## **8 WEEK TRAINING PLAN FOR HIKING SEASON**

## week 1 through 4

Mach 1	Eventing Trung	Monney	Eventing	Cooldown	Completed	Notes (weight word sta)
Week 1	Exercise Type	Warmup	Exercise 30 min easy run/powerwalk/bike		Completed	Notes (weight, reps, etc.)
Monday	Cardio	5 min core		5 min stretch		
Tuesday	Cardio	5 min core		5 min stretch		
			20 min full body weight lifting (squats, single leg deadlifts, reverse lunges, squat curl overhead press,			
Wednesday	Strength	5 min core	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		
	Cardio	5 min core		5 min stretch		
			20 minute full bodyweight stretch/strength (downward dog pedals, lateral lunges, spiderman pushups,			
Wednesday	Strength	5 min core		5 min stretch		
weathestudy	Strength		20 min full body weight lifting (squats, single leg deadlifts, reverse lunges, squat curl overhead press,	5 min stretten		
Thursday	Strength	5 min core		5 min stretch		
	Cardio					
Friday	Hike	5 min core		5 min stretch		
	-	5 min core		5 min stretch		
Sunday	Rest	5 min core		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	Completed	Notes (weight, reps, etc.)
Monday Tuesday			30 min easy run/powerwalk/bike 45 min challenging run/powerwalk/bike (hills)		Completed	Notes (weight, reps, etc.)
Monday Tuesday	Cardio	5 min core	30 min easy run/powerwalk/bike	5 min stretch	Completed	Notes (weight, reps, etc.)
Monday Tuesday	Cardio Cardio	5 min core 5 min core	30 min easy run/powerwalk/bike 45 min challenging run/powerwalk/bike (hills)	5 min stretch 5 min stretch	Completed	Notes (weight, reps, etc.)
Monday Tuesday Wednesday	Cardio Cardio	5 min core 5 min core	30 min easy run/powerwalk/bike         45 min challenging run/powerwalk/bike (hills)         20 min Upper Body (bicep curls, military press, pushups, tricep dips, lateral raises, plank)	5 min stretch 5 min stretch	Completed	Notes (weight, reps, etc.)
Monday Tuesday Wednesday Thursday	Cardio Cardio Strength	5 min core 5 min core 5 min core	30 min easy run/powerwalk/bike         45 min challenging run/powerwalk/bike (hills)         20 min Upper Body (bicep curls, military press, pushups, tricep dips, lateral raises, plank)         20 min Lower Body (squats, lateral lunges, single leg deadlifts, reverse lunges, step ups, glute bridge)	5 min stretch 5 min stretch 5 min stretch	Completed	Notes (weight, reps, etc.)
Monday Tuesday Wednesday Thursday Friday	Cardio Cardio Strength Strength	5 min core 5 min core 5 min core 5 min core	30 min easy run/powerwalk/bike         45 min challenging run/powerwalk/bike (hills)         20 min Upper Body (bicep curls, military press, pushups, tricep dips, lateral raises, plank)         20 min Lower Body (squats, lateral lunges, single leg deadlifts, reverse lunges, step ups, glute bridge)         60 min slow-paced endurance run/powerwalk/bike         Family easy hike or walk	5 min stretch 5 min stretch 5 min stretch 5 min stretch	Completed	Notes (weight, reps, etc.)
Monday Tuesday Wednesday Thursday Friday Saturday	Cardio Cardio Strength Strength Cardio	5 min core 5 min core 5 min core 5 min core 5 min core	30 min easy run/powerwalk/bike         45 min challenging run/powerwalk/bike (hills)         20 min Upper Body (bicep curls, military press, pushups, tricep dips, lateral raises, plank)         20 min Lower Body (squats, lateral lunges, single leg deadlifts, reverse lunges, step ups, glute bridge)         60 min slow-paced endurance run/powerwalk/bike         Family easy hike or walk	5 min stretch 5 min stretch 5 min stretch 5 min stretch 5 min stretch	Completed	Notes (weight, reps, etc.)
Monday Tuesday Wednesday Thursday Friday Saturday	Cardio Cardio Strength Strength Cardio Hike	5 min core 5 min core 5 min core 5 min core 5 min core 5 min core	30 min easy run/powerwalk/bike         45 min challenging run/powerwalk/bike (hills)         20 min Upper Body (bicep curls, military press, pushups, tricep dips, lateral raises, plank)         20 min Lower Body (squats, lateral lunges, single leg deadlifts, reverse lunges, step ups, glute bridge)         60 min slow-paced endurance run/powerwalk/bike         Family easy hike or walk	5 min stretch 5 min stretch 5 min stretch 5 min stretch 5 min stretch 5 min stretch	Completed	Notes (weight, reps, etc.)
Monday Tuesday Wednesday Thursday Friday Saturday	Cardio Cardio Strength Strength Cardio Hike	5 min core 5 min core 5 min core 5 min core 5 min core 5 min core	30 min easy run/powerwalk/bike         45 min challenging run/powerwalk/bike (hills)         20 min Upper Body (bicep curls, military press, pushups, tricep dips, lateral raises, plank)         20 min Lower Body (squats, lateral lunges, single leg deadlifts, reverse lunges, step ups, glute bridge)         60 min slow-paced endurance run/powerwalk/bike         Family easy hike or walk	5 min stretch 5 min stretch 5 min stretch 5 min stretch 5 min stretch 5 min stretch	Completed	Notes (weight, reps, etc.)
Monday Tuesday Wednesday Thursday Friday Saturday	Cardio Cardio Strength Strength Cardio Hike Rest	5 min core 5 min core 5 min core 5 min core 5 min core 5 min core 5 min core	30 min easy run/powerwalk/bike 45 min challenging run/powerwalk/bike (hills) 20 min Upper Body (bicep curls, military press, pushups, tricep dips, lateral raises, plank) 20 min Lower Body (squats, lateral lunges, single leg deadlifts, reverse lunges, step ups, glute bridge) 60 min slow-paced endurance run/powerwalk/bike Family easy hike or walk 20 min yoga or stretching Exercise	5 min stretch 5 min stretch 5 min stretch 5 min stretch 5 min stretch 5 min stretch N/A		
Monday Tuesday Wednesday Thursday Friday Saturday Sunday Week 4	Cardio Cardio Strength Strength Cardio Hike Rest Exercise Type	5 min core 5 min core	30 min easy run/powerwalk/bike 45 min challenging run/powerwalk/bike (hills) 20 min Upper Body (bicep curls, military press, pushups, tricep dips, lateral raises, plank) 20 min Lower Body (squats, lateral lunges, single leg deadlifts, reverse lunges, step ups, glute bridge) 60 min slow-paced endurance run/powerwalk/bike Family easy hike or walk 20 min yoga or stretching Exercise 30 min easy run/powerwalk/bike	5 min stretch 5 min stretch 5 min stretch 5 min stretch 5 min stretch 5 min stretch N/A Cooldown		
Monday Tuesday Wednesday Thursday Friday Saturday Sunday Week 4 Monday	Cardio Cardio Strength Strength Cardio Hike Rest Exercise Type Cardio	5 min core 5 min core	30 min easy run/powerwalk/bike 45 min challenging run/powerwalk/bike (hills) 20 min Upper Body (bicep curls, military press, pushups, tricep dips, lateral raises, plank) 20 min Lower Body (squats, lateral lunges, single leg deadlifts, reverse lunges, step ups, glute bridge) 60 min slow-paced endurance run/powerwalk/bike Family easy hike or walk 20 min yoga or stretching Exercise 30 min easy run/powerwalk/bike	5 min stretch 5 min stretch 5 min stretch 5 min stretch 5 min stretch 5 min stretch N/A Cooldown 5 min stretch		
Monday Tuesday Wednesday Thursday Friday Saturday Sunday Week 4 Monday Tuesday	Cardio Cardio Strength Strength Cardio Hike Rest Exercise Type Cardio Cardio	5 min core 5 min core	30 min easy run/powerwalk/bike 45 min challenging run/powerwalk/bike (hills) 20 min Upper Body (bicep curls, military press, pushups, tricep dips, lateral raises, plank) 20 min Lower Body (squats, lateral lunges, single leg deadlifts, reverse lunges, step ups, glute bridge) 60 min slow-paced endurance run/powerwalk/bike Family easy hike or walk 20 min yoga or stretching Exercise 30 min easy run/powerwalk/bike (hills)	5 min stretch 5 min stretch 5 min stretch 5 min stretch 5 min stretch 5 min stretch N/A Cooldown 5 min stretch 5 min stretch		
Monday Tuesday Wednesday Thursday Friday Saturday Sunday Week 4 Monday Tuesday	Cardio Cardio Strength Strength Cardio Hike Rest Exercise Type Cardio	5 min core 5 min core	30 min easy run/powerwalk/bike 45 min challenging run/powerwalk/bike (hills) 20 min Upper Body (bicep curls, military press, pushups, tricep dips, lateral raises, plank) 20 min Lower Body (squats, lateral lunges, single leg deadlifts, reverse lunges, step ups, glute bridge) 60 min slow-paced endurance run/powerwalk/bike Family easy hike or walk 20 min yoga or stretching Exercise 30 min easy run/powerwalk/bike 45 min challenging run/powerwalk/bike (hills) 20 minutes glutes & legs (squats, glute bridge, reverse lunges, donkey kick, lateral lunges, squat side step)	5 min stretch 5 min stretch 5 min stretch 5 min stretch 5 min stretch 5 min stretch N/A Cooldown 5 min stretch		
Monday Tuesday Wednesday Thursday Friday Saturday Sunday Sunday Week 4 Monday Tuesday Wednesday	Cardio Cardio Strength Strength Cardio Hike Rest Exercise Type Cardio Cardio Strength	5 min core 5 min core	30 min easy run/powerwalk/bike         45 min challenging run/powerwalk/bike (hills)         20 min Upper Body (bicep curls, military press, pushups, tricep dips, lateral raises, plank)         20 min Lower Body (squats, lateral lunges, single leg deadlifts, reverse lunges, step ups, glute bridge)         60 min slow-paced endurance run/powerwalk/bike         Family easy hike or walk         20 min yoga or stretching         Exercise         30 min easy run/powerwalk/bike (hills)         20 minutes glutes & legs (squats, glute bridge, reverse lunges, donkey kick, lateral lunges, squat side step)         20 minute core workout (plank, spiderman pushups, up down plank, crunches, side plank, reverse	5 min stretch 5 min stretch 5 min stretch 5 min stretch 5 min stretch 5 min stretch N/A Cooldown 5 min stretch 5 min stretch 5 min stretch		
Monday Tuesday Wednesday Thursday Friday Saturday Sunday Sunday Week 4 Monday Tuesday Wednesday Thursday	Cardio Cardio Strength Strength Cardio Hike Rest Exercise Type Cardio Cardio Strength Strength	5 min core 5 min core	30 min easy run/powerwalk/bike 45 min challenging run/powerwalk/bike (hills) 20 min Upper Body (bicep curls, military press, pushups, tricep dips, lateral raises, plank) 20 min Lower Body (squats, lateral lunges, single leg deadlifts, reverse lunges, step ups, glute bridge) 60 min slow-paced endurance run/powerwalk/bike Family easy hike or walk 20 min yoga or stretching Exercise 30 min easy run/powerwalk/bike 45 min challenging run/powerwalk/bike (hills) 20 minutes glutes & legs (squats, glute bridge, reverse lunges, donkey kick, lateral lunges, squat side step) 20 minute core workout (plank, spiderman pushups, up down plank, crunches, side plank, reverse situps)	5 min stretch 5 min stretch 5 min stretch 5 min stretch 5 min stretch 5 min stretch N/A Cooldown 5 min stretch 5 min stretch 5 min stretch 5 min stretch		
Monday Tuesday Wednesday Friday Saturday Sunday Sunday Week 4 Monday Tuesday Wednesday Thursday Friday	Cardio Cardio Strength Strength Cardio Hike Rest Exercise Type Cardio Cardio Strength Strength Cardio	5 min core 5 min core	30 min easy run/powerwalk/bike 45 min challenging run/powerwalk/bike (hills) 20 min Upper Body (bicep curls, military press, pushups, tricep dips, lateral raises, plank) 20 min Lower Body (squats, lateral lunges, single leg deadlifts, reverse lunges, step ups, glute bridge) 60 min slow-paced endurance run/powerwalk/bike Family easy hike or walk 20 min yoga or stretching Exercise 30 min easy run/powerwalk/bike 45 min challenging run/powerwalk/bike (hills) 20 minutes glutes & legs (squats, glute bridge, reverse lunges, donkey kick, lateral lunges, squat side step) 20 minute core workout (plank, spiderman pushups, up down plank, crunches, side plank, reverse situps) 45 min slow-paced endurance run/powerwalk/bike	5 min stretch 5 min stretch 5 min stretch 5 min stretch 5 min stretch 5 min stretch 7 min stretch 5 min stretch 5 min stretch 5 min stretch 5 min stretch 5 min stretch		
Monday Tuesday Wednesday Friday Saturday Sunday Sunday Week 4 Monday Tuesday Wednesday Thursday Friday Saturday	Cardio Cardio Strength Strength Cardio Hike Rest Exercise Type Cardio Cardio Strength Strength	5 min core 5 min core	30 min easy run/powerwalk/bike 45 min challenging run/powerwalk/bike (hills) 20 min Upper Body (bicep curls, military press, pushups, tricep dips, lateral raises, plank) 20 min Lower Body (squats, lateral lunges, single leg deadlifts, reverse lunges, step ups, glute bridge) 60 min slow-paced endurance run/powerwalk/bike Family easy hike or walk 20 min yoga or stretching <b>Exercise</b> 30 min easy run/powerwalk/bike (hills) 20 minutes glutes & legs (squats, glute bridge, reverse lunges, donkey kick, lateral lunges, squat side step) 20 minute core workout (plank, spiderman pushups, up down plank, crunches, side plank, reverse situps) 45 min slow-paced endurance run/powerwalk/bike Family easy hike or walk	5 min stretch 5 min stretch 5 min stretch 5 min stretch 5 min stretch 5 min stretch N/A Cooldown 5 min stretch 5 min stretch 5 min stretch 5 min stretch		



## 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					
			20 min full body weight liftsing (squats, single leg deadlifts, reverse lunges, squat curl overhead press,						
Wednesday	Strength	5 min core	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 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		5 min stretch					
,			20 minute full bodyweight stretch/strength (downward dog pedals, lateral lunges, spiderman pushups,						
Wednesday	Strength	5 min core		5 min stretch					
			20 min full body weight lifting (squats, single leg deadlifts, reverse lunges, squat curl overhead press,						
Thursday	Strength	5 min core		5 min stretch					
Friday	Cardio			5 min stretch					
Saturday	Hike			5 min stretch					
Sunday	Rest			N/A					
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Wook 7	Evercice Type	Warmun	Evercice	Cooldown	Completed	Notos (weight time_ots)			
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	Completed	Notes (weight, time, etc.)			
Monday Tuesday	Cardio Cardio	5 min core 5 min core	30 min easy run/powerwalk/bike 45 min challenging run/powerwalk/bike (hills)	5 min stretch 5 min stretch	Completed	Notes (weight, time, etc.)			
Monday	Cardio	5 min core	30 min easy run/powerwalk/bike	5 min stretch	Completed	Notes (weight, time, etc.)			
Monday Tuesday Wednesday	Cardio Cardio Strength	5 min core 5 min core 5 min core	30 min easy run/powerwalk/bike 45 min challenging run/powerwalk/bike (hills) 20 min Upper Body (bicep curls, military press, pushups, tricep dips, lateral raises, plank)	5 min stretch 5 min stretch 5 min stretch	Completed	Notes (weight, time, etc.)			
Monday Tuesday Wednesday Thursday	Cardio Cardio Strength Strength	5 min core 5 min core 5 min core 5 min core	30 min easy run/powerwalk/bike 45 min challenging run/powerwalk/bike (hills) 20 min Upper Body (bicep curls, military press, pushups, tricep dips, lateral raises, plank) 20 min Lower Body (squats, lateral lunges, single leg deadlifts, reverse lunges, step ups, glute bridge)	5 min stretch 5 min stretch 5 min stretch 5 min stretch	Completed	Notes (weight, time, etc.)			
Monday Tuesday Wednesday Thursday Friday	Cardio Cardio Strength Strength Cardio	5 min core 5 min core 5 min core 5 min core 5 min core	30 min easy run/powerwalk/bike 45 min challenging run/powerwalk/bike (hills) 20 min Upper Body (bicep curls, military press, pushups, tricep dips, lateral raises, plank) 20 min Lower Body (squats, lateral lunges, single leg deadlifts, reverse lunges, step ups, glute bridge) 45 min slow-paced endurance run/powerwalk/bike	5 min stretch 5 min stretch 5 min stretch 5 min stretch 5 min stretch	Completed	Notes (weight, time, etc.)			
Monday Tuesday Wednesday Thursday Friday Saturday	Cardio Cardio Strength Strength Cardio Hike	5 min core 5 min core 5 min core 5 min core 5 min core 5 min core	30 min easy run/powerwalk/bike 45 min challenging run/powerwalk/bike (hills) 20 min Upper Body (bicep curls, military press, pushups, tricep dips, lateral raises, plank) 20 min Lower Body (squats, lateral lunges, single leg deadlifts, reverse lunges, step ups, glute bridge) 45 min slow-paced endurance run/powerwalk/bike Family hike or find stairs to climb - 60 min of climbing	5 min stretch 5 min stretch 5 min stretch 5 min stretch 5 min stretch 5 min stretch	Completed	Notes (weight, time, etc.)			
Monday Tuesday Wednesday Thursday Friday	Cardio Cardio Strength Strength Cardio	5 min core 5 min core 5 min core 5 min core 5 min core	30 min easy run/powerwalk/bike 45 min challenging run/powerwalk/bike (hills) 20 min Upper Body (bicep curls, military press, pushups, tricep dips, lateral raises, plank) 20 min Lower Body (squats, lateral lunges, single leg deadlifts, reverse lunges, step ups, glute bridge) 45 min slow-paced endurance run/powerwalk/bike Family hike or find stairs to climb - 60 min of climbing	5 min stretch 5 min stretch 5 min stretch 5 min stretch 5 min stretch	Completed	Notes (weight, time, etc.)			
Monday Tuesday Wednesday Thursday Friday Saturday	Cardio Cardio Strength Strength Cardio Hike Rest	5 min core 5 min core 5 min core 5 min core 5 min core 5 min core 5 min core	30 min easy run/powerwalk/bike 45 min challenging run/powerwalk/bike (hills) 20 min Upper Body (bicep curls, military press, pushups, tricep dips, lateral raises, plank) 20 min Lower Body (squats, lateral lunges, single leg deadlifts, reverse lunges, step ups, glute bridge) 45 min slow-paced endurance run/powerwalk/bike Family hike or find stairs to climb - 60 min of climbing 20 minute yoga or stretching	5 min stretch 5 min stretch 5 min stretch 5 min stretch 5 min stretch 5 min stretch N/A					
Monday Tuesday Wednesday Thursday Friday Saturday Sunday Week 8	Cardio Cardio Strength Strength Cardio Hike Rest Exercise Type	5 min core 5 min core	30 min easy run/powerwalk/bike 45 min challenging run/powerwalk/bike (hills) 20 min Upper Body (bicep curls, military press, pushups, tricep dips, lateral raises, plank) 20 min Lower Body (squats, lateral lunges, single leg deadlifts, reverse lunges, step ups, glute bridge) 45 min slow-paced endurance run/powerwalk/bike Family hike or find stairs to climb - 60 min of climbing 20 minute yoga or stretching Exercise	5 min stretch 5 min stretch 5 min stretch 5 min stretch 5 min stretch 5 min stretch N/A Cooldown	Completed	Notes (weight, time, etc.)			
Monday Tuesday Wednesday Thursday Friday Saturday Sunday Week 8 Monday	Cardio Cardio Strength Strength Cardio Hike Rest Exercise Type Cardio	5 min core 5 min core	30 min easy run/powerwalk/bike 45 min challenging run/powerwalk/bike (hills) 20 min Upper Body (bicep curls, military press, pushups, tricep dips, lateral raises, plank) 20 min Lower Body (squats, lateral lunges, single leg deadlifts, reverse lunges, step ups, glute bridge) 45 min slow-paced endurance run/powerwalk/bike Family hike or find stairs to climb - 60 min of climbing 20 minute yoga or stretching Exercise 30 min easy run/powerwalk/bike	5 min stretch 5 min stretch 5 min stretch 5 min stretch 5 min stretch 5 min stretch N/A Cooldown 5 min stretch					
Monday Tuesday Wednesday Thursday Friday Saturday Sunday Week 8	Cardio Cardio Strength Strength Cardio Hike Rest Exercise Type	5 min core 5 min core	30 min easy run/powerwalk/bike 45 min challenging run/powerwalk/bike (hills) 20 min Upper Body (bicep curls, military press, pushups, tricep dips, lateral raises, plank) 20 min Lower Body (squats, lateral lunges, single leg deadlifts, reverse lunges, step ups, glute bridge) 45 min slow-paced endurance run/powerwalk/bike Family hike or find stairs to climb - 60 min of climbing 20 minute yoga or stretching Exercise 30 min easy run/powerwalk/bike 30 min challenging run/powerwalk/bike	5 min stretch 5 min stretch 5 min stretch 5 min stretch 5 min stretch 5 min stretch N/A Cooldown					
Monday Tuesday Wednesday Thursday Friday Saturday Sunday Week 8 Monday Tuesday	Cardio Cardio Strength Strength Cardio Hike Rest Exercise Type Cardio Cardio	5 min core 5 min core	30 min easy run/powerwalk/bike 45 min challenging run/powerwalk/bike (hills) 20 min Upper Body (bicep curls, military press, pushups, tricep dips, lateral raises, plank) 20 min Lower Body (squats, lateral lunges, single leg deadlifts, reverse lunges, step ups, glute bridge) 45 min slow-paced endurance run/powerwalk/bike Family hike or find stairs to climb - 60 min of climbing 20 minute yoga or stretching Exercise 30 min easy run/powerwalk/bike 30 min challenging run/powerwalk/bike 20 minutes glutes & legs (squats, glute bridge, reverse lunges, donkey kick, lateral lunges, squat side	5 min stretch 5 min stretch 5 min stretch 5 min stretch 5 min stretch 5 min stretch N/A Cooldown 5 min stretch 5 min stretch					
Monday Tuesday Wednesday Thursday Friday Saturday Sunday Week 8 Monday	Cardio Cardio Strength Strength Cardio Hike Rest Exercise Type Cardio	5 min core 5 min core	30 min easy run/powerwalk/bike 45 min challenging run/powerwalk/bike (hills) 20 min Upper Body (bicep curls, military press, pushups, tricep dips, lateral raises, plank) 20 min Lower Body (squats, lateral lunges, single leg deadlifts, reverse lunges, step ups, glute bridge) 45 min slow-paced endurance run/powerwalk/bike Family hike or find stairs to climb - 60 min of climbing 20 minute yoga or stretching Exercise 30 min easy run/powerwalk/bike 30 min challenging run/powerwalk/bike 20 minutes glutes & legs (squats, glute bridge, reverse lunges, donkey kick, lateral lunges, squat side step)	5 min stretch 5 min stretch 5 min stretch 5 min stretch 5 min stretch 5 min stretch N/A Cooldown 5 min stretch					
Monday Tuesday Wednesday Thursday Friday Saturday Sunday Sunday Week 8 Monday Tuesday Wednesday	Cardio Cardio Strength Strength Cardio Hike Rest Exercise Type Cardio Cardio Strength	5 min core 5 min core	30 min easy run/powerwalk/bike 45 min challenging run/powerwalk/bike (hills) 20 min Upper Body (bicep curls, military press, pushups, tricep dips, lateral raises, plank) 20 min Lower Body (squats, lateral lunges, single leg deadlifts, reverse lunges, step ups, glute bridge) 45 min slow-paced endurance run/powerwalk/bike Family hike or find stairs to climb - 60 min of climbing 20 minute yoga or stretching Exercise 30 min easy run/powerwalk/bike 30 min challenging run/powerwalk/bike 20 minutes glutes & legs (squats, glute bridge, reverse lunges, donkey kick, lateral lunges, squat side step) 20 minute core workout (plank, spiderman pushups, up down plank, crunches, side plank, reverse	5 min stretch 5 min stretch 5 min stretch 5 min stretch 5 min stretch 5 min stretch N/A Cooldown 5 min stretch 5 min stretch 5 min stretch					
Monday Tuesday Wednesday Thursday Friday Saturday Sunday Sunday Week 8 Monday Tuesday Wednesday Thursday	Cardio Cardio Strength Strength Cardio Hike Rest Exercise Type Cardio Cardio Strength Strength	5 min core 5 min core	30 min easy run/powerwalk/bike 45 min challenging run/powerwalk/bike (hills) 20 min Upper Body (bicep curls, military press, pushups, tricep dips, lateral raises, plank) 20 min Lower Body (squats, lateral lunges, single leg deadlifts, reverse lunges, step ups, glute bridge) 45 min slow-paced endurance run/powerwalk/bike Family hike or find stairs to climb - 60 min of climbing 20 minute yoga or stretching Exercise 30 min easy run/powerwalk/bike 30 min challenging run/powerwalk/bike 20 minutes glutes & legs (squats, glute bridge, reverse lunges, donkey kick, lateral lunges, squat side step) 20 minute core workout (plank, spiderman pushups, up down plank, crunches, side plank, reverse situps)	5 min stretch 5 min stretch 5 min stretch 5 min stretch 5 min stretch 5 min stretch N/A Cooldown 5 min stretch 5 min stretch 5 min stretch 5 min stretch 5 min stretch					
Monday Tuesday Wednesday Thursday Friday Saturday Sunday Sunday Week 8 Monday Tuesday Wednesday Thursday Friday	Cardio Cardio Strength Strength Cardio Hike Rest Exercise Type Cardio Cardio Strength Strength Cardio	5 min core 5 min core	30 min easy run/powerwalk/bike 45 min challenging run/powerwalk/bike (hills) 20 min Upper Body (bicep curls, military press, pushups, tricep dips, lateral raises, plank) 20 min Lower Body (squats, lateral lunges, single leg deadlifts, reverse lunges, step ups, glute bridge) 45 min slow-paced endurance run/powerwalk/bike Family hike or find stairs to climb - 60 min of climbing 20 minute yoga or stretching <b>Exercise</b> 30 min easy run/powerwalk/bike 30 min challenging run/powerwalk/bike 20 minutes glutes & legs (squats, glute bridge, reverse lunges, donkey kick, lateral lunges, squat side step) 20 minute core workout (plank, spiderman pushups, up down plank, crunches, side plank, reverse situps) 45 min slow-paced endurance run/powerwalk/bike	5 min stretch 5 min stretch 5 min stretch 5 min stretch 5 min stretch 5 min stretch N/A Cooldown 5 min stretch 5 min stretch 5 min stretch 5 min stretch 5 min stretch 5 min stretch					
Monday Tuesday Wednesday Friday Saturday Sunday Sunday Week 8 Monday Tuesday Wednesday Thursday Friday Saturday	Cardio Cardio Strength Strength Cardio Hike Rest Exercise Type Cardio Cardio Strength Strength Cardio Hike	5 min core 5 min core	30 min easy run/powerwalk/bike 45 min challenging run/powerwalk/bike (hills) 20 min Upper Body (bicep curls, military press, pushups, tricep dips, lateral raises, plank) 20 min Lower Body (squats, lateral lunges, single leg deadlifts, reverse lunges, step ups, glute bridge) 45 min slow-paced endurance run/powerwalk/bike Family hike or find stairs to climb - 60 min of climbing 20 minute yoga or stretching <b>Exercise</b> 30 min easy run/powerwalk/bike 20 minutes glutes & legs (squats, glute bridge, reverse lunges, donkey kick, lateral lunges, squat side step) 20 minute core workout (plank, spiderman pushups, up down plank, crunches, side plank, reverse situps) 45 min slow-paced endurance run/powerwalk/bike Family easy hike or walk	5 min stretch 5 min stretch 5 min stretch 5 min stretch 5 min stretch 5 min stretch N/A Cooldown 5 min stretch 5 min stretch					
Monday Tuesday Wednesday Thursday Friday Saturday Sunday Sunday Week 8 Monday Tuesday Wednesday Thursday Friday	Cardio Cardio Strength Strength Cardio Hike Rest Exercise Type Cardio Cardio Strength Strength Cardio	5 min core 5 min core	30 min easy run/powerwalk/bike 45 min challenging run/powerwalk/bike (hills) 20 min Upper Body (bicep curls, military press, pushups, tricep dips, lateral raises, plank) 20 min Lower Body (squats, lateral lunges, single leg deadlifts, reverse lunges, step ups, glute bridge) 45 min slow-paced endurance run/powerwalk/bike Family hike or find stairs to climb - 60 min of climbing 20 minute yoga or stretching <b>Exercise</b> 30 min easy run/powerwalk/bike 20 minutes glutes & legs (squats, glute bridge, reverse lunges, donkey kick, lateral lunges, squat side step) 20 minute core workout (plank, spiderman pushups, up down plank, crunches, side plank, reverse situps) 45 min slow-paced endurance run/powerwalk/bike Family easy hike or walk	5 min stretch 5 min stretch 5 min stretch 5 min stretch 5 min stretch 5 min stretch N/A Cooldown 5 min stretch 5 min stretch 5 min stretch 5 min stretch 5 min stretch 5 min stretch					

