

Hiking Strength Program

by The Weekend Warrior Life

| Ramp Up | Week | Monday | Details | Wednesday | Details | Weekend | Details |
|---------|------|----------------------------------------------------------------------------------|---------------|---------------------------------------------------------------------------------------------------|---------------|-------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------|
| | 1 | Warmup Squats - 3x10 Lunges - 2x20 Pushups - 2xMax Plank - 2xMax | Weight: _____ | Warmup Deadlift - 3x10 Step-ups BW - 2x20 Pull Up/Row - 2xMax Hollow Rock - 2xMax | Weight: _____ | Hike | Distance: _____ Location: _____ |
| | 2 | Warmup Squats - 3x10 Lunges - 2x20 Pushups - 2xMax Plank - 2xMax | Weight: _____ | Warmup Deadlift - 3x10 Step-ups BW - 2x20 Pull Up/Row - 2xMax Hollow Rock - 2xMax | Weight: _____ | Warmup Squats - 40-30-20-10 Pushups - 10-20-30-40 Pullups - 5-5-5-5 Plank - 30s-60s-30s-60s | Time: _____ <i>Perform work as: 40 squats, 10 pushups, 5 pullups, 30 squats and so on</i> |

Hiking Strength Program

by The Weekend Warrior Life

Phase 1

| Week | Monday | Details | Wednesday | Details | Weekend | Details |
|------|--------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------|-------------------------------------------------------------|
| 1 | Warmup Squats - 5x5 Max Rounds in 15 Min: 5 Pullups/Rows 10 Pushups 15 Squats | Weight: _____ Rounds: _____ | Warmup Deadlift - 5x5 Jump rope - 60-40-20 Bearcrawl - 20 yds forward/20 yds back Situps - 30-20-10 Plank - 2x1 min | Weight: _____ Time: _____ <i>Perform work as: Jump rope, Bearcrawl, Situps</i> | Hike - 2-4 Miles Weighted Pack | Weight: _____ Distance: _____ Location: _____ |
| 2 | Warmup Squats - 4x5, 1x5+ 3 Rounds Step-ups (Weighted) x20 Rows x10 Hollow Rock 2x10 + hold | Weight: _____ Reps: _____ Time: _____ | Warmup Deadlift - 4x5, 1x5+ Tabata: Pushup Squat Situp Grip: Towel Hangs 2xMax hold time | Weight: _____ Reps: _____ <i>Tabata Interval: 20s On - 10s Off 4 minutes Rest 1 min between exercises</i> | Sprint 10 rounds | 15s Flat or Hill Rest ~1 min between Runs |
| 3 | Warmup Squats - 3x5 12 min 20 Lunges (BW) 30 Jump Rope 40s Plank | Weight: _____ Rounds: _____ | Warmup Deadlift - 3x5 Burpees 10-9-8-7-6-5-4-3- 2-1 Pushups 1-2-3-4-5-6-7-8-9- 10 Hollow Rock 2x10 + hold | Weight: _____ Time: _____ | Hike - 2-4 Miles Weighted Pack | Weight: _____ Distance: _____ Location: _____ |
| 4 | Warmup Squats - 3x5 6 Rounds Rows x10 Step-ups (BW) x20 Pushups x10 | Weight: _____ Reps: _____ Time: _____ | Warmup Deadlift - 3x5 4 Rounds Lunges (Weighted) x20 Hand Stand Holds x30s Grip: Towel Pullups xMax# Towel Hang x Max time | Weight: _____ Reps: _____ Time: _____ | Sandbag Carry - 1 Mile | Weight: _____ Distance: _____ |

Hiking Strength Program

by The Weekend Warrior Life

Phase 2

| Week | Monday | Details | Wednesday | Details | Weekend | Details |
|------|------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------|-----------------------------------|-------------------------------------------------------------|
| 5 | Warmup Squats - 5x3 Push/Pull Palloosa 10 rounds Pushups x10 Pullup/Row x10 | Weight: _____ Vary grips and hand placements Time: _____ | Warmup Deadlift - 5x3 3 rounds Bearcrawl 20yds forward/20yard back Hollow Rocks x15 | Weight: _____ Time: _____ | Hike - 4-6 Miles Weighted Pack | Weight: _____ Distance: _____ Location: _____ |
| 6 | Warmup Squats - 5x3 Tabata: Pushups Squats Situps Rows | Weight: _____ Reps: _____ <i>Tabata Interval: 20s On - 10s Off 4 minutes Rest 1 min between exercises</i> | Warmup Deadlift - 5x3 15 minutes: Jump Rope x30 Pullups x5 Lunges (BW) x20 Grip: Towel Pullups 2xMax +hold | Weight: _____ Reps: _____ Rounds: _____ | Sprint 10 rounds | 20s Flat or Hill Rest ~1 min between Runs |
| 7 | Warmup Squats - 3x3 Burpees x100 Hollow Rock 2x10+hold | Weight: _____ Time: _____ | Warmup Deadlift - 3x3 4 Rounds Stepups (weighted) x20 Pushups (feet elevated) x20 Plank 1 min | Weight: _____ Time: _____ | Hike - 6-8 Miles Weighted Pack | Weight: _____ Distance: _____ Location: _____ |
| 8 | Warmup Squats - 3x3 Pullups 15-10-5 Bearcrawl 20yds forward/20yard backward | Weight: _____ Reps: _____ Time: _____ | Warmup Deadlift - 3x3 15 Minutes Handstand Pushups x5 (or 45s hold) Lunges (BW) x30 Squat (BW) x15 Grip: Towel Pullups 3xMax# | Weight: _____ Reps: _____ Rounds: _____ | Sandbag Hike 2 miles | Weight: _____ Distance: _____ |