



Mountain Athlete

Train Hard. Climb Fast.

Jackson, Wyoming

www.mountainathlete.com

BIG MOUNTAIN TRAINING PLAN

This training program is designed to prepare athletes for multi day/week non-technical mountaineering expeditions such as climbing Denali, remote peaks in the Canadian Rockies and big mountains in the Himalaya.

This program is not designed to prepare athletes for technical, harness and roped up rock and ice climbing.

Program Goals

Our goals with this program are three fold:

- (1) Strengthen your legs and lungs for miles and thousands of vertical feet you'll be hiking up and down during your climbing trip.
- (2) Build your core/midsection strength and overall strength so your body will be able to perform well with a loaded backpack, and be able to recover from long days in the mountains.
- (3) Increase your overall durability and injury resistance.

Program Description

This is an intense, 10-week, progressive training program, where you will train 5 days/week for a total of 50 training sessions.

The intention is that Monday through Friday are training days. Saturday and Sunday are rest days.

This training program is designed to be completed in any commercial gym, with basic equipment. None of the exercises or routines described here are complicated, nor are they easy.

BIG MOUNTAIN TRAINING PLAN V2

The first 4 weeks of the program (Training Sessions 1-20) are designed to train and develop your overall strength and Base Fitness. The second six weeks (Training Sessions 21-50) will develop your sport specific fitness for hiking up and down steep slopes, under load.

Common Questions

How long should the training sessions take?

Most training sessions are designed to be completed in 60-75 minutes. The Wednesday sessions during the final 6 weeks of the plan, may take up to 120 minutes.

What if I can't keep up the Monday, Tuesday, Wednesday, Thursday and Friday Training Schedule?

Do not skip a training session. Rather, complete all the training sessions in succession. Whatever the schedule, always take two days a week, ideally together, as total rest.

For this plan, Training Sessions 1, 6, 11, 16, 21, 26, 31, 36, 41 and 46 are Mondays.

What if I can't complete the exercises using the prescribed loads?

Drop, or "scale" the load or load as necessary to meet the prescribed number of reps or intervals. For example, if the training session calls for 5x Mr. Spectacular's at 25# dumbbells and these are too heavy for you, drop to 20# dumbbells - whatever is required, to get 5 reps.

What if I've never trained in a gym before?

This training program is going to be quite an adventure in athletic training for you! Our strength training is built primarily around classic barbell exercises. These are not complicated exercises, but they can be awkward at first. If needed, you can seek exercise instruction from a local coach or personal trainer. You can also teach yourself these exercises by being patient, using lighter loads, and sticking with it. Practice helps! There are many web-based sites and resources to find information on performing these common exercises. You're not helpless. Be resourceful.

What about exercises unique to Mountain Athlete?

Unfamiliar exercises can be found under the "Exercises" link at www.mountainathlete.com.

What equipment do I need?

This plan is designed to be completed in any commercial gym, but there are 2-pieces of special equipment you will need:

Sandbag - During the first 4 weeks of the plan, male athletes will need a 60# sandbag, and female athletes will need a 40# sandbag. During the final 6-weeks of the plan, male athletes will need to increase the weight of their sandbag to 80#, and female athletes will need to increase the weight of their sandbag to 60#. Sandbags can be made from duffle bags, old army gear bags, or purchased through our online store. Use wood pellets or mulch made from ground up tires for fill. Be resourceful.

Kettlebells - Some of the training sessions call for kettlebells or dumbbells. If you don't have access to kettlebells, don't worry about it. Dumbbells can be used in place of kettlebells for all the prescribed exercises. Kettlebell weights are in kilograms. Here are common kettlebell weights in pounds:

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| <u>Kettlebell</u> | <u>Dumbbell</u> |
|-------------------|-----------------|
| 8kg | 15# |
| 12kg | 25# |
| 16kg | 35# |
| 20kg | 45# |
| 24kg | 55# |

Backpack - During the second 6 weeks of the plan, you'll be doing thousands of stepups wearing a backpack with weight. Any sturdy backpack or day pack will do. Regular weight room iron plates can be used for weight - but be sure to wrap the plates in a towel before putting them in your pack so they don't chafe your lower back during step ups.

Is the loading different for men and women?

Yes - It is indicated in the exercise which load to use for men and which to use for women.

What about my diet?

Eating well does not take rocket science. It takes discipline. Here are our recommended diet guidelines:

6 days/week - eat as much meat, vegetables, fruit, seeds and nuts as you want - no restriction. Drink only water, coffee or tea. Do not eat bread, pasta, or grain of any kind, no potatoes, corn or other starchy vegetables. No sugar, candy, soda or alcohol.

1 day/week - cheat like a mother. Eat/drink anything you want.

What about supplements?

Drink a whey protein shake 15 minutes before, and 15 minutes after training.

What if I have more questions?

Email rob@mountainathlete.com.

Good luck!

**Rob Shaul
Mountain Athlete
Jackson, Wyoming**

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***** TRAINING PROGRAM *****

SESSION 1

Obj: Strength/Work Capacity

Warm up:

5 Rounds
10x Goblet Squat w/Dumbbell (M-35#, W-25#)
10x Push ups
10x Situps
Instep Stretch

Training:

(1) 6 Rounds
4x Thrusters - Increase load until 4x is hard, but doable, then immediately
2x Burpees
Pigeon Stretch

(2) 6 Rounds
5x Walking Lunge each leg holding dumbbells - Increase load each round until 5x is hard, but doable
5x Scotty Bobs (M-25#, W-15#)
3x Floor Slide

(3) 4 Rounds As fast as Possible
10x Hippy Hops each leg (20x touches total)
10x Weighted Situps (M-25#, W-15#)

SESSION 2

Obj: Stamina/Core

Training:

(1) Run 4 miles, moderate pace
Moderate = comfortable but not easy

(2) 4 Rounds
15/15/15 Low Back Complex
15/15 Low Back Lunge
15/15 Kneeling Founder
10x Face Down Back Extensions
15x Hamstring Hell each leg

SESSION 3

Obj: Strength

Warm up:

4 Rounds
Barbell Complex @ 45#
Instep Stretch

Training:

(1) 6 Rounds
4x Front Squat - Increase load each round until 4x is hard, but doable, then immediately
3x Squat Jumps
5x Shoulder Scarecrow @ 2.5#

(2) 6 Rounds
8x Hinge Lift - Increase load each round until 8x is hard, but doable
5x Bench Press - Increase load each round until 5x is hard, but doable
3/3/3 Toe Touch Complex

(3) 4 Rounds
20x Situps
45 Second Front Bridge
5x Kneeling Plate Halfmoon @ 25#
10x Face Down Back Extensions

SESSION 4

Obj: Work Capacity

Warm up:

5 Minute Sandbag Getup (M-60#, W-40#)

Training:

(1) 8 Rounds for Time
4x Sandbag Clean and Squat each side - 8x Total (M-60#, W-40#)
5x Ankles to Bar
8x Touch/Jump/Touch
3x Scotty Bobs (M-25#, W-15#)

(2) 4 Rounds
15/15/15 Low Back Complex

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15/15 Low Back Lunge
15/15 Kneeling Founder
10x Face Down Back Extensions

(3) 2 Rounds
30 Second Jane Fonda each leg

SESSION 5

Obj: Strength/Work Capacity

Warm up:

5 Rounds
10x Back Squat (M-75#, W-45#)
10x Push ups
10x Situps
Hip Flexor + Instep Stretch

Training:

(1) 6 Rounds
5x Back Squat - Increase load each round until 5x is hard, but doable
4x Scotty Bob (M-25#, W-15#)
3/3/3 Toe Touch Complex

(2) 10 Rounds
8x Front Squat (M-85#, W-55#)
50x Step ups @ 20" Box
30 Seconds Rest

Sprint to the rest each round

(3) 4 Rounds
10x Ankles to Bar
5x Barbell Roll out (Barbell with 5# Plates)
5x Standing Russian Twist (M-25#, W-15#)
10x Back Extensions

SESSION 6

Obj: Strength/Work Capacity

Warm up:

4 Rounds
Barbell Complex @ 45# (empty barbell)
Instep Stretch

Training:

(1) 6 Rounds
3x Curtis P - Increase load each round until 3x is hard, but doable, then immediately ...
2x Jumping Lunge each leg - explode as high as possible
2x Shoulder Sweep

(3) 6 Rounds
5x Walking Lunge each leg holding dumbbells - Increase load each round until 5x is hard, but doable
5x Kneeling Curl to Press - Increase load each round until 5x is hard, but doable
Hip Flexor + Pigeon Stretch

(4) 5 Rounds
30 Second 40-foot Shuttle Sprint - touch line at both ends
30 Second Rest

SESSION 7

Obj: Stamina/Core

Training:

(1) For 30 minutes at a Moderate Pace
Run 400m
40x Stepups

(2) 4 Rounds
15/15/15 Low Back Complex
15/15 Low Back Lunge
15/15 Kneeling Founder
10x Face Down Back Extensions
15x Hamstring Hell each leg

SESSION 8

Obj: Strength

Warm up:

4 Rounds
Barbell Complex @ 45#
Instep Stretch

Training:

(1) 6 Rounds

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4x Front Squat - increase load each round until 4x is hard, but doable
5x 1-Arm Dumbbell Row - increase load each round until 5x is hard, but doable
30 Second Y+L, unloaded

(2) 6 Rounds
8x Hinge Lift - increase load each round until 8x is hard, but doable, then immediately ...
3x Broad Jump
Pigeon + Hip Flexor Stretch

(3) 4 Rounds
10x Weighted Situps (M-35#, W-25#)
30/30 Side Bridge
5x Slasher each side (M-35#, W-25#)
5x Bird Dogs

SESSION 9

Obj: Work Capacity

Warm up:

7 Minute Sandbag Getup (M-60#, W-40#)

Training:

(1) 10 Rounds - Every 2 minutes
10x Swings (M-35# db or 16kg kb, W-25# db or 12kg kb)
10x Jingle Jangles
5x Renegade Rows each side (M-30#, W-20#)
10x Box Jumps

(2) 4 Rounds
15/15/15 Low Back Complex
15/15 Low Back Lunge
15/15 Kneeling Founder
10x Face Down Back Extensions

(3) 2 Rounds
30 Second Jane Fonda each leg

SESSION 10

Obj: Strength/Work Capacity

Warm up:

5 Rounds
10x Back Squat (M-85#, W-55#)

5x Burpees
Hip Flexor + Instep Stretch

Training:

(1) 6 Rounds
5x Back Squat - increase load each round until 5x is hard, but doable
8x Kneeling Curl to Press - increase load each round until 8x is hard, but doable
Pigeon Stretch

(2) 10 Rounds
8x Front Squat (M-85#, W-55#)
50x Step ups @ 20" Box
30 Seconds Rest

Sprint to the rest each round

(3) 4 Rounds
10x Ankles to Bar
5x Barbell Roll out (Barbell with 5# Plates)
5x Standing Russian Twist (M-25#, W-15#)
10x Back Extensions

SESSION 11

Obj: Strength/Work Capacity

Warm up:

5 Rounds
10x Goblet Squat w/Dumbbell (M-35#, W-25#)
10x Push ups
10x Situps
Instep Stretch

Training:

(1) 6 Rounds
4x Thrusters - increase load until 4x is hard, but doable, then immediately
2x Burpees
Pigeon Stretch

(2) 6 Rounds
5x Walking Lunge each leg holding dumbbells - increase load each round until 5x is hard, but doable
5x Scotty Bobs (M-25#, W-15#)
3x Floor Slide

(3) 4 Rounds As fast as Possible

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10x Hippy Hops each leg (20x touches total)
5x Ankles to Bar

SESSION 12

Obj: Stamina/Core

Training:

(1) Run 4 miles, moderate pace
Moderate = comfortable but not easy

(2) 4 Rounds
15/15/15 Low Back Complex
15/15 Low Back Lunge
15/15 Kneeling Founder
10x Face Down Back Extensions
15x Hamstring Hell each leg

SESSION 13

Obj: Strength

Warm up:

4 Rounds
Barbell Complex @ 45#
Instep Stretch

Training:

(1) 6 Rounds
4x Front Squat - increase load each round until 4x is hard, but doable, then immediately
3x Touch/Jump/Touch - be explosive!
3x Floor Slide

(2) 6 Rounds
8x Hinge Lift - increase load each round until 8x is hard, but doable
5x Bench Press - increase load each round until 5x is hard, but doable
3/3/3 Toe Touch Complex

(3) 4 Rounds
25x Situps
60 Second Front Bridge
5x Kneeling Plate Halfmoon (M-45#, W-25#)
10x Face Down Back Extensions

SESSION 14

Obj: Work Capacity

Warm up:

7 Minute Sandbag Getup (M-60#, W-40#)

Training:

(1) 5 Rounds for Time
20x Goblet Squat (M-35#, W-25#)
10x Burpees
5x Chin ups (palms toward face)
Run 400m

(2) 4 Rounds
15/15/15 Low Back Complex
15/15 Low Back Lunge
15/15 Kneeling Founder
10x Face Down Back Extensions

(3) 2 Rounds
40 Second Jane Fonda each leg

SESSION 15

Obj: Strength/Work Capacity

Warm up:

5 Rounds
10x Back Squat (M-75#, W-45#)
10x Push ups
10x Situps
Hip Flexor + Instep Stretch

Training:

(1) 6 Rounds
5x Back Squat - increase load each round until 5x is hard, but doable
4x Scotty Bob (M-35#, W-25#)
3/3/3 Toe Touch Complex

(2) 10 Rounds
8x Front Squat (M-95#, W-65#)
50x Step ups @ 20" Box
30 Seconds Rest

Sprint to the rest each round

(3) 4 Rounds
10x Ankles to Bar

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5x Barbell Roll out (Barbell with 10# Plates)
5x Standing Russian Twist (M-35#, W-25#)
10x Back Extensions

SESSION 16

Obj: Strength/Work Capacity

Warm up:

4 Rounds
Barbell Complex @ 45# (empty barbell)
Instep Stretch

Training:

(1) 6 Rounds
3x Curtis P - Increase load each round until 3x is hard, but doable, then immediately ...
2x Jumping Lunge each leg - explode as high as possible
2x Shoulder Sweep

(3) 6 Rounds
5x Walking Lunge each leg holding dumbbells - Increase load each round until 5x is hard, but doable
5x Kneeling Curl to Press - Increase load each round until 5x is hard, but doable
Hip Flexor + Pigeon Stretch

(4) 5 Rounds
30 Second 40-foot Shuttle Sprint - touch line at both ends
30 Second Rest

SESSION 17

Obj: Stamina/Core

Training:

(1) For 30 minutes at a Moderate Pace
Run 400m
40x Stepups

(2) 4 Rounds
15/15/15 Low Back Complex
15/15 Low Back Lunge
15/15 Kneeling Founder
10x Face Down Back Extensions
15x Hamstring Hell each leg

SESSION 18

Obj: Strength

Warm up:

4 Rounds
Barbell Complex @ 45#
Instep Stretch

Training:

(1) 6 Rounds
4x Front Squat - Increase load each round until 4x is hard, but doable
5x 1-Arm Dumbbell Row - Increase load each round until 5x is hard, but doable
30 Second Y+L, unloaded

(2) 6 Rounds
8x Hinge Lift - Increase load each round until 8x is hard, but doable, then immediately ...
3x Broad Jump
Pigeon + Hip Flexor Stretch

(3) 4 Rounds
10x Weighted Situps (M-45#, W-35#)
45/45 Side Bridge
5x Slasher each side (M-40#, W-30#)
5x Bird Dogs

SESSION 19

Obj: Work Capacity

Warm up:

10 Minute Sandbag Getup (M-60#, W-40#)

Training:

(1) 5 Rounds for Time
10x Renegade Man Maker (M-25#, W-15#)
10x Box Jumps @ 20" Box
5x Ankles to Bar

(2) 4 Rounds
15/15/15 Low Back Complex
15/15 Low Back Lunge
15/15 Kneeling Founder
10x Face Down Back Extensions

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(3) 2 Rounds
40 Second Jane Fonda each leg

SESSION 20

Obj: Strength/Work Capacity

Warm up:

5 Rounds
10x Back Squat (M-95#, W-65#)
5x Burpees
Hip Flexor + Instep Stretch

Training:

(1) 6 Rounds
5x Back Squat - Increase load each round until 5x is hard, but doable
8x Kneeling Curl to Press - Increase load each round until 8x is hard, but doable
Pigeon Stretch

(2) 10 Rounds
8x Front Squat (M-95#, W-65#)
50x Step ups @ 20" Box
30 Seconds Rest

Sprint to the rest each round

(3) 4 Rounds
10x Ankles to Bar
5x Barbell Roll out (Barbell with 10# Plates)
5x Standing Russian Twist (M-35#, W-25#)
10x Back Extensions

SESSION 21

Obj: Strength/Work Capacity

Warm up:

5 Minute Sandbag Getup (M-80#, W-60#)

Training:

(1) 10 Rounds
Mini Leg Blaster
10x Weighted Situps @ 25#

(2) Run 2 Miles, Threshold Pace

Threshold = As fast as Possible without straining

(3) 2 Rounds
40 Second Jane Fonda
Instep + Hip Flexor + Pigeon
Lat + Pec Stretch

SESSION 22

Obj: Strength

Warm up:

5 Rounds
10x Swings (M-35#, W-25#)
10x Goblet Squats (M-35#, W-25#)
10x Push ups
10x Situps
Instep Stretch

Training:

(1) 6 Rounds
5x Walking Lunge each leg - Increase load each round until 5x is hard, but doable
5x Push Press - Increase load each round until 5x is hard, but doable
Pigeon Stretch

(2) 3 Rounds
2x Calve Raise Tabata
20x Hamstring Hell
8x Pullups Men, 4x Pull ups, Women

(3) 4 Rounds
20/20/20 Low Back Complex
20/20 Low Back Lunge
20/20 Kneeling Founder
12x Face Down Back Ext

SESSION 23

Obj: Stamina

Training:

(1) 500x Step ups (250x each leg) M@40#, W-30#

(2) Run 5 Miles, Moderate Pace
Moderate = Comfortable but not easy

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(3) Foam Roll Legs and Lower Back

SESSION 24

Warm up:

5 Rounds
10x Squat Jumps
10x Push ups
5x Pull ups
Instep + Hip Flexor Stretch

Training:

(1) 4 Rounds
300m Shuttle every 2:30

(2) 4 Rounds
10x Weighted Situps (M-35#, W-25#)
60 Second Front Bridge
10x Seated Russian Twist @ 25# plate or
Dumbbell (20x total)
10x Face Down Back Ext

(3) 2 Rounds
45 Second Jane Fonda
50x Shoulder Hand Job, unloaded

SESSION 25

Obj: Strength/Work Capacity

Warm up:

5 Minute Sandbag Getup (M-80#, W-60#)

Training:

(1) 10 Rounds
Mini Leg Blaster
10x Weighted Situps @ 25#

(2) 500x Stepups (250x each leg) M-25#, W-15#

SESSION 26

Obj: Strength/Work Capacity

Warm up:

5 Minute Sandbag Getup (M-80#, W-60#)

Training:

(1) 3 Rounds
Full Leg Blaster
30 Second Rest

(2) 4 Rounds
Mini Leg Blaster
30 Second Rest

(3) Run 2 Miles, Threshold Pace
Threshold = As fast as Possible without straining

(4) 2 Rounds
40 Second Jane Fonda
Instep + Hip Flexor + Pigeon
3x Shoulder Sweep

SESSION 27

Obj: Strength

Warm up:

3 Rounds
Barbell Complex (M-65#, W-45#)
Instep Stretch

Training:

(1) 6 Rounds
5x Hinge Lift - Increase load each round until 5x is
hard, but doable
5x Bench Press - Increase load each round until
5x is hard, but doable
Hip Flexor Stretch

(2) 3 Rounds
2x Calve Raise Tabata
20x Hamstring Hell
8x 1-Arm Dumbbell Row - Increase load until 8x is
hard, but doable

(3) 4 Rounds
20/20/20 Low Back Complex
20/20 Low Back Lunge
20/20 Kneeling Founder
12x Face Down Back Ext

SESSION 28

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Obj: Stamina

Training:

(1) 600x Step ups (300x each leg) M@40#, W-30#

(2) Run 5 Miles, Moderate Pace
Moderate = Comfortable but not easy

(3) Foam Roll Legs and Lower Back

SESSION 29

Warm up:

5 Rounds
10x Squat Jumps
10x Push ups
5x Pull ups
Instep + Hip Flexor Stretch

Training:

(1) 4 Rounds
300m Shuttle every 2:15

(2) 4 Rounds
10x Ankles to Bar
40-foot Dumbbell Crawl @ 25#
5x Kneeling Plate Halfmoon (M-35#, W-25#)
5x Bird Dog

(3) 2 Rounds
45 Second Jane Fonda
50x Shoulder Hand Job, unloaded

SESSION 30

Obj: Strength/Work Capacity

Warm up:

5 Minute Sandbag Getup (M-80#, W-60#)

Training:

(1) 3 Rounds
Full Leg Blaster
30 Second Rest

(2) 4 Rounds

Mini Leg Blaster
30 Second Rest

(3) 600x Stepups (300x each leg) M-25#, W-15#

SESSION 31

Obj: Strength/Work Capacity

Warm up:

7 Minute Sandbag Getup (M-80#, W-60#)

Training:

(1) 3 Rounds
Full Leg Blaster
30 Second Rest

(2) 4 Rounds
Mini Leg Blaster
30 Second Rest

(3) Run 2.5 Miles, Threshold Pace
Threshold = As fast as Possible without straining

(4) 2 Rounds
45 Second Jane Fonda
Instep + Hip Flexor + Pigeon
5x Shoulder Scarecrow @ 2.5#

SESSION 32

Obj: Strength

Warm up:

5 Rounds
10x Swings (M-35#, W-25#)
10x Goblet Squats (M-35#, W-25#)
10x Push ups
10x Situps
Instep Stretch

Training:

(1) 6 Rounds
4x Shoulder Hold Lunge Lunge each leg -
increase load each round until 4x is hard, but
doable
5x Military Press - increase load each round until
5x is hard, but doable

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Pigeon Stretch

(2) 3 Rounds
3x Calve Raise Tabata
20x Hamstring Hell
8x Pullups Men, 4x Pull ups, Women

(3) 4 Rounds
20/20/20 Low Back Complex
20/20 Low Back Lunge
20/20 Kneeling Founder
12x Face Down Back Ext

SESSION 33

Obj: Stamina

Training:

(1) 700x Step ups (350x each leg) M@40#, W-30#

(2) Run 4 Miles, Moderate Pace
Moderate = Comfortable but not easy

(3) Foam Roll Legs and Lower Back

SESSION 34

Warm up:

5 Rounds
10x Squat Jumps
10x Push ups
5x Pull ups
Instep + Hip Flexor Stretch

Training:

(1) 5 Rounds
300m Shuttle every 2:30

(2) 4 Rounds
10x Weighted Situps (M-35#, W-25#)
60 Second Front Bridge
10x Seated Russian Twist @ 35# plate or Dumbbell (20x total)
10x Face Down Back Ext

(3) 2 Rounds
45 Second Jane Fonda
50x Shoulder Hand Job, @ 2.5#

SESSION 35

Obj: Strength/Work Capacity

Warm up:

7 Minute Sandbag Getup (M-80#, W-60#)

Training:

(1) 3 Rounds
Full Leg Blaster
30 Second Rest

(2) 4 Rounds
Mini Leg Blaster
30 Second Rest

(3) 700x Stepups (350x each leg) M-25#, W-15#

SESSION 36

Obj: Strength/Work Capacity

Warm up:

7 Minute Sandbag Getup (M-80#, W-60#)

Training:

(1) 4 Rounds
Full Leg Blaster
30 Second Rest

(2) 2 Rounds
Mini Leg Blaster
30 Second Rest

(3) Run 2.5 Miles, Threshold Pace
Threshold = As fast as Possible without straining

(4) 2 Rounds
45 Second Jane Fonda
Instep + Hip Flexor + Pigeon
5x Shoulder Scarecrow @ 2.5#

SESSION 37

Obj: Strength

BIG MOUNTAIN TRAINING PLAN V2

Warm up:

3 Rounds

Barbell Complex (M-65#, W-45#)

Instep Stretch

Training:

(1) 6 Rounds

5x Hinge Lift - Increase load each round until 5x is hard, but doable

5x Kettlebell Floor Press - Increase load each round until 5x is hard, but doable

Hip Flexor Stretch

(2) 3 Rounds

3x Calve Raise Tabata

20x Hamstring Hell

8x Chin Ups

(3) 4 Rounds

20/20/20 Low Back Complex

20/20 Low Back Lunge

20/20 Kneeling Founder

12x Face Down Back Ext

SESSION 38

Obj: Stamina

Training:

(1) 800x Step ups (400x each leg) M@40#, W-30#

(2) Run 4 Miles, Moderate Pace

Moderate = Comfortable but not easy

(3) Foam Roll Legs and Lower Back

SESSION 39

Warm up:

5 Rounds

10x Squat Jumps

10x Push ups

5x Pull ups

Instep + Hip Flexor Stretch

Training:

(1) 5 Rounds

300m Shuttle every 2:30

(2) 4 Rounds

10x Ankles to Bar

40-foot Dumbbell Crawl @ 30#

5x Kneeling Plate Halfmoon (M-45#, W-35#)

5x Bird Dog

(3) 2 Rounds

45 Second Jane Fonda

50x Shoulder Hand Job @ 2.5#

SESSION 40

Obj: Strength/Work Capacity

Warm up:

7 Minute Sandbag Getup (M-80#, W-60#)

Training:

(1) 4 Rounds

Full Leg Blaster

30 Second Rest

(2) 2 Rounds

Mini Leg Blaster

30 Second Rest

(3) 800x Stepups (400x each leg) M-25#, W-15#

SESSION 41

Obj: Strength/Work Capacity

Warm up:

10 Minute Sandbag Getup (M-80#, W-60#)

Training:

(1) 4 Rounds

Full Leg Blaster

30 Second Rest

(2) 2 Rounds

Mini Leg Blaster

30 Second Rest

(3) Run 3 Miles, Threshold Pace

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Threshold = As fast as Possible without straining

(4) 2 Rounds
45 Second Jane Fonda
Instep + Hip Flexor + Pigeon
Lat + Pec Stretch

SESSION 42

Obj: Strength

Warm up:

5 Rounds
10x Swings (M-35#, W-25#)
10x Goblet Squats (M-35#, W-25#)
10x Push ups
10x Situps
Instep Stretch

Training:

(1) 6 Rounds
5x Walking Lunge each leg - increase load each round until 5x is hard, but doable
5x Push Press - increase load each round until 5x is hard, but doable
Pigeon Stretch

(2) 3 Rounds
4x Calve Raise Tabata
25x Hamstring Heel
10x Pullups Men, 5x Pull ups, Women

(3) 4 Rounds
20/20/20 Low Back Complex
20/20 Low Back Lunge
20/20 Kneeling Founder
12x Face Down Back Ext

SESSION 43

Obj: Stamina

Training:

(1) 900x Step ups (450x each leg) M@40#, W-30#

(2) Run 3 Miles, Moderate Pace
Moderate = Comfortable but not easy

(3) Foam Roll Legs and Lower Back

SESSION 44

Warm up:

5 Rounds
10x Squat Jumps
10x Push ups
5x Pull ups
Instep + Hip Flexor Stretch

Training:

(1) 5 Rounds
300m Shuttle every 2:30

(2) 4 Rounds
10x Weighted Situps (M-45#, W-35#)
60 Second Front Bridge
10x Seated Russian Twist @ 35# plate or Dumbbell (20x total)
10x Face Down Back Ext

(3) 2 Rounds
45 Second Jane Fonda
50x Shoulder Hand Job, @ 2.5#

SESSION 45

Obj: Strength/Work Capacity

Warm up:

10 Minute Sandbag Getup (M-80#, W-60#)

Training:

(1) 4 Rounds
Full Leg Blaster
30 Second Rest

(2) 2 Rounds
Mini Leg Blaster
30 Second Rest

(3) 900x Stepups (450x each leg) M-25#, W-15#

SESSION 46

Obj: Strength/Work Capacity

BIG MOUNTAIN TRAINING PLAN V2

Warm up:

10 Minute Sandbag Getup (M-80#, W-60#)

Training:

(1) 5 Rounds
Full Leg Blaster
30 Second Rest

(2) Run 3 Miles, Threshold Pace
Threshold = As fast as Possible without straining

(3) 2 Rounds
45 Second Jane Fonda
Instep + Hip Flexor + Pigeon
3x Shoulder Sweep

SESSION 47

Obj: Strength

Warm up:

3 Rounds
Barbell Complex (M-65#, W-45#)
Instep Stretch

Training:

(1) 6 Rounds
5x Hinge Lift - Increase load each round until 5x is hard, but doable
5x Bench Press - Increase load each round until 5x is hard, but doable
Hip Flexor Stretch

(2) 3 Rounds
4x Calve Raise Tabata
25x Hamstring Hell
8x Chin Ups

(3) 4 Rounds
20/20/20 Low Back Complex
20/20 Low Back Lunge
20/20 Kneeling Founder
12x Face Down Back Ext

SESSION 48

Obj: Stamina

Training:

(1) 1,000x Step ups (500x each leg) M@40#, W-30#

(2) Run 3 Miles, Moderate Pace
Moderate = Comfortable but not easy

(3) Foam Roll Legs and Lower Back

SESSION 49

Warm up:

5 Rounds
10x Squat Jumps
10x Push ups
5x Pull ups
Instep + Hip Flexor Stretch

Training:

(1) 5 Rounds
300m Shuttle every 2:15

(2) 4 Rounds
10x Ankles to Bar
40-foot Dumbbell Crawl @ 35#
5x Kneeling Plate Halfmoon (M-45#, W-35#)
5x Bird Dog

(3) 2 Rounds
45 Second Jane Fonda
50x Shoulder Hand Job @ 2.5#

SESSION 50

Obj: Strength/Work Capacity

Warm up:

10 Minute Sandbag Getup (M-80#, W-60#)

Training:

(1) 5 Rounds
Full Leg Blaster
30 Second Rest

(2) 1,000x Stepups (500x each leg) M-25#, W-15#

BIG MOUNTAIN TRAINING PLAN V2
