

8 WEEK TRAINING PLAN FOR HIKING SEASON

week 1 through 4

Week 1	Exercise Type	Warmup	Exercise	Cooldown	Completed	Notes (weight, reps, etc.)
Monday	Cardio	5 min core	30 min easy run/powerwalk/bike	5 min stretch		
Tuesday	Cardio	5 min core	30 min challenging run/powerwalk/bike	5 min stretch		
Wednesday	Strength	5 min core	20 min full body weight lifting (squats, single leg deadlifts, reverse lunges, squat curl overhead press, bicep curls, military press)	5 min stretch		
Thursday	Strength	5 min core	20 min full body bodyweight (mountain climbers, lunges, jump squats, step-ups, pushups, tricep dips)	5 min stretch		
Friday	Cardio	5 min core	45 min slow-paced endurance run/powerwalk/bike	5 min stretch		
Saturday	Hike	5 min core	Family easy hike or walk	5 min stretch		
Sunday	Rest	5 min core	20 min yoga or stretching	N/A		

Week 2	Exercise Type	Warmup	Exercise	Cooldown	Completed	Notes (weight, reps, etc.)
Monday	Cardio	5 min core	30 minute easy run/powerwalk/bike	5 min stretch		
Tuesday	Cardio	5 min core	30 minute challenging run/powerwalk/bike (hills)	5 min stretch		
Wednesday	Strength	5 min core	20 minute full bodyweight stretch/strength (downward dog pedals, lateral lunges, spiderman pushups, reverse lunges, supermans, heel downs)	5 min stretch		
Thursday	Strength	5 min core	20 min full body weight lifting (squats, single leg deadlifts, reverse lunges, squat curl overhead press, bicep curls, military press)	5 min stretch		
Friday	Cardio	5 min core	45 min slow-paced endurance run/powerwalk/bike	5 min stretch		
Saturday	Hike	5 min core	Family easy hike or walk	5 min stretch		
Sunday	Rest	5 min core	20 min yoga or stretching	N/A		

Week 3	Exercise Type	Warmup	Exercise	Cooldown	Completed	Notes (weight, reps, etc.)
Monday	Cardio	5 min core	30 min easy run/powerwalk/bike	5 min stretch		
Tuesday	Cardio	5 min core	45 min challenging run/powerwalk/bike (hills)	5 min stretch		
Wednesday	Strength	5 min core	20 min Upper Body (bicep curls, military press, pushups, tricep dips, lateral raises, plank)	5 min stretch		
Thursday	Strength	5 min core	20 min Lower Body (squats, lateral lunges, single leg deadlifts, reverse lunges, step ups, glute bridge)	5 min stretch		
Friday	Cardio	5 min core	60 min slow-paced endurance run/powerwalk/bike	5 min stretch		
Saturday	Hike	5 min core	Family easy hike or walk	5 min stretch		
Sunday	Rest	5 min core	20 min yoga or stretching	N/A		

Week 4	Exercise Type	Warmup	Exercise	Cooldown	Completed	Notes (weight, time, etc.)
Monday	Cardio	5 min core	30 min easy run/powerwalk/bike	5 min stretch		
Tuesday	Cardio	5 min core	45 min challenging run/powerwalk/bike (hills)	5 min stretch		
Wednesday	Strength	5 min core	20 minutes glutes & legs (squats, glute bridge, reverse lunges, donkey kick, lateral lunges, squat side step)	5 min stretch		
Thursday	Strength	5 min cardio	20 minute core workout (plank, spiderman pushups, up down plank, crunches, side plank, reverse situps)	5 min stretch		
Friday	Cardio	5 min core	45 min slow-paced endurance run/powerwalk/bike	5 min stretch		
Saturday	Hike	5 min core	Family easy hike or walk	5 min stretch		
Sunday	Rest	5 min core	20 minute yoga or stretching	N/A		

8 WEEK TRAINING PLAN FOR HIKING SEASON

week 5 through 8

Week 5	Exercise Type	Warmup	Exercise	Cooldown	Completed	Notes (weight, time, etc.)
Monday	Cardio	5 min core	30 min easy run/powerwalk/bike	5 min stretch		
Tuesday	Cardio	5 min core	45 min challenging run/powerwalk/bike (hills)	5 min stretch		
Wednesday	Strength	5 min core	20 min full body weight liftsing (squats, single leg deadlifts, reverse lunges, squat curl overhead press, bicep curls, military press)	5 min stretch		
Thursday	Strength	5 min core	20 min full body bodyweight (mountain climbers, lunges, jump squats, step-ups, pushups, tricep dips)	5 min stretch		
Friday	Cardio	5 min core	45 min slow-paced endurance run/powerwalk/bike	5 min stretch		
Saturday	Hike	5 min core	Family hike or find stairs to climb - 30 min of climbing	5 min stretch		
Sunday	Rest	5 min core	20 minute yoga or stretching	N/A		

Week 6	Exercise Type	Warmup	Exercise	Cooldown	Completed	Notes (weight, time, etc.)
Monday	Cardio	5 min core	30 min easy run/powerwalk/bike	5 min stretch		
Tuesday	Cardio	5 min core	45 min challenging run/powerwalk/bike (hills)	5 min stretch		
Wednesday	Strength	5 min core	20 minute full bodyweight stretch/strength (downward dog pedals, lateral lunges, spiderman pushups, reverse lunges, supermans, heel downs)	5 min stretch		
Thursday	Strength	5 min core	20 min full body weight lifting (squats, single leg deadlifts, reverse lunges, squat curl overhead press, bicep curls, military press)	5 min stretch		
Friday	Cardio	5 min core	45 minute slow-paced endurance run/powerwalk/bike	5 min stretch		
Saturday	Hike	5 min core	Family hike or find stairs to climb - 45 min of climbing	5 min stretch		
Sunday	Rest	5 min core	20 minute yoga or stretching	N/A		

Week 7	Exercise Type	Warmup	Exercise	Cooldown	Completed	Notes (weight, time, etc.)
Monday	Cardio	5 min core	30 min easy run/powerwalk/bike	5 min stretch		
Tuesday	Cardio	5 min core	45 min challenging run/powerwalk/bike (hills)	5 min stretch		
Wednesday	Strength	5 min core	20 min Upper Body (bicep curls, military press, pushups, tricep dips, lateral raises, plank)	5 min stretch		
Thursday	Strength	5 min core	20 min Lower Body (squats, lateral lunges, single leg deadlifts, reverse lunges, step ups, glute bridge)	5 min stretch		
Friday	Cardio	5 min core	45 min slow-paced endurance run/powerwalk/bike	5 min stretch		
Saturday	Hike	5 min core	Family hike or find stairs to climb - 60 min of climbing	5 min stretch		
Sunday	Rest	5 min core	20 minute yoga or stretching	N/A		

Week 8	Exercise Type	Warmup	Exercise	Cooldown	Completed	Notes (weight, time, etc.)
Monday	Cardio	5 min core	30 min easy run/powerwalk/bike	5 min stretch		
Tuesday	Cardio	5 min core	30 min challenging run/powerwalk/bike	5 min stretch		
Wednesday	Strength	5 min core	20 minutes glutes & legs (squats, glute bridge, reverse lunges, donkey kick, lateral lunges, squat side step)	5 min stretch		
Thursday	Strength	5 min cardio	20 minute core workout (plank, spiderman pushups, up down plank, crunches, side plank, reverse situps)	5 min stretch		
Friday	Cardio	5 min core	45 min slow-paced endurance run/powerwalk/bike	5 min stretch		
Saturday	Hike	5 min core	Family easy hike or walk	5 min stretch		
Sunday	Rest	5 min core	20 minute yoga or stretching	N/A		