

8 WEEK TRAINING PLAN FOR HIKING SEASON - PELOTON

week 1 through 4

Week 1	Exercise Type	Warmup	Exercise	Cooldown	Completed	Notes (weight, reps, etc.)
Monday	Cardio	5 min core	30 min fun/choice/theme ride (because that's why you got the bike!)	5 min stretch		
Tuesday	Cardio	5 min core	45 min PowerZone Ride or HIIT/Intervals	5 min stretch		
Wednesday	Strength	N/A	30 min Full Body Workout	N/A		
Thursday	Strength	N/A	30 min Bike Bootcamp Bodyweight	N/A		
Friday	Cardio	5 min core	45 min PowerZone Endurance Ride	5 min stretch		
Saturday	Hike	5 min core	Family easy hike or walk	5 min stretch		
Sunday	Rest	5 min core	20 min Yoga/Barre/Full Body Stretching	N/A		

Week 2	Exercise Type	Warmup	Exercise	Cooldown	Completed	Notes (weight, reps, etc.)
Monday	Cardio	5 min core	30 min fun/choice/theme ride	5 min stretch		
Tuesday	Cardio	5 min core	45 min PowerZone Ride or HIIT/Intervals	5 min stretch		
Wednesday	Strength	N/A	30 min Strength for Runners	N/A		
Thursday	Strength	N/A	30 min Bike Bootcamp Full Body	N/A		
Friday	Cardio	5 min core	45 min PowerZone Endurance Ride	5 min stretch		
Saturday	Hike	5 min core	Family easy hike or walk	5 min stretch		
Sunday	Rest	5 min core	20 min Yoga/Barre/Full Body Stretching	N/A		

Week 3	Exercise Type	Warmup	Exercise	Cooldown	Completed	Notes (weight, reps, etc.)
Monday	Cardio	5 min core	30 min fun/choice/theme ride	5 min stretch		
Tuesday	Cardio	5 min core	45 min PowerZone Ride or HIIT/Intervals	5 min stretch		
Wednesday	Strength	N/A	30 min Glutes & Legs	N/A		
Thursday	Strength	N/A	30 min Bike Bootcamp Core	N/A		
Friday	Cardio	5 min core	60 min PowerZone Endurance Ride	5 min stretch		
Saturday	Hike	5 min core	Family easy hike or walk	5 min stretch		
Sunday	Rest	5 min core	20 min Yoga/Barre/Full Body Stretching	N/A		

Week 4	Exercise Type	Warmup	Exercise	Cooldown	Completed	Notes (weight, time, etc.)
Monday	Cardio	5 min core	30 min fun/choice/theme ride	5 min stretch		
Tuesday	Cardio	5 min core	45 min PowerZone Ride or HIIT/Intervals	5 min stretch		
Wednesday	Strength	N/A	30 min Glutes & Legs	N/A		
Thursday	Strength	N/A	30 min Bike Bootcamp Core	N/A		
Friday	Cardio	5 min core	60 min PowerZone Endurance Ride	5 min stretch		
Saturday	Hike	5 min core	Family easy hike or walk	5 min stretch		
Sunday	Rest	5 min core	20 min Yoga/Barre/Full Body Stretching	N/A		

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week 5 through 8

Week 5	Exercise Type	Warmup	Exercise	Cooldown	Completed	Notes (weight, time, etc.)
Monday	Cardio	5 min core	30 min fun/choice/theme ride or 45 min PowerZone Endurance Ride	5 min stretch		
Tuesday	Cardio	5 min core	45 min PowerZone Ride or HIIT/Intervals	5 min stretch		
Wednesday	Strength	N/A	30 min Full Body	N/A		
Thursday	Strength	N/A	30/45 min Bike Bootcamp Bodyweight	N/A		
Friday	Cardio	5 min core	60 min PowerZone Endurance Ride	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 min Yoga/Barre/Full Body Stretching	N/A		

Week 6	Exercise Type	Warmup	Exercise	Cooldown	Completed	Notes (weight, time, etc.)
Monday	Cardio	5 min core	30 min fun/choice/theme ride or 45 min PowerZone Endurance Ride	5 min stretch		
Tuesday	Cardio	5 min core	45 min PowerZone Ride or HIIT/Intervals	5 min stretch		
Wednesday	Strength	N/A	30 min Strength for Runners	N/A		
Thursday	Strength	N/A	30/45 min Bike Bootcamp Full Body	N/A		
Friday	Cardio	5 min core	60 min PowerZone Endurance Ride	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 min Yoga/Barre/Full Body Stretching	N/A		

Week 7	Exercise Type	Warmup	Exercise	Cooldown	Completed	Notes (weight, time, etc.)
Monday	Cardio	5 min core	30 min fun/choice/theme ride or 45 min PowerZone Endurance Ride	5 min stretch		
Tuesday	Cardio	5 min core	45 min PowerZone Ride or HIIT/Intervals	5 min stretch		
Wednesday	Strength	N/A	30 min Upper Body	N/A		
Thursday	Strength	N/A	30 min Bike Bootcamp Lower Body	N/A		
Friday	Cardio	5 min core	60 min PowerZone Endurance Ride	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 min Yoga/Barre/Full Body Stretching	N/A		

Week 8	Exercise Type	Warmup	Exercise	Cooldown	Completed	Notes (weight, time, etc.)
Monday	Cardio	5 min core	30 min fun/choice/theme ride or 45 min PowerZone Endurance Ride	5 min stretch		
Tuesday	Cardio	5 min core	45 min PowerZone Ride or HIIT/Intervals	5 min stretch		
Wednesday	Strength	N/A	30 min Glutes & Legs	N/A		
Thursday	Strength	N/A	30 min Bike Bootcamp Core	N/A		
Friday	Cardio	5 min core	45 min PowerZone Endurance Ride	5 min stretch		
Saturday	Hike	5 min core	Family easy hike or walk	5 min stretch		
Sunday	Rest	5 min core	20 min Yoga/Barre/Full Body Stretching	N/A		