

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:

- 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 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.

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 to 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:

Kettlebell	Dumbbell
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

SESSION 1 Obj: Strength Obj: Strength/Work Capacity Warm up: Warm up: 4 Rounds 5 Rounds Barbell Complex @ 45# 10x Gobiet Squat w/Dumbbell (M-35#, W-25#) Instep Stretch 10x Push ups 10x Situps Training: Instep Stretch (1) 6 Rounds Training: 4x Front Squat - increase load each round until 4x is hard, but doable, then immediately (1) 6 Rounds 3x Squat Jumps 5x Shoulder Scarecrow @ 2.5# 4x Thrusters - increase load until 4x is hard, but doable, then immediately 2x Burpees (2) 6 Rounds Pigeon Stretch 8x Hinge Lift - increase load each round until 8x is hard, but doable 5x Bench Press - increase load each round until (2) 6 Rounds 5x Walking Lunge each leg holding dumbbells -5x is hard, but doable increase load each round until 5x is hard, but 3/3/3 Toe Touch Complex (3) 4 Rounds 5x Scotty Bobs (M-25#, W-15#) 3x Floor Slide 20x Situps 45 Second Front Bridge (3) 4 Rounds As fast as Possible 5x Kneeling Plate Halfmoon @ 25# 10x Hippity Hops each leg (20x touches total) 10x Face Down Back Extensions 10x Weighted Situps (M-25#, W-15#) ********************** SESSION 4 SESSION 2 Obj: Work Capacity Obj: Stamina/Core Warm up: Training: 5 Minute Sandbag Getup (M-60#, W-40#) (1) Run 4 miles, moderate pace Moderate = comfortable but not easy Training: (2) 4 Rounds (1) 8 Rounds for Time 15/15/15 Low Back Complex 4x Sandbag Clean and Squat each side - 8x Total 15/15 Low Back Lunge (M-60#, W-40#) 15/15 Kneeling Founder 5x Ankles to Bar 10x Face Down Back Extensions 8x Touch/Jump/Touch 15x Hamstring Hell each leg 3x Scotty Bobs (M-25#, W-15#) (2) 4 Rounds

15/15/15 Low Back Complex

SESSION 3

15/15 Low Back Lunge 15/15 Kneeling Founder (1) 6 Rounds 10x Face Down Back Extensions 3x Curtis P - increase load each round until 3x is hard, but doable, then immediately ... (3) 2 Rounds 2x Jumping Lunge each leg - explode as high as 30 Second Jane Fonda each leg possible 2x Shoulder Sweep SESSION 5 (3) 6 Rounds 5x Walking Lunge each leg holding dumbbells -Obj: Strength/Work Capacity increase load each round until 5x is hard, but doable Warm up: 5x Kneeling Curl to Press - increase load each round until 5x is hard, but doable Hip Flexor + Pigeon Stretch 5 Rounds 10x Back Squat (M-75#, W-45#) 10x Push ups (4) 5 Rounds 30 Second 40-foot Shuttle Sprint - touch line at 10x Situps both ends Hip Flexor + Instep Stretch 30 Second Rest Training: (1) 6 Rounds SESSION 7 5x Back Squat - increase load each round until 5x is hard, but doable Obj: Stamina/Core 4x Scotty Bob (M-25#, W-15#) 3/3/3 Toe Touch Complex Training: (2) 10 Rounds (1) For 30 minutes at a Moderate Pace 8x Front Squat (M-85#, W-55#) Run 400m 50x Step ups @ 20" Box 40x Stepups 30 Seconds Rest (2) 4 Rounds 15/15/15 Low Back Complex Sprint to the rest each round 15/15 Low Back Lunge (3) 4 Rounds 15/15 Kneeling Founder 10x Ankles to Bar 10x Face Down Back Extensions 5x Barbell Roll out (Barbell with 5# Plates) 15x Hamstring Hell each leg 5x Standing Russian Twist (M-25#, W-15#) 10x Back Extensions SESSION 8 Obj: Strength SESSION 6 Warm up: Obj: Strength/Work Capacity 4 Rounds Barbell Complex @ 45# Warm up: Instep Stretch 4 Rounds Barbell Complex @ 45# (empty barbell) Training: Instep Stretch (1) 6 Rounds

Training:

4x Front Squat - increase load each round until 4x 5x Burpees is hard, but doable Hip Flexor + Instep Stretch 5x 1-Arm Dumbbell Row - increase load each round until 5x is hard, but doable Training: 30 Second Y+L, unloaded (1) 6 Rounds (2) 6 Rounds 5x Back Squat - increase load each round until 5x 8x Hinge Lift - increase load each round until 8x is is hard, but doable hard, but doable, then immediately ... 8x Kneeling Curl to Press - increase load each 3x Broad Jump round until 8x is hard, but doable Pigeon + Hip Flexor Stretch Pigeon Stretch (3) 4 Rounds (2) 10 Rounds 10x Weighted Situps (M-35#, W-25#) 8x Front Squat (M-85#, W-55#) 50x Step ups @ 20" Box 30/30 Side Bridge 5x Slasher each side (M-35#, W-25#) 30 Seconds Rest 5x Bird Dogs Sprint to the rest each round ********************* SESSION 9 (3) 4 Rounds 10x Ankles to Bar Obj: Work Capacity 5x Barbell Roll out (Barbell with 5# Plates) 5x Standing Russian Twist (M-25#, W-15#) Warm up: 10x Back Extensions 7 Minute Sandbag Getup (M-60#, W-40#) SESSION 11 Training: Obj: Strength/Work Capacity (1) 10 Rounds - Every 2 minutes 10x Swings (M-35# db or 16kg kb, W-25# db or Warm up: 12kg kb) 5 Rounds 10x Jingle Jangles 5x Renegade Rows each side (M-30#, W-20#) 10x Goblet Squat w/Dumbbell (M-35#, W-25#) 10x Box Jumps 10x Push ups 10x Situps (2) 4 Rounds Instep Stretch 15/15/15 Low Back Complex 15/15 Low Back Lunge Training: 15/15 Kneeling Founder 10x Face Down Back Extensions (1) 6 Rounds 4x Thrusters - increase load until 4x is hard, but doable, then immediately (3) 2 Rounds 30 Second Jane Fonda each leg 2x Burpees Pigeon Stretch SESSION 10 (2) 6 Rounds 5x Walking Lunge each leg holding dumbbells -Obj: Strength/Work Capacity increase load each round until 5x is hard, but doable Warm up: 5x Scotty Bobs (M-25#, W-15#)

3x Floor Slide

(3) 4 Rounds As fast as Possible

5 Rounds

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

10x Hippity Hops each leg (20x touches total) 5x Ankles to Bar Obj: Work Capacity Warm up: SESSION 12 7 Minute Sandbag Getup (M-60#, W-40#) Obj: Stamina/Core Training: Training: (1) 5 Rounds for Time (1) Run 4 miles, moderate pace 20x Goblet Squat (M-35#, W-25#) Moderate = comfortable but not easy 10x Burpees 5x Chin ups (palms toward face) (2) 4 Rounds Run 400m 15/15/15 Low Back Complex (2) 4 Rounds 15/15 Low Back Lunge 15/15 Kneeling Founder 15/15/15 Low Back Complex 10x Face Down Back Extensions 15/15 Low Back Lunge 15x Hamstring Hell each leg 15/15 Kneeling Founder 10x Face Down Back Extensions ********************** SESSION 13 (3) 2 Rounds 40 Second Jane Fonda each leg Obj: Strength SESSION 15 Warm up: 4 Rounds Obj: Strength/Work Capacity Barbell Complex @ 45# Instep Stretch Warm up: Training: 5 Rounds 10x Back Squat (M-75#, W-45#) 6 Rounds 10x Push ups 4x Front Squat - increase load each round until 4x 10x Situps Hip Flexor + Instep Stretch is hard, but doable, then immediately 3x Touch/Jump/Touch - be explosive! 3x Floor Slide Training: (2) 6 Rounds (1) 6 Rounds 8x Hinge Lift - increase load each round until 8x is 5x Back Squat - increase load each round until 5x is hard, but doable hard, but doable 5x Bench Press - increase load each round until 4x Scotty Bob (M-35#, W-25#) 5x is hard, but doable 3/3/3 Toe Touch Complex 3/3/3 Toe Touch Complex (2) 10 Rounds (3) 4 Rounds 8x Front Squat (M-95#, W-65#) 25x Situps 50x Step ups @ 20" Box 60 Second Front Bridge 30 Seconds Rest 5x Kneeling Plate Halfmoon (M-45#, W-25#) 10x Face Down Back Extensions Sprint to the rest each round ****************** (3) 4 Rounds

10x Ankles to Bar

SESSION 14

5x Barbell Roll out (Barbell with 10# Plates) 5x Standing Russian Twist (M-35#, W-25#) 10x Back Extensions SESSION 18 Obj: Strength SESSION 16 Warm up: Obj: Strength/Work Capacity 4 Rounds Warm up: Barbell Complex @ 45# Instep Stretch 4 Rounds Barbell Complex @ 45# (empty barbell) Training: Instep Stretch (1) 6 Rounds Training: 4x Front Squat - increase load each round until 4x is hard, but doable (1) 6 Rounds 5x 1-Arm Dumbbell Row - increase load each 3x Curtis P - increase load each round until 3x is round until 5x is hard, but doable hard, but doable, then immediately ... 30 Second Y+L, unloaded 2x Jumping Lunge each leg - explode as high as possible (2) 6 Rounds 2x Shoulder Sweep 8x Hinge Lift - increase load each round until 8x is hard, but doable, then immediately ... (3) 6 Rounds 3x Broad Jump 5x Walking Lunge each leg holding dumbbells -Pigeon + Hip Flexor Stretch increase load each round until 5x is hard, but doable (3) 4 Rounds 10x Weighted Situps (M-45#, W-35#) 5x Kneeling Curl to Press - increase load each round until 5x is hard, but doable 45/45 Side Bridge Hip Flexor + Pigeon Stretch 5x Slasher each side (M-40#, W-30#) 5x Bird Dogs (4) 5 Rounds ******** 30 Second 40-foot Shuttle Sprint - touch line at both ends SESSION 19 30 Second Rest Obj: Work Capacity ********************** SESSION 17 Warm up: Obj: Stamina/Core 10 Minute Sandbag Getup (M-60#, W-40#) Training: Training: (1) For 30 minutes at a Moderate Pace (1) 5 Rounds for Time 10x Renegade Man Maker (M-25#, W-15#) Run 400m 40x Stepups 10x Box Jumps @ 20" Box 5x Ankles to Bar (2) 4 Rounds (2) 4 Rounds 15/15/15 Low Back Complex 15/15/15 Low Back Complex 15/15 Low Back Lunge

> 15/15 Low Back Lunge 15/15 Kneeling Founder

10x Face Down Back Extensions

15/15 Kneeling Founder

10x Face Down Back Extensions

15x Hamstring Hell each leg

Threshold = As fast as Possible without straining (3) 2 Rounds (3) 2 Rounds 40 Second Jane Fonda each leg 40 Second Jane Fonda Instep + Hip Flexor + Pigeon SESSION 20 Lat + Pec Stretch Obj: Strength/Work Capacity SESSION 22 Warm up: Obj: Strength 5 Rounds 10x Back Squat (M-95#, W-65#) Warm up: 5x Burpees Hip Flexor + Instep Stretch 5 Rounds 10x Swings (M-35#, W-25#) Training: 10x Goblet Squats (M-35#, W-25#) 10x Push ups (1) 6 Rounds 10x Situps 5x Back Squat - increase load each round until 5x Instep Stretch is hard, but doable 8x Kneeling Curl to Press - increase load each Training: round until 8x is hard, but doable Pigeon Stretch (1) 6 Rounds 5x Walking Lunge each leg - increase load each (2) 10 Rounds round until 5x is hard, but doable 8x Front Squat (M-95#, W-65#) 5x Push Press - increase load each round until 5x 50x Step ups @ 20" Box is hard, but doable 30 Seconds Rest Pigeon Stretch Sprint to the rest each round (2) 3 Rounds 2x Calve Raise Tabata (3) 4 Rounds 20x Hamstring Hell 10x Ankles to Bar 8x Pullups Men, 4x Pull ups, Women 5x Barbell Roll out (Barbell with 10# Plates) 5x Standing Russian Twist (M-35#, W-25#) (3) 4 Rounds 10x Back Extensions 20/20/20 Low Back Complex 20/20 Low Back Lunge 20/20 Kneeling Founder SESSION 21 12x Face Down Back Ext Obj: Strength/Work Capacity SESSION 23 Warm up: Obj: Stamina 5 Minute Sandbag Getup (M-80#, W-60#) Training: Training: 500x Step ups (250x each leg) M@40#, (1) 10 Rounds W-30# Mini Leg Blaster 10x Weighted Situps @ 25# (2) Run 5 Miles, Moderate Pace

(2) Run 2 Miles, Threshold Pace

Moderate = Comfortable but not easy

(3) Foam Roll Legs and Lower Back	
	Training:
SESSION 24	(1) 3 Rounds Full Leg Blaster
Warm up:	30 Second Rest
5 Rounds	(2) 4 Rounds
10x Squat Jumps	Mini Leg Blaster
10x Push ups	30 Second Rest
5x Pull ups	
Instep + Hip Flexor Stretch	(3) Run 2 Miles, Threshold Pace Threshold = As fast as Possible without straining
Training:	
(4) A Bounds	(4) 2 Rounds
(1) 4 Rounds	40 Second Jane Fonda
300m Shuttle every 2:30	Instep + Hip Flexor + Pigeon
(2) 4 Rounds	3x Shoulder Sweep
10x Weighted Situps (M-35#, W-25#)	***************************************
60 Second Front Bridge	SESSION 27
10x Seated Russian Twist @ 25# plate or	0200.0.1 21
Dumbbell (20x total)	Obj: Strength
10x Face Down Back Ext	
	Warm up:
(3) 2 Rounds	
45 Second Jane Fonda	3 Rounds
50x Shoulder Hand Job, unloaded	Barbell Complex (M-65#, W-45#)
***************************************	Instep Stretch
SESSION 25	Training:
0200101120	Training.
Obj: Strength/Work Capacity	(1) 6 Rounds
	5x Hinge Lift - increase load each round until 5x is
Warm up:	hard, but doable
	5x Bench Press - increase load each round until
5 Minute Sandbag Getup (M-80#, W-60#)	5x is hard, but doable
Troining	Hip Flexor Stretch
Training:	(2) 3 Rounds
(1) 10 Rounds	2x Calve Raise Tabata
Mini Leg Blaster	20x Hamstring Hell
10x Weighted Situps @ 25#	8x 1-Arm Dumbbell Row - increase load until 8x is
	hard, but doable
(2) 500x Stepups (250x each leg) M-25#, W-15#	
	(3) 4 Rounds
	20/20/20 Low Back Complex
SESSION 26	20/20 Low Back Lunge
Ohi: Strongth Mark Consolts	20/20 Kneeling Founder 12x Face Down Back Ext
Obj: Strength/Work Capacity	12x Face Down Dack Ext
Warm up:	***************************************
······································	SESSION 28
5 Minute Sandbag Getup (M-80#, W-60#)	

Obj: Stamina Mini Leg Blaster 30 Second Rest Training: (3) 600x Stepups (300x each leg) M-25#, W-15# 600x Step ups (300x each leg) M@40#, ******************** W-30# SESSION 31 (2) Run 5 Miles, Moderate Pace Moderate = Comfortable but not easy Obj: Strength/Work Capacity (3) Foam Roll Legs and Lower Back Warm up: 7 Minute Sandbag Getup (M-80#, W-60#) SESSION 29 Training: Warm up: (1) 3 Rounds 5 Rounds Full Leg Blaster 30 Second Rest 10x Squat Jumps 10x Push ups (2) 4 Rounds 5x Pull ups Instep + Hip Flexor Stretch Mini Leg Blaster 30 Second Rest Training: (3) Run 2.5 Miles, Threshold Pace (1) 4 Rounds Threshold = As fast as Possible without straining 300m Shuttle every 2:15 (4) 2 Rounds (2) 4 Rounds 45 Second Jane Fonda 10x Ankles to Bar Instep + Hip Flexor + Pigeon 40-foot Dumbbell Crawl @ 25# 5x Shoulder Scarecrow @ 2.5# 5x Kneeling Plate Halfmoon (M-35#, W-25#) 5x Bird Dog SESSION 32 (3) 2 Rounds 45 Second Jane Fonda Obj: Strength 50x Shoulder Hand Job, unloaded Warm up: ****************** SESSION 30 5 Rounds 10x Swings (M-35#, W-25#) Obj: Strength/Work Capacity 10x Goblet Squats (M-35#, W-25#) 10x Push ups Warm up: 10x Situps Instep Stretch 5 Minute Sandbag Getup (M-80#, W-60#) Training: Training: (1) 6 Rounds (1) 3 Rounds 4x Shoulder Hold Lunge Lunge each leg -Full Leg Blaster increase load each round until 4x is hard, but 30 Second Rest doable 5x Military Press - increase load each round until (2) 4 Rounds 5x is hard, but doable

Pigeon Stretch (2) 3 Rounds SESSION 35 3x Calve Raise Tabata 20x Hamstring Hell Obj: Strength/Work Capacity 8x Pullups Men, 4x Pull ups, Women Warm up: (3) 4 Rounds 20/20/20 Low Back Complex 7 Minute Sandbag Getup (M-80#, W-60#) 20/20 Low Back Lunge 20/20 Kneeling Founder Training: 12x Face Down Back Ext (1) 3 Rounds ************ Full Leg Blaster SESSION 33 30 Second Rest Obj: Stamina (2) 4 Rounds Mini Leg Blaster 30 Second Rest Training: (1) 700x Step ups (350x each leg) M@40#, (3) 700x Stepups (350x each leg) M-25#, W-15# W-30# ******** (2) Run 4 Miles, Moderate Pace SESSION 36 Moderate = Comfortable but not easy Obj: Strength/Work Capacity (3) Foam Roll Legs and Lower Back Warm up: SESSION 34 7 Minute Sandbag Getup (M-80#, W-60#) Warm up: Training: 5 Rounds (1) 4 Rounds 10x Squat Jumps Full Leg Blaster 30 Second Rest 10x Push ups 5x Pull ups Instep + Hip Flexor Stretch (2) 2 Rounds Mini Leg Blaster 30 Second Rest Training: (1) 5 Rounds (3) Run 2.5 Miles, Threshold Pace 300m Shuttle every 2:30 Threshold = As fast as Possible without straining (2) 4 Rounds (4) 2 Rounds 10x Weighted Situps (M-35#, W-25#) 45 Second Jane Fonda Instep + Hip Flexor + Pigeon 60 Second Front Bridge 10x Seated Russian Twist @ 35# plate or 5x Shoulder Scarecrow @ 2.5# Dumbbell (20x total) 10x Face Down Back Ext SESSION 37 (3) 2 Rounds 45 Second Jane Fonda Obj: Strength

50x Shoulder Hand Job, @ 2.5#

Warm up: (1) 5 Rounds 300m Shuttle every 2:30 3 Rounds Barbell Complex (M-65#, W-45#) (2) 4 Rounds Instep Stretch 10x Ankles to Bar 40-foot Dumbbell Crawl @ 30# Training: 5x Kneeling Plate Halfmoon (M-45#, W-35#) 5x Bird Dog (1) 6 Rounds 5x Hinge Lift - increase load each round until 5x is (3) 2 Rounds hard, but doable 45 Second Jane Fonda 5x Kettlebell Floor Press - increase load each 50x Shoulder Hand Job @ 2.5# round until 5x is hard, but doable ****************** Hip Flexor Stretch SESSION 40 (2) 3 Rounds 3x Calve Raise Tabata Obj: Strength/Work Capacity 20x Hamstring Hell 8x Chin Ups Warm up: (3) 4 Rounds 7 Minute Sandbag Getup (M-80#, W-60#) 20/20/20 Low Back Complex Training: 20/20 Low Back Lunge 20/20 Kneeling Founder 12x Face Down Back Ext (1) 4 Rounds Full Leg Blaster ************ 30 Second Rest SESSION 38 (2) 2 Rounds Obj: Stamina Mini Leg Blaster 30 Second Rest Training: (3) 800x Stepups (400x each leg) M-25#, W-15# 800x Step ups (400x each leg) M@40#. W-30# SESSION 41 (2) Run 4 Miles, Moderate Pace Moderate = Comfortable but not easy Obj: Strength/Work Capacity (3) Foam Roll Legs and Lower Back Warm up: 10 Minute Sandbag Getup (M-80#, W-60#) SESSION 39 Training: Warm up: (1) 4 Rounds 5 Rounds Full Leg Blaster 10x Squat Jumps 30 Second Rest 10x Push ups 5x Pull ups (2) 2 Rounds Instep + Hip Flexor Stretch Mini Leg Blaster 30 Second Rest Training: (3) Run 3 Miles, Threshold Pace

Threshold = As fast as Possible without straining (3) Foam Roll Legs and Lower Back ********* (4) 2 Rounds 45 Second Jane Fonda SESSION 44 Instep + Hip Flexor + Pigeon Lat + Pec Stretch Warm up: 5 Rounds SESSION 42 10x Squat Jumps 10x Push ups Obj: Strength 5x Pull ups Instep + Hip Flexor Stretch Warm up: Training: 5 Rounds 10x Swings (M-35#, W-25#) (1) 5 Rounds 10x Goblet Squats (M-35#, W-25#) 300m Shuttle every 2:30 10x Push ups 10x Situps (2) 4 Rounds Instep Stretch 10x Weighted Situps (M-45#, W-35#) 60 Second Front Bridge Training: 10x Seated Russian Twist @ 35# plate or Dumbbell (20x total) (1) 6 Rounds 10x Face Down Back Ext 5x Walking Lunge each leg - increase load each round until 5x is hard, but doable (3) 2 Rounds 5x Push Press - increase load each round until 5x 45 Second Jane Fonda 50x Shoulder Hand Job, @ 2.5# is hard, but doable Pigeon Stretch (2) 3 Rounds SESSION 45 4x Calve Raise Tabata 25x Hamstring Hell Obj: Strength/Work Capacity 10x Pullups Men, 5x Pull ups, Women Warm up: (3) 4 Rounds 10 Minute Sandbag Getup (M-80#, W-60#) 20/20/20 Low Back Complex 20/20 Low Back Lunge 20/20 Kneeling Founder Training: 12x Face Down Back Ext (1) 4 Rounds *********** Full Leg Blaster SESSION 43 30 Second Rest Obj: Stamina (2) 2 Rounds Mini Leg Blaster 30 Second Rest Training: 900x Step ups (450x each leg) M@40#, (3) 900x Stepups (450x each leg) M-25#, W-15# W-30# (2) Run 3 Miles, Moderate Pace SESSION 46 Moderate = Comfortable but not easy Obj: Strength/Work Capacity

Warm up: Training: 10 Minute Sandbag Getup (M-80#, W-60#) (1) 1,000x Step ups (500x each leg) M@40#, W-30# Training: (2) Run 3 Miles, Moderate Pace (1) 5 Rounds Moderate = Comfortable but not easy Full Leg Blaster 30 Second Rest (3) Foam Roll Legs and Lower Back (2) Run 3 Miles, Threshold Pace Threshold = As fast as Possible without straining SESSION 49 (3) 2 Rounds Warm up: 45 Second Jane Fonda Instep + Hip Flexor + Pigeon 5 Rounds 3x Shoulder Sweep 10x Squat Jumps 10x Push ups ********** 5x Pull ups SESSION 47 Instep + Hip Flexor Stretch Obj: Strength Training: Warm up: (1) 5 Rounds 300m Shuttle every 2:15 3 Rounds (2) 4 Rounds Barbell Complex (M-65#, W-45#) Instep Stretch 10x Ankles to Bar 40-foot Dumbbell Crawl @ 35# Training: 5x Kneeling Plate Halfmoon (M-45#, W-35#) 5x Bird Dog (1) 6 Rounds (3) 2 Rounds 5x Hinge Lift - increase load each round until 5x is 45 Second Jane Fonda hard, but doable 5x Bench Press - increase load each round until 50x Shoulder Hand Job @ 2.5# 5x is hard, but doable ***************** Hip Flexor Stretch SESSION 50 (2) 3 Rounds 4x Calve Raise Tabata Obj: Strength/Work Capacity 25x Hamstring Hell 8x Chin Ups Warm up: (3) 4 Rounds 10 Minute Sandbag Getup (M-80#, W-60#) 20/20/20 Low Back Complex 20/20 Low Back Lunge Training: 20/20 Kneeling Founder (1) 5 Rounds 12x Face Down Back Ext Full Leg Blaster -----30 Second Rest SESSION 48 (2) 1,000x Stepups (500x each leg) M-25#, W-15#

Obj: Stamina