

## Sample Weekly Program: 12 week program

This sample program is designed for someone who generally runs 3 times per week and is looking to prepare for a 2 day (6 hour days) trek in 3 months. This person has a run group they do workouts with on Mondays and is switching their Friday runs to a stair workout to incorporate more climbing type activities (similar workout could be done outside on a set of stairs or indoors at a gym on the stair climber). This is simply a sample program outlining recommended weekly workouts for this individual. Note: Flexibility training is not listed specifically – it is assumed completed after every workout. For a program tailored to your own unique needs and goals we recommend speaking with a qualified Fitness Professional.

### Important:

Before you begin any new exercise program, please check with your doctor! Enlisting the help of a qualified Fitness Professional will ensure you effectively use exercise equipment, correctly monitor exercise intensity and perform movements with proper exercise form and technique. Don't be shy - Ask questions!

Week	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
1	Run Group – 45 minutes (hill workout)	Strength Workout	Run – 60 minutes easy pace	Strength Workout	Stairs – 30 minutes	Hike 3 hours	OFF
2	Run Group – 45 minutes (interval workout)	Strength Workout	Run – 60 minutes easy pace	Strength Workout	Stairs – 30 minutes	Hike 3 ½ hours	OFF
3	Run Group – 45 minutes (pyramid workout)	Strength Workout	Run – 60 minutes easy pace	Strength Workout	Stairs – 30 minutes	Hike 4 hours	Hike 2 hours
4*	Run – 45 minutes (easy – OPTIONAL)	Strength Workout	Run – 60 minutes easy pace	Strength Workout	Stairs – 30 minutes	Hike 3 hours	OFF
5	Run Group – 45 minutes (hill workout)	Strength Workout	Run – 60 minutes easy pace	Strength Workout	Stairs – 30 minutes	Hike 4 hours	OFF
6	Run Group – 45 minutes (interval workout)	Strength Workout	Run – 60 minutes easy pace	Strength Workout	Stairs – 30 minutes	Hike 5 hours	OFF
7	Run Group – 45 minutes (pyramid workout)	Strength Workout	Run – 60 minutes easy pace	Strength Workout	Stairs – 30 minutes	Hike 6 hours	Hike 4 hours
8*	Run – 45 minutes (easy)	Strength Workout	Run – 45 minutes easy pace	Strength Workout	Stairs – 30 minutes	Hike 4 hours	OFF
9	Run Group – 45 minutes (hill workout)	Strength Workout	Run – 60 minutes easy pace	Strength Workout	Stairs – 30 minutes	Hike 5 hours	OFF
10	Run Group – 45 minutes (interval workout)	Strength Workout	Run – 60 minutes easy pace	Strength Workout	Stairs – 30 minutes	Hike 6 hours	OFF
11	Run Group – 45 minutes (pyramid workout)	Strength Workout	Run – 60 minutes easy pace	Strength Workout	Stairs – 30 minutes	Hike 6 hours	Hike 6 hours
12*	Run – 45 minutes (easy)	Strength Workout	Run – 60 minutes easy pace	Strength Workout	Stairs – 30 minutes	Hike 4 hours	OFF
TREK WEEK							

\*recovery week