Session #0: Woodsman

PRIMARY ATTRIBUTES TRAINED
•Concentric Leg strength for climbing •Aerobic capacity under load for extended durations
•Low Back Strength and durability for stabilizing external loads
•Eccentric Leg Strength for descent

SECONDARY ATTRIBUTES TRAINED
•Ankle Mobility
•Calf Strength Endurance •Core strength
•Total body strength

EQUIPMENT NEEDED:
• Basic Gym Equipment
•Tire and harness set up for pulling •Hunting pack / Backpack loaded at 25lbs • 45lb plate or sandbag to load on tire

Session:

Program Purpose
This 5 week program is designed for athletes going into the mountains for an extended trip under load. This program will work for any multi-day trip where the athlete will be carrying 25-85lbs for extended durations. This program is challenging, and having some sort of base fitness is recommended.

You will need access to a basic gym setup with barbells, dumbbells, benches and racks. You will train one day per week in the gym, with the remaining session outside. You will also need a tire / sled rig loaded at 25-45lbs for pulling and the pack you plan on taking on your trip with weight. We recommend training as often as possible in the attire / footwear that you will be using during the trip. At a minimum train 1x week in your trip attire/footwear.

Program Outline
You will train 4 days a week on this program. You will have 3 different types of sessions which are described below. It is recommended that you train Monday, Tuesday, Thursday, and Friday. If you are unable to train on those days, train when you can but follow the sessions in order.

Session #1: Woodsman

These sessions will be most similar to what you will experience in the mountains. These sessions will progress in duration and volume over the course of the program. You will conduct these sessions 2x week. Each week they will become more difficult.

Tire Drag
After a short warm up you will start with a long tire drag (1km to 3km) wearing a 25-45lb pack. This setup will simulate hiking uphill under load. The tire will actually make you lean forward as you would in the mountains and the pace you drag the tire will be very similar to hard climbing. 1000 meters should take approximately 20 minutes.

If the tire slides easily and you are able to walk normally then you will need to add weight to the tire until it becomes difficult to drag. Loose gravel and sand make the tire easy to pull, so try to pull on concrete or grass. If you are completing the drag in less than18 minutes, increase the weight in the tire or change to a dragging surface with more friction. This part of the session is hard by design. You should be breathing heavy, sweating your ass off, and your legs and hips should be on fire.

Our training area is made of chip seal pavement, a very hard and rough surface. On this surface, a 35-45lb plate for men and 10-25lb plate for women is appropriate loading.

Packs are optional for the tire drag.

For hunters that carry out their own meat we recommend an additional weekly heavy ruck session of 45-60 minutes. If you can do this after your session that is even more realistic. Carry as much weight as you plan on carrying while extracting your kill. If you plan on using horses or ATV's then this additional work is not necessary.

Eccentric Leg Strength Circuit
Following the Tire Drag effort you will go into a eccentric leg strength circuit. At this point your legs should be tired. This is by design because the goal of the circuit is to train your ability to go downhill on tired legs. This effort will always be 10 rounds with 30 seconds of rest but will progress in volume during the cycle. Jumping lunges are challenging. If you have not been training before starting this cycle you may struggle with this exercise. Stick with the prescribed movement for as long as possible. If you hit failure or lose control simply switch to regular lunges and regular squats.

Ankle Mobility
The ankle mobility portion is designed to keep the ankles and calves mobile and flexible. If you do not live in the mountains then chances are your body and ankles are used to walking on flat ground. This circuit is designed to prepare them for moving over uneven terrain. Hold each stretch for the programmed duration.

Hip and Shoulder Mobility
We will finish off this session with hip and shoulder mobility. This mobility session will stay the same throughout the cycle. Work on getting deeper and relaxing after. This is essentially your cool down.

Session:

Hunt Specific

Warmup:
1200 meter run

1) 3 rounds
5x Lunging Dislocates e/s
5x Hydrants e/s
5x Mantis

2) Concentric Leg Strength / Aerobic Base
1000 meter tire drag with 45lbs plate and 25lb pack

3) Eccentric Leg Strength
5x Jumping lunges e/s
5x Squat Jumps
Rest 30 seconds

4) Ankle Mobility: 1 round
2 minutes 3rd world rack stretch

5) Hip and Shoulder Mobility: 3 rounds
15 seconds Pigeon Stretch e/s
15 seconds Ultimate Shoulder Stretch
15 seconds Instep + Quad e/s
15 second peanut

Session #2: Woodsman

During this strength session we will leave your legs alone because they're getting enough work in the other sessions. We'll start this session with a total body exercise to simulate lifting heavy loads up onto the shoulders or overhead. The two exercises you'll see are the power clean and the power snatch. These exercises will help prepare you for picking up heavy packs or heavy hindquarters and increase your overall strength.

Due to the fact you are training on your own a coach can't load you for each exercise. In our programming, "DBD" means difficult but doable. This means you should train at a load that is heavy enough to make you work but not so heavy that your form breaks down. Male athletes often get overzealous and go a little too heavy during this portion of training. Never load yourself with so much weight that there is a chance of injury. Keep your long term goal in mind. You have set aside a significant amount of time and resources for this trip. Don't miss out on it because you tried to lift too much weight in a strength session.

After the total body work you'll drop into some upper body strength. These circuits will rotate through 2 push / pull combos and then be followed by some supplemental arm work. The same guidelines apply to these exercises regarding loading - work at a challenging weight. If you notice fatigue setting in during the later rounds just drop some weight.

We'll finish of this session with some core, durability and calf work. The core sessions are designed to strengthen the low back and isometric core strength so you can more easily support heavy external loads. We'll hammer your calves as well to get them ready for the mountains. The durability session is short but sweet and is designed to increase hip and shoulder stability.

Session:

Strength

Warmup
3 rounds - 65/45lbs then increasing
5x Deadlift
5x Hang Clean
5x Dislocates
15 seconds Peanut

Additional warmup 2 rounds
3x Power Clean - slightly heavier

Total Body Strength
5 rounds
2x Power Clean - DBD
15 seconds Foam Roll Inner thigh e/s

Upper Body Strength
5 rounds
8x Bench Press - DBD
8x Single Arm Row e/s - DBD 15 seconds Glute Ball e/s

Hypertrophy
4 rounds
10x Barbell Bicep Curls - DBD
10x Dumbbell Skull Crushers

10x Close Grip Pushups
5x Pec Ball e/s

Core / Supplemental
3 rounds
45 second bridge
20/20 Founder
25x Calf raises

Durability
1 rounds
20 second Jane Fonda Complex e/s
50x Shoulder Handjob e/s

Session #3: Woodsman

Taking this effort and extending it....we'll do so each time we do it.

This exercise is absolutely awful, but it is the closest thing you will get to hiking in the mountains.

Enjoy,
Coach Saenz

Session:

Hunt Specific

Warmup
1200 meter run

3 rounds
5x Lunging Dislocates e/s
5x Hydrants
5x Mantis

Concentric Leg Strength / Aerobic Base
1250 meter tire drag with 45lbs plate and 25lb pack

Eccentric Leg Strength
5x Jumping lunges e/s
5x Squat Jumps
Rest 30 seconds

Ankle Mobility
1 round
2 minutes 3rd world rack stretch

Hip and Shoulder Mobility
3 rounds
15 seconds Pigeon Stretch e/s
15 seconds Ultimate Shoulder Stretch
15 seconds Instep + Quad e/s
15 second peanut

Session #4: Woodsman

This session is designed to accompany the main effort and provide additional work to build your aerobic base. You will run for 25-45 minutes at a moderate pace. A moderate pace is one that is challenging but one you can maintain successfully for the entire duration. Runners call this pace "steady state."

If possible we suggest doing this session on uneven or hilly terrain. If you don't have access to hilly terrain you can do these sessions at a local school with bleachers or in a parking garage.

After the run session you will repeat the core, supplemental, and durability work you did on session 2.

All of these exercises will be progressed throughout the cycle and are more important than you'd think. Don't skip them.

Session:

Aerobic Base

Warmup
Movement Prep Complex

Aerobic Conditioning
25 minute moderate pace run

Core / Supplemental
3 rounds
45 second bridge
20/20 Founder
25x Calf raises

Durability
1 rounds
20 second Jane Fonda Complex e/s
50x Shoulder Handjob e/s

Session #5: Woodsman

As you move forward there are small changes in design. Most of the time you will see small progressions in either distance or duration.

This format is simple, and effective, but sometimes boring.

Remember we are training for a specific event and in reality the "fun" is yet to come. That happens once we get to the mountains.

Do your best to get in 1 long walk a week with a pack on - for those that are time crunched this can be substituted for the 2nd weekly tire drag.

Session:

Hunt Specific

Warmup
1200 meter run

3 rounds
5x Lunging Dislocates e/s
5x Hydrants e/s
5x Mantis

Concentric Leg Strength / Aerobic Base
1500 meter tire drag with 45lbs plate and 25lb pack

Eccentric Leg Strength
6x Jumping lunges e/s
6x Squat Jumps
Rest 30 seconds

Ankle Mobility
1 round
2 minutes 3rd world rack stretch

Hip and Shoulder Mobility
3 rounds
15 seconds Pigeon Stretch e/s
15 seconds Ultimate Shoulder Stretch
15 seconds Instep + Quad e/s
15 second peanut

Session #6: Woodsman

We'll alternate every week between two variations of strength training.

Working the power snatch today. Since we are just doing a "Power" Snatch any mobility restrictions shouldn't be an issue. Make sure to watch the video below for how to execute this movement correctly.

Also changing up the press, pull, and arm work today.

Enjoy,
Coach Saenz

Session:

Strength

Warmup
3 rounds - 65/45lbs then increasing
5x Snatch Grip Deadlift
5x Hang Power Snatch
5x Dislocates
15 seconds Peanut

Additional warmup
2 rounds
3x Power Snatch - slightly heavier

Total Body Strength
5 rounds
2x Power Snatch - DBD
15 seconds Foam Roll Inner thigh e/s

Upper Body Strength
5 rounds
8x Military Press - DBD
85% Max reps Pullup
15 seconds Glute Ball e/s

Hypertrophy
4 rounds
10x Alternating Dumbbell Curls e/s
10x Overhead Triceps Extension
10x Close Grip Pushups
5x Pec Ball e/s

Core / Supplemental
3 rounds
50 second bridge
25/25 Founder
30x Calf raises

Durability
1 round

25 second Jane Fonda Complex e/s
55x Shoulder Handjob e/s

Session #7: Woodsman

No new notes for this session.

Session:

Hunt Specific

Warmup
1200 meter run

3 rounds
5x Lunging Dislocates e/s
5x Hydrants e/s
5x Mantis

Concentric Leg Strength / Aerobic Base
1750 meter tire drag with 45lbs plate and 25lb pack

Eccentric Leg Strength
6x Jumping lunges e/s
6x Squat Jumps
Rest 30 seconds

Ankle Mobility
1 round
2 minutes 3rd world rack stretch

Hip and Shoulder Mobility
3 rounds
15 seconds Pigeon Stretch e/s
15 seconds Ultimate Shoulder Stretch
15 seconds Instep + Quad e/s
15 second peanut

Session #8: Woodsman

No new notes for this session.

Session:

Aerobic Base

Warmup
Movement Prep Complex

Aerobic Conditioning
30 minute moderate pace run

Core / Supplemental
3 rounds
50 second bridge
25/25 Founder
30x Calf raises

Durability
1 rounds
25 second Jane Fonda Complex e/s
55x Shoulder Handjob e/s

Session #9: Woodsman

Trust me....in a few weeks you'll be glad you did these. This is the best exercise to prepare you for moving through the mountains.

Session:

Hunt Specific

Warmup
1200 meter run

3 rounds
5x Lunging Dislocates e/s
5x Hydrants e/s
5x Mantis

Concentric Leg Strength / Aerobic Base
2000 meter tire drag with 45lbs plate and 25lb pack

Eccentric Leg Strength
7x Jumping lunges e/s
7x Squat Jumps
Rest 30 seconds

Ankle Mobility
1 round
2 minutes 3rd world rack stretch

Hip and Shoulder Mobility
3 rounds
15 seconds Pigeon Stretch e/s
15 seconds Ultimate Shoulder Stretch
15 seconds Instep + Quad e/s
15 second peanut

Session #10: Woodsman

Back over to cleans today. You should work at a slightly heavier load today.

Session:

Strength

Warmup
3 rounds - 65/45lbs then increasing
5x Deadlift
5x Hang Clean
5x Dislocates
15 seconds Peanut

Additional warmup
2 rounds
3x Power Clean - slightly heavier

Total Body Strength
5 rounds
2x Power Clean - DBD
15 seconds Foam Roll Inner thigh e/s

Upper Body Strength
5 rounds
8x Bench Press - DBD
8x Single Arm Row e/s - DBD
15 seconds Glute Ball e/s

Hypertrophy
4 rounds
10x Barbell Bicep Curls - DBD
10x Dumbbell Skull Crushers
10x Close Grip Pushups
5x Pec Ball e/s

Core / Supplemental
3 rounds
55 second bridge
30/30 Founder
35x Calf raises

Durability
1 rounds
30 second Jane Fonda Complex e/s
60x Shoulder Handjob e/s

Session #11: Woodsman

No new notes for this session.

Session:

Hunt Specific

Warmup
1200 meter run

3 rounds
5x Lunging Dislocates e/s
5x Hydrants e/s
5x Mantis

Concentric Leg Strength / Aerobic Base
2250 meter tire drag with 45lbs plate and 25lb pack

Eccentric Leg Strength
7x Jumping lunges e/s
7x Squat Jumps
Rest 30 seconds

Ankle Mobility
1 round
2 minutes 3rd world rack stretch

Hip and Shoulder Mobility
3 rounds
15 seconds Pigeon Stretch e/s
15 seconds Ultimate Shoulder Stretch
15 seconds Instep + Quad e/s
15 second peanut

Session #12: Woodsman

No new notes for this session.

Session:

Aerobic Base

Warmup
Movement Prep Complex

Aerobic Conditioning
35 minute moderate pace run

Core / Supplemental
3 rounds
55 second bridge
30/30 Founder
35x Calf raises

Durability
1 rounds
30 second Jane Fonda Complex e/s
60x Shoulder Handjob e/s

Session #13: Woodsman

No new notes for this session.

Session:

Hunt Specific

Warmup
1200 meter run

3 rounds
5x Lunging Dislocates e/s
5x Hydrants e/s
5x Mantis

Concentric Leg Strength / Aerobic Base
2500 meter tire drag with 45lbs plate and 25lb pack

Eccentric Leg Strength
8x Jumping lunges e/s
8x Squat Jumps
Rest 30 seconds

Ankle Mobility
1 round
2 minutes 3rd world rack stretch

Hip and Shoulder Mobility
3 rounds
15 seconds Pigeon Stretch e/s
15 seconds Ultimate Shoulder Stretch
15 seconds Instep + Quad e/s
15 second peanut

Session #14: Woodsman

No new notes for this session.

Session:

Strength

Warmup - 3 rounds - 65/45lbs then increasing
5x Snatch Grip Deadlift
5x Hang Power Snatch
5x Dislocates
15 seconds Peanut

Additional warmup
2 rounds
3x Power Snatch - slightly heavier

Total Body Strength
5 rounds
2x Power Snatch - DBD
15 seconds Foam Roll Inner thigh e/s

Upper Body Strength
5 rounds
8x Military Press - DBD
85% Max reps Pullup
15 seconds Glute Ball e/s

Hypertrophy
4 rounds
10x Alternating Dumbbell Curls
10x Overhead Triceps Extension
10x Close Grip Pushups
5x Pec Ball e/s

Core / Supplemental
3 rounds
60 second bridge
35/35 Founder
40x Calf raises

Durability
1 rounds
35 second Jane Fonda Complex e/s
65x Shoulder Handjob e/s

Session #15: Woodsman

No new notes for this session.

Session:

Hunt Specific

Warmup
1200 meter run

3 rounds
5x Lunging Dislocates e/s
5x Hydrants e/s
5x Mantis

Concentric Leg Strength / Aerobic Base
2750 meter tire drag with 45lbs plate and 25lb pack

Eccentric Leg Strength
8x Jumping lunges e/s
8x Squat Jumps
Rest 30 seconds

Ankle Mobility
1 round
2 minutes 3rd world rack stretch

Hip and Shoulder Mobility
3 rounds
15 seconds Pigeon Stretch e/s
15 seconds Ultimate Shoulder Stretch
15 seconds Instep + Quad e/s
15 second peanut

Session #16: Woodsman

No new notes for this session.

Session:

Aerobic Base

Warmup
Movement Prep Complex

Aerobic Conditioning
40 minute moderate pace run

Core / Supplemental
3 rounds
60 second bridge
35/35 Founder
40x Calf raises

Durability
1 rounds
35 second Jane Fonda Complex e/s
65x Shoulder Handjob e/s

Session #17: Woodsman

No new notes for this session.

Session:

Hunt Specific

Warmup
1200 meter run

3 rounds
5x Lunging Dislocates e/s
5x Hydrants e/s
5x Mantis

Concentric Leg Strength / Aerobic Base
3000 meter tire drag with 45lbs plate and 25lb pack

Eccentric Leg Strength
9x Jumping lunges e/s
9x Squat Jumps
Rest 30 seconds

Ankle Mobility
1 round
2 minutes 3rd world rack stretch

Hip and Shoulder Mobility
3 rounds
15 seconds Pigeon Stretch e/s
15 seconds Ultimate Shoulder Stretch
15 seconds Instep + Quad e/s
15 second peanut

Session #18: Woodsman

Session:

Strength

Warmup
3 rounds - 65/45lbs then increasing
5x Deadlift
5x Hang Clean
5x Dislocates
15 seconds Peanut

Movement Prep
2 rounds
3x Power Clean - slightly heavier

Total Body Strength
5 rounds
2x Power Clean - DBD
15 seconds Foam Roll Inner thigh e/s

Upper Body Strength
5 rounds
8x Bench Press - DBD
8x Single Arm Row e/s - DBD
15 seconds Glute Ball e/s

Hypertrophy
4 rounds
10x Barbell Bicep Curls - DBD
10x Dumbbell Skull Crushers
10x Close Grip Pushups
5x Pec Ball e/s

Core / Supplemental
3 rounds
65 second bridge
40/40 Founder
45x Calf raises

Durability
1 rounds
40 second Jane Fonda Complex e/s
70x Shoulder Handjob e/s

Session #19: Woodsman

Last tire drag.....bet you guys are stoked about that. Don't worry, you'll be thankful you did the work up front.

Session:

Hunt Specific

Warmup
1200 meter run

3 rounds
5x Lunging Dislocates
5x Hydrants
5x Mantis

Concentric Leg Strength / Aerobic Base
3250 meter tire drag with 45lbs plate and 25lb pack

Eccentric Leg Strength
9x Jumping lunges e/s
9x Squat Jumps
Rest 30 seconds

Ankle Mobility
1 round
2 minutes 3rd world rack stretch

Hip and Shoulder Mobility
3 rounds
15 seconds Pigeon Stretch e/s
15 seconds Ultimate Shoulder Stretch
15 seconds Instep + Quad e/s
15 second peanut

Session #20: Woodsman

Well done - this program was no joke. The Tire Drag is known around our gym as being "one of the most awful exercises."

There is no tricks, no shortcuts, no technique. It's just a grind.....

You put in the work, now go enjoy it.

Good luck out there and stay safe.

- Coach Saenz

Session:

Aerobic Base

Warmup
Movement Prep

Aerobic Conditioning
45 minute moderate pace run

Core / Supplemental
3 rounds
65 second bridge
40/40 Founder
45x Calf raises

Durability
1 rounds
40 second Jane Fonda Complex e/s
70x Shoulder Handjob e/s