday	10 min stretch and warm up	4 mile run alternating between 70 MHR and 80 MHR every mile. Aim for 10 minute miles or faster.	None	
Thursday	10 min stretch and warm up	1 hr Cardio @ 75% Avg MHR	None	
Friday		20 min stairs @ 80% MHR	None	
Saturday	10 min stretch and warm up	5 hr hike with 15-25 lb pack. 3000-4000 ft of elevation gain.	None	
Sunday	15 min stretching in the morning	Rest	Rest	



Goals for Week 5:

- Emphasis on interval training and endurance.
- Increase the % of MHR and duration of aerobic activity.
- Increase the amount of time spent outdoors hiking and backpacking.

Week 5

Day	Warm Up	Aerobic	Strength	Notes
Monday	10 min stretch and warm up	1 hr cardio @ 85% MHR	None	
Tuesday	10 min stretch and warm up	45 min cardio @ 85% MHR	4 sets of the following: Squats (20) Step ups front (50) Step ups side Left and right (50) Step downs (50) Push Ups (10) Crunches (70) Plank (60 seconds) Mountain climbers (50)	
Wednesday	10 min stretch and warm up	1 hr 15 min cardio @ 75% MHR	None	
Thursday	10 min stretch and warm up	30 min stairs @ 85% MHR	3 sets of the following: Squats (20) Step ups front (50) Step ups side Left and right (50) Step downs (50) Push Ups (10) Crunches (70) Plank (60 seconds) Mountain climbers (50)	
Friday	10 min stretch and warm up	5 hr hike with 15-35 lb pack. 2000 ft of elevation gain	None	
Saturday	10 min stretch and warm up	5 hr hike with 15-35 lb pack. 2000 ft of elevation gain	None	
Sunday		Rest	Rest	



Goals for Week 6:

- Increase the duration of aerobic activity.
- Increase the amount of elevation gain hiking and backpacking with a pack.

Week 6

Day	Warm Up	Aerobic	Strength	Notes
Monday		Rest	Rest	
Tuesday	10 min stretch and warm up	50 min stairs @ 70% MHR	None	
Wednesday	10 min stretch and warm up	1 hr 15 min cardio @ 75% MHR	None	
Thursday	10 min stretch and warm up	90 min walk	Balance Exercise	
Friday	10 min stretch and warm up	Rest	Rest	
Saturday	10 min stretch and warm up	4-6 mile hike with 35-45 lb pack. Aim for 3500-4500 feet of elevation gain.	None	
Sunday		Rest	Rest	