

# BACKPACKER



## FITNESS ASSESSMENT

Pre-Test » 60 Minutes



6 Weeks to

TRAIL FIT

### Warm-Up » 3 rounds

Bodyweight Only

1. Jump rope, jog in place, or run

» Duration: 1 minute

2. Squats

» Reps: 10

3. Alternating Lunges

» Reps: 10

4. Step-Ups

» Reps: 10

5. Push-Ups w/ Rotation

» Reps: 4

6. Banded Good Mornings

» Reps: 10

### Test #3 » 60 seconds

Bodyweight Only

1. Maximum number of sit-ups

» Duration: 60 seconds

2. Rest upon completion

» Duration: 3 minutes

Total Sit-Ups \_\_\_\_\_

### Test #4 » 10 minutes

Sandbag Weight

1. Maximum number of sandbag get-ups (SBGUs)

» Duration: 10 minutes

2. Rest upon completion

» Duration: 10 minutes

Sandbag Weight \_\_\_\_\_ Total SBGUs \_\_\_\_\_

### Test #1 » 60 seconds

Bodyweight Only

1. Maximum number of push-ups

» Duration: 60 seconds

2. Rest upon completion

» Duration: 3 minutes

Total Push-Ups \_\_\_\_\_

### Cooldown » 15 minutes

1. Foam roll legs & lower back, static stretch

» Duration: 15 minutes

### Test #2 » 20 minutes

20% of Bodyweight

1. Maximum number of step-ups | 18" box

» Duration: 20 minutes

2. Rest upon completion

» Duration: 5 minutes

Weight Used \_\_\_\_\_ Total Step-Ups \_\_\_\_\_

#### WEIGHT TYPES



BODYWEIGHT



HIKING  
PACK



RESISTANCE  
BANDS



KETTLEBELLS



DUMBBELLS



SANDBAGS

» All rep counts are listed as totals unless otherwise noted. For exercises that engage each side of the body separately, be sure to split the reps equally between sides.

# BACKPACKER



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## WEEK ONE

### Daily Workouts

## MONDAY

Uphill Strength & Conditioning

### Warm-Up

† Bodyweight Only

x3

1. Walking Lunges  
» Reps: 10
2. Reverse Lunges w/ Twist  
» Reps: 6
3. Step-Ups w/ Knee Raise  
» Reps: 10
4. Push-Ups w/ Rotation  
» Reps: 4
5. OHS Mobility

### Training #1

⊞ 10% of Bodyweight

x3

1. Squats  
» Reps: 30
2. Step-Ups  
» Reps: 40
3. Alternating Lunges  
» Reps: 40
4. Squat Hold  
» Duration: 30 seconds
5. Cat-Cow Stretch  
» Without pack

### Training #2

† Bodyweight Only

x3

1. Single-Leg Box Step-Downs  
» Reps: 12
2. Calf Raises  
» Reps: 20  
» Hold for 10 seconds after final rep
3. Calf Raises  
» Reps: 20  
» Hold for 10 seconds after final rep
4. Rest  
» Duration: 30 seconds

### Cooldown

Foam roll legs & lower back, static stretch

» Duration: 15 minutes

## TUESDAY

Light Strength, Core, & Recovery

### Warm-Up

† Bodyweight Only

x3

1. Squats  
» Reps: 8
2. Alternating Lunges  
» Reps: 5
3. Inchworm Push-Ups  
» Reps: 5
4. Half Hip Mobility
5. Mountain Mobility

### Training #1

† ⊞ Mixed Weights

x3

1. Birddogs  
» Reps: 10
2. Banded Good Mornings  
» Reps: 10
3. Toe Touches  
» Reps: 10
4. Bicycles  
» Reps: 10
5. Core Stability  
» Duration: 10 seconds

### Recovery Movement

Walk, jog, or hike

» Duration: 30 minutes

## WEDNESDAY

Moving Under Tension

### Training #1

⊞ 10% of Bodyweight

Uphill Pack Carry

- » Duration: 60 minutes
- » Incline: 15% grade

### Cooldown

Foam roll legs & lower back, static stretch

» Duration: 15 minutes

### WEIGHT TYPES



BODYWEIGHT



HIKING  
PACK



RESISTANCE  
BANDS



DUMBBELLS



SANDBAGS



KETTLEBELLS

» All rep counts are listed as totals unless otherwise noted. For exercises that engage each side of the body separately, be sure to split the reps equally between sides.

» Rest 5 - 7 minutes between training blocks.

# BACKPACKER



## 1 WEEK ONE Daily Workouts

### THURSDAY

Uphill Strength & Endurance

#### Warm-Up

† Bodyweight Only

x3

1. Walking Lunges  
» Reps: 10
2. Reverse Lunges w/ Twist  
» Reps: 6
3. Step-Ups w/ Knee Raise  
» Reps: 10
4. Push-Ups w/ Rotation  
» Reps: 4
5. OHS Mobility

#### Training #1

📦 15% of Bodyweight

x1

##### Step-Ups

» Reps: 400

(OR) Max number of Step-ups

» Duration: 15 minutes

Total \_\_\_\_\_

#### Training #2

† Bodyweight Only

x3

1. Single-Leg Lateral Hop (R)  
» Duration: 10 seconds
2. Calf Raises  
» Reps: 20  
» Hold for 10 seconds after final rep
3. Single-Leg Lateral Hop (L)  
» Duration: 10 seconds
4. Calf Raises  
» Reps: 20  
» Hold for 10 seconds after final rep
5. Rest  
» Duration: 30 seconds

#### Cooldown

Foam roll legs & lower back,  
static stretch

» Duration: 15 minutes

### FRIDAY

Full Body Strength & Conditioning

#### Warm-Up

† Bodyweight Only

x3

1. Squats  
» Reps: 8
2. Alternating Lunges  
» Reps: 5
3. Inchworm Push-Ups  
» Reps: 5
4. Half Hip Mobility
5. Mountain Mobility

#### Training #1

† Bodyweight Only

x8

##### Half Leg Blaster

1. Squats  
» Reps: 10
2. Alternating Lunges  
» Reps: 10
3. Jumping Lunges  
» Reps: 10
4. Squat Jumps  
» Reps: 5
5. Rest  
» Duration: 30 seconds

#### Training #2

† 🏋️🧘🏃🏊🚴🚶 Mixed Weights

x3

1. Banded Good Mornings  
» Reps: 10
2. Push-Ups w/ Walk-Overs  
» Reps: 6
3. Headcutters  
» Reps: 6
4. Windmills  
» Reps: 10
5. SBGUs 🏋️ 40 - 50 pounds  
» Reps: 5 » Per Side

#### Cooldown

Foam roll legs & lower back,  
static stretch

» Duration: 15 minutes

### SATURDAY

Uphill Endurance

#### Training #1

📦 <15 pounds

Hike with 1,000' Vertical Gain

» Duration: 120 minutes

#### Cooldown

Foam roll legs & lower back,  
static stretch

» Duration: 15 minutes

### SUNDAY

Rest

#### Rest & Recovery

#### WEIGHT TYPES



BODYWEIGHT



HIKING  
PACK



RESISTANCE  
BANDS



DUMBBELLS



SANDBAGS



KETTLEBELLS

» All rep counts are listed as totals unless otherwise noted. For exercises that engage each side of the body separately, be sure to split the reps equally between sides.

» Rest 5 - 7 minutes between training blocks.

#### BONUS

Run 3 miles or 30 minutes at  
an easy pace



# BACKPACKER



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## WEEK TWO

### Daily Workouts

## MONDAY

Uphill Strength & Conditioning

### Warm-Up

† Bodyweight Only

x3

1. Walking Lunges  
» Reps: 10
2. Reverse Lunges w/ Twist  
» Reps: 6
3. Step-Ups w/ Knee Raise  
» Reps: 10
4. Push-Ups w/ Rotation  
» Reps: 4
5. OHS Mobility

### Training #1

⊞ 15% of Bodyweight

x4

1. Squats  
» Reps: 40
2. Step-Ups  
» Reps: 50
3. Alternating Lunges  
» Reps: 45
4. Squat Hold  
» Duration: 45 seconds
5. Cat-Cow Stretch  
» Without pack

### Training #2

† Bodyweight Only

x4

1. Single-Leg Box Step-Downs  
» Reps: 12
2. Calf Raises  
» Reps: 20  
» Hold for 10 seconds after final rep
3. Calf Raises  
» Reps: 20  
» Hold for 10 seconds after final rep
4. Rest  
» Duration: 30 seconds

### Cooldown

Foam roll legs & lower back, static stretch

» Duration: 15 minutes

## TUESDAY

Light Strength, Core, & Recovery

### Warm-Up

† Bodyweight Only

x3

1. Squats  
» Reps: 8
2. Alternating Lunges  
» Reps: 5
3. Inchworm Push-Ups  
» Reps: 5
4. Half Hip Mobility
5. Mountain Mobility

### Training #1

† ⊞ Mixed Weights

x3

1. Birddogs  
» Reps: 10
2. Banded Good Mornings  
» Reps: 10
3. Toe Touches  
» Reps: 10
4. Bicycles  
» Reps: 10
5. Core Stability  
» Duration: 10 seconds

### Recovery Movement

Walk, jog, or hike

» Duration: 40 minutes

## WEDNESDAY

Moving Under Tension

### Training #1

⊞ 10% of Bodyweight

Uphill Pack Carry

» Duration: 75 minutes

» Incline: 15% grade

### Cooldown

Foam roll legs & lower back, static stretch

» Duration: 15 minutes

### WEIGHT TYPES



BODYWEIGHT



HIKING  
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SANDBAGS



KETTLEBELLS

» All rep counts are listed as totals unless otherwise noted. For exercises that engage each side of the body separately, be sure to split the reps equally between sides.

» Rest 5 - 7 minutes between training blocks.

# BACKPACKER



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**WEEK TWO**  
Daily Workouts

## THURSDAY

Uphill Strength & Endurance

### Warm-Up

† Bodyweight Only

x3

1. Walking Lunges  
» Reps: 10
2. Reverse Lunges w/ Twist  
» Reps: 6
3. Step-Ups w/ Knee Raise  
» Reps: 10
4. Push-Ups w/ Rotation  
» Reps: 4
5. OHS Mobility

### Training #1

📦 20% of Bodyweight

x1

#### Step-Ups

» Reps: 500

(OR) Max number of Step-Ups

» Duration: 20 minutes

Total \_\_\_\_\_

### Training #2

† Bodyweight Only

x4

1. Single-Leg Lateral Hop (R)  
» Duration: 10 seconds
2. Calf Raises  
» Reps: 20  
» Hold for 10 seconds after final rep
3. Single-Leg Lateral Hop (L)  
» Duration: 10 seconds
4. Calf Raises  
» Reps: 20  
» Hold for 10 seconds after final rep
5. Rest  
» Duration: 30 seconds

### Cooldown

Foam roll legs & lower back,  
static stretch

» Duration: 15 minutes

## FRIDAY

Full Body Strength & Conditioning

### Warm-Up

† Bodyweight Only

x3

1. Squats  
» Reps: 8
2. Alternating Lunges  
» Reps: 5
3. Inchworm Push-Ups  
» Reps: 5
4. Half Hip Mobility
5. Mountain Mobility

### Training #1

† Bodyweight Only

x10

#### Half Leg Blaster

1. Squats  
» Reps: 10
2. Alternating Lunges  
» Reps: 10
3. Jumping Lunges  
» Reps: 10
4. Squat Jumps  
» Reps: 5
5. Rest  
» Duration: 30 seconds

### Training #2

† 🏋️📦🏋️🏋️🏋️ Mixed Weights

x3

1. Banded Good Mornings  
» Reps: 10
2. Push-Ups w/ Walk-Overs  
» Reps: 6
3. Headcutters  
» Reps: 6
4. Windmills  
» Reps: 10
5. SBGUs 🏋️ 40 - 50 pounds  
» Reps: 5 » Per Side

### Cooldown

Foam roll legs & lower back,  
static stretch

» Duration: 15 minutes

## SATURDAY

Uphill Endurance

### Training #1

📦 <15 pounds

Hike with 1,000' Vertical Gain

» Duration: 150 minutes

### Cooldown

Foam roll legs & lower back,  
static stretch

» Duration: 15 minutes

## SUNDAY

Rest

### Rest & Recovery

#### WEIGHT TYPES



BODYWEIGHT



HIKING  
PACK



RESISTANCE  
BANDS



DUMBBELLS



SANDBAGS



KETTLEBELLS

» All rep counts are listed as totals unless otherwise noted. For exercises that engage each side of the body separately, be sure to split the reps equally between sides.

» Rest 5 - 7 minutes between training blocks.

#### BONUS

Run 4 miles or 40 minutes at  
an easy pace



# BACKPACKER



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## WEEK THREE Daily Workouts

### MONDAY

Uphill Strength & Conditioning

#### Warm-Up

† Bodyweight Only

x3

1. Walking Lunges  
» Reps: 10
2. Reverse Lunges w/ Twist  
» Reps: 6
3. Step-Ups w/ Knee Raise  
» Reps: 10
4. Push-Ups w/ Rotation  
» Reps: 4
5. OHS Mobility

#### Training #1

📦 25% of Bodyweight

x4

1. Squats  
» Reps: 40
2. Step-Ups  
» Reps: 50
3. Alternating Lunges  
» Reps: 50
4. Squat Hold  
» Duration: 60 seconds
5. Cat-Cow Stretch  
» Without pack

#### Training #2

† Bodyweight Only

x4

1. Single-Leg Box Step-Downs  
» Reps: 12
2. Calf Raises  
» Reps: 20  
» Hold for 10 seconds after final rep
3. Calf Raises  
» Reps: 20  
» Hold for 10 seconds after final rep
4. Rest  
» Duration: 30 seconds

#### Cooldown

Foam roll legs & lower back, static stretch

» Duration: 15 minutes

### TUESDAY

Light Strength, Core, & Recovery

#### Warm-Up

† Bodyweight Only

x3

1. Squats  
» Reps: 10
2. Alternating Lunges  
» Reps: 5
3. Inchworm Push-Ups  
» Reps: 6
4. Half Hip Mobility
5. Mountain Mobility

#### Training #1

† 🏋️ Mixed Weights

x4

1. Birddogs  
» Reps: 10
2. Banded Good Mornings  
» Reps: 10
3. Toe Touches  
» Reps: 10
4. Bicycles  
» Reps: 10
5. Core Stability  
» Duration: 10 seconds

#### Recovery Movement

Walk, jog, or hike

» Duration: 40 minutes

### WEDNESDAY

Moving Under Tension

#### Training #1

📦 15% of Bodyweight

Uphill Pack Carry

- » Duration: 60 minutes
- » Incline: 15% grade

#### Cooldown

Foam roll legs & lower back, static stretch

» Duration: 15 minutes

#### WEIGHT TYPES



BODYWEIGHT



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RESISTANCE  
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KETTLEBELLS

» All rep counts are listed as totals unless otherwise noted. For exercises that engage each side of the body separately, be sure to split the reps equally between sides.

» Rest 5 - 7 minutes between training blocks.

# BACKPACKER



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## WEEK THREE Daily Workouts

### THURSDAY

Uphill Strength & Endurance

#### Warm-Up

† Bodyweight Only

x3

1. Walking Lunges  
» Reps: 10
2. Reverse Lunges w/ Twist  
» Reps: 6
3. Step-Ups w/ Knee Raise  
» Reps: 10
4. Push-Ups w/ Rotation  
» Reps: 4
5. OHS Mobility

#### Training #1

📦 20% of Bodyweight

x1

#### Step-Ups

» Reps: 600

#### (OR) Max number of Step-Ups

» Duration: 25 minutes

Total \_\_\_\_\_

#### Training #2

† Bodyweight Only

x5

1. Single-Leg Lateral Hop (R)  
» Duration: 20 seconds
2. Calf Raises  
» Reps: 20  
» Hold for 10 seconds after final rep
3. Single-Leg Lateral Hop (L)  
» Duration: 20 seconds
4. Calf Raises  
» Reps: 20  
» Hold for 10 seconds after final rep
5. Rest  
» Duration: 30 seconds

#### Cooldown

Foam roll legs & lower back,  
static stretch

» Duration: 15 minutes

#### BONUS

Run 4 miles or 40 minutes at  
an easy pace



### FRIDAY

Full Body Strength & Conditioning

#### Warm-Up

† Bodyweight Only

x3

1. Squats  
» Reps: 10
2. Alternating Lunges  
» Reps: 5
3. Inchworm Push-Ups  
» Reps: 6
4. Half Hip Mobility
5. Mountain Mobility

#### Training #1

† Bodyweight Only

x2

#### Full Leg Blaster

1. Squats  
» Reps: 20
2. Alternating Lunges  
» Reps: 20
3. Jumping Lunges  
» Reps: 20
4. Squat Jumps  
» Reps: 10
5. Rest  
» Duration: 30 seconds

#### Training #2

† Bodyweight Only

x8

1. Squat Jumps  
» Duration: 20 seconds
2. Squat Hold  
» Duration: 10 seconds  
» No rest between sets

#### Training #3

🧱 Sandbag (40 - 60 pounds)

x6

1. SBGUs  
» Reps: 6 » Per Side
2. SB Squats (L shoulder)  
» Reps: 6
3. SB Kneeling Half Moon  
» Reps: 6
4. SB Squats (R shoulder)  
» Reps: 6

#### Training #4

† Bodyweight Only

x5

1. Single-Leg Step-Downs  
» Reps: 12
2. Calf Raises  
» Reps: 20  
» Hold for 10 seconds after final rep
3. Calf Raises  
» Reps: 20  
» Hold for 10 seconds after final rep
4. Rest  
» Duration: 30 seconds

### SATURDAY

Uphill Endurance

#### Training #1

📦 <15 pounds

Hike with 1,500' Vertical Gain

» Duration: 150 minutes

#### Cooldown

Foam roll legs & lower back,  
static stretch

» Duration: 15 minutes

### SUNDAY

Rest

#### Rest & Recovery

#### WEIGHT TYPES



BODYWEIGHT



HIKING  
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RESISTANCE  
BANDS



DUMBBELLS



SANDBAGS



KETTLEBELLS

» All rep counts are listed as  
totals unless otherwise noted. For  
exercises that engage each side of  
the body separately, be sure to split  
the reps equally between sides.

» Rest 5 - 7 minutes between  
training blocks.



# BACKPACKER

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WEEK FOUR  
Daily Workouts



6 Weeks to

TRAIL FIT

## MONDAY

Uphill Strength & Conditioning

### Warm-Up

† Bodyweight Only

x3

1. Walking Lunges  
» Reps: 10
2. Reverse Lunges w/ Twist  
» Reps: 6
3. Step-Ups w/ Knee Raise  
» Reps: 10
4. Push-Ups w/ Rotation  
» Reps: 4
5. OHS Mobility

### Training #1

📦 15% of Bodyweight

x4

1. Squats  
» Reps: 50
2. Step-Ups  
» Reps: 60
3. Alternating Lunges  
» Reps: 55
4. Squat Hold  
» Duration: 75 seconds
5. Cat-Cow Stretch  
» Without pack

### Training #2

† Bodyweight Only

x4

1. Single-Leg Box Step-Downs  
» Reps: 16
2. Calf Raises  
» Reps: 20  
» Hold for 10 seconds after final rep
3. Calf Raises  
» Reps: 20  
» Hold for 10 seconds after final rep
4. Rest  
» Duration: 30 seconds

### Cooldown

Foam roll legs & lower back,  
static stretch

» Duration: 15 minutes

## TUESDAY

Light Strength, Core, & Recovery

### Warm-Up

† Bodyweight Only

x3

1. Squats  
» Reps: 10
2. Alternating Lunges  
» Reps: 5
3. Inchworm Push-Ups  
» Reps: 6
4. Half Hip Mobility
5. Mountain Mobility

### Training #1

† 🏋️ Mixed Weights

x4

1. Birddogs  
» Reps: 10
2. Banded Good Mornings  
» Reps: 10
3. Toe Touches  
» Reps: 10
4. Bicycles  
» Reps: 10
5. Core Stability  
» Duration: 10 seconds

### Recovery Movement

Walk, jog, or hike

» Duration: 30 minutes

## WEDNESDAY

Moving Under Tension

### Training #1

📦 15% of Bodyweight

Uphill Pack Carry

» Duration: 45 minutes

» Incline: 15% grade

### Cooldown

Foam roll legs & lower back,  
static stretch

» Duration: 15 minutes

### WEIGHT TYPES



BODYWEIGHT



HIKING  
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KETTLEBELLS

» All rep counts are listed as totals unless otherwise noted. For exercises that engage each side of the body separately, be sure to split the reps equally between sides.

» Rest 5 - 7 minutes between training blocks.



# BACKPACKER



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WEEK FOUR  
Daily Workouts

## THURSDAY

Uphill Strength & Endurance

### Warm-Up

† Bodyweight Only

x3

1. Walking Lunges  
» Reps: 10
2. Reverse Lunges w/ Twist  
» Reps: 6
3. Step-Ups w/ Knee Raise  
» Reps: 10
4. Push-Ups w/ Rotation  
» Reps: 4
5. OHS Mobility

### Training #1

📅 20% of Bodyweight

x1

#### Step-Ups

» Reps: 700

(OR) Max number of Step-Ups

» Duration: 30 minutes

Total \_\_\_\_\_

### Training #2

† Bodyweight Only

x6

1. Single-Leg Lateral Hop (R)  
» Duration: 20 seconds
2. Calf Raises  
» Reps: 20  
» Hold for 10 seconds after final rep
3. Single-Leg Lateral Hop (L)  
» Duration: 20 seconds
4. Calf Raises  
» Reps: 20  
» Hold for 10 seconds after final rep
5. Rest  
» Duration: 30 seconds

### Cooldown

Foam roll legs & lower back,  
static stretch

» Duration: 15 minutes

## FRIDAY

Full Body Strength & Conditioning

### Warm-Up

† Bodyweight Only

x3

1. Squats  
» Reps: 10
2. Alternating Lunges  
» Reps: 5
3. Inchworm Push-Ups  
» Reps: 6
4. Half Hip Mobility
5. Mountain Mobility

### Training #1

† Bodyweight Only

x2

#### Full Leg Blaster

1. Squats  
» Reps: 20
2. Alternating Lunges  
» Reps: 20
3. Jumping Lunges  
» Reps: 20
4. Squat Jumps  
» Reps: 10
5. Rest  
» Duration: 30 seconds

### Training #2

† Bodyweight Only

x8

1. Squat Jumps  
» Duration: 20 seconds
2. Squat Hold  
» Duration: 10 seconds  
» No rest between sets

### Training #3

† 🏋️🏋️🏋️🏋️🏋️ Mixed Weights

x4

1. Banded Good Mornings  
» Reps: 10
2. Push-Ups w/ Walk-Overs  
» Reps: 8
3. Headcutters  
» Reps: 8
4. Windmills  
» Reps: 16
5. SBGUs 🏋️ 40 - 50 pounds  
» Reps: 8 » Per Side

### BONUS

Run 5 miles or 50 minutes at  
an easy pace



## SATURDAY

Uphill Endurance

### Training #1

📅 10% of Bodyweight

Hike with 2,000' Vertical Gain  
» Duration: 120 minutes

### Cooldown

Foam roll legs & lower back,  
static stretch

» Duration: 15 minutes

## SUNDAY

Rest

### Rest & Recovery

### WEIGHT TYPES



BODYWEIGHT



HIKING  
PACK



RESISTANCE  
BANDS



DUMBBELLS



SANDBAGS



KETTLEBELLS

» All rep counts are listed as  
totals unless otherwise noted. For  
exercises that engage each side of  
the body separately, be sure to split  
the reps equally between sides.

» Rest 5 - 7 minutes between  
training blocks.

# BACKPACKER



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## WEEK FIVE

### Daily Workouts

## MONDAY

Uphill Strength & Conditioning

### Warm-Up

† Bodyweight Only

x3

1. Walking Lunges  
» Reps: 10
2. Reverse Lunges w/ Twist  
» Reps: 6
3. Step-Ups w/ Knee Raise  
» Reps: 10
4. Push-Ups w/ Rotation  
» Reps: 4
5. OHS Mobility

### Training #1

⊞ 15% of Bodyweight

x4

1. Squats  
» Reps: 60
2. Step-Ups  
» Reps: 60
3. Alternating Lunges  
» Reps: 60
4. Squat Hold  
» Duration: 80 seconds
5. Cat-Cow Stretch  
» Without pack

### Training #2

† Mixed Weights

x6

1. Single-Leg Box Step-Downs  
» Reps: 16
2. Calf Raises  
» Reps: 20  
» Hold for 10 seconds after final rep
3. Calf Raises  
» Reps: 20  
» Hold for 10 seconds after final rep
4. Banded Monster Walk  
» Reps: 10 each direction
5. Rest  
» Duration: 30 seconds

### Cooldown

Foam roll legs & lower back, static stretch

» Duration: 15 minutes

## TUESDAY

Light Strength, Core, & Recovery

### Warm-Up

† Bodyweight Only

x3

1. Squats  
» Reps: 10
2. Alternating Lunges  
» Reps: 5
3. Inchworm Push-Ups  
» Reps: 6
4. Half Hip Mobility
5. Mountain Mobility

### Training #1

† Mixed Weights

x4

1. Birddogs  
» Reps: 10
2. Banded Good Mornings  
» Reps: 10
3. Toe Touches  
» Reps: 10
4. Bicycles  
» Reps: 10
5. Core Stability  
» Duration: 10 seconds

### Recovery Movement

Walk, jog, or hike

» Duration: 60 minutes

## WEDNESDAY

Moving Under Tension

### Training #1

⊞ 15% of Bodyweight

Uphill Pack Carry

» Duration: 60 minutes

» Incline: 15% grade

### Cooldown

Foam roll legs & lower back, static stretch

» Duration: 15 minutes

## WEIGHT TYPES



BODYWEIGHT



HIKING  
PACK



RESISTANCE  
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DUMBBELLS



SANDBAGS



KETTLEBELLS

» All rep counts are listed as totals unless otherwise noted. For exercises that engage each side of the body separately, be sure to split the reps equally between sides.

» Rest 5 - 7 minutes between training blocks.

# BACKPACKER



5

## WEEK FIVE

### Daily Workouts

## THURSDAY

Uphill Strength & Endurance

### Warm-Up

† Bodyweight Only

x3

1. Walking Lunges  
» Reps: 10
2. Reverse Lunges w/ Twist  
» Reps: 6
3. Step-Ups w/ Knee Raise  
» Reps: 10
4. Push-Ups w/ Rotation  
» Reps: 4
5. OHS Mobility

### Training #1

📦 20% of Bodyweight

x1

#### Step-Ups

» Reps: 800

(OR) Max number of Step-Ups

» Duration: 30 minutes

Total \_\_\_\_\_

### Training #2

† Bodyweight Only

x7

1. Single-Leg Lateral Hop (R)  
» Duration: 40 seconds
2. Calf Raises  
» Reps: 20  
» Hold for 10 seconds after final rep
3. Single-Leg Lateral Hop (L)  
» Duration: 40 seconds
4. Calf Raises  
» Reps: 20  
» Hold for 10 seconds after final rep
5. Rest  
» Duration: 30 seconds

### Cooldown

Foam roll legs & lower back, static stretch

» Duration: 15 minutes

## FRIDAY

Full Body Strength & Conditioning

### Warm-Up

† Bodyweight Only

x3

1. Squats  
» Reps: 10
2. Alternating Lunges  
» Reps: 5
3. Inchworm Push-Ups  
» Reps: 6
4. Full Hip Mobility
5. Mountain Mobility

### Training #1

† Bodyweight Only

x4

#### Full Leg Blaster

1. Squats  
» Reps: 20
2. Alternating Lunges  
» Reps: 20
3. Jumping Lunges  
» Reps: 20
4. Squat Jumps  
» Reps: 10
5. Rest  
» Duration: 30 seconds

### Training #2

† Bodyweight Only

x9

1. Squat Jumps  
» Duration: 20 seconds
2. Squat Hold  
» Duration: 10 seconds  
» No rest between sets

### Training #3

🧱 Sandbag (40-60 pounds)

x7

1. SBGUs  
» Reps: 6 » Per Side
2. SB Squats (L shoulder)  
» Reps: 6
3. SB Kneeling Half Moon  
» Reps: 6
4. SB Squats (R shoulder)  
» Reps: 6

### Cooldown

Foam roll legs & lower back, static stretch

» Duration: 15 minutes

## SATURDAY

Uphill Endurance

### Training #1

📦 Light Pack Weight

Hike with 2,500' Vertical Gain

» Duration: 135 minutes

### Cooldown

Foam roll legs & lower back, static stretch

» Duration: 15 minutes

## SUNDAY

Rest

### Rest & Recovery

#### WEIGHT TYPES



BODYWEIGHT



HIKING  
PACK



RESISTANCE  
BANDS



DUMBBELLS



SANDBAGS



KETTLEBELLS

» All rep counts are listed as totals unless otherwise noted. For exercises that engage each side of the body separately, be sure to split the reps equally between sides.

» Rest 5 - 7 minutes between training blocks.

#### BONUS

Run 6 miles or 60 minutes at an easy pace



Week 5 of 7

# BACKPACKER

6

WEEK SIX

Daily Workouts



6 Weeks to

TRAIL FIT

## MONDAY

Uphill Strength & Conditioning

### Warm-Up

† Bodyweight Only

x3

1. Walking Lunges  
» Reps: 10
2. Reverse Lunges w/ Twist  
» Reps: 6
3. Step-Ups w/ Knee Raise  
» Reps: 10
4. Push-Ups w/ Rotation  
» Reps: 4
5. OHS Mobility

### Training #1

📦 20% of Bodyweight

x4

1. Squats  
» Reps: 60
2. Step-Ups  
» Reps: 70
3. Alternating Lunges  
» Reps: 70
4. Squat Hold  
» Duration: 90 seconds
5. Cat-Cow Stretch  
» Without pack

### Training #2

† Bodyweight Only

x7

1. Single-Leg Box Step-Downs  
» Reps: 16
2. Calf Raises  
» Reps: 20  
» Hold for 10 seconds after final rep
3. Calf Raises  
» Reps: 20  
» Hold for 10 seconds after final rep
4. Banded Monster Walk  
» Reps: 10 each direction
5. Rest  
» Duration: 30 seconds

### Cooldown

Foam roll legs & lower back, static stretch

» Duration: 15 minutes

## TUESDAY

Light Strength, Core, & Recovery

### Warm-Up

† Bodyweight Only

x3

1. Squats  
» Reps: 10
2. Alternating Lunges  
» Reps: 5
3. Inchworm Push-Ups  
» Reps: 6
4. Half Hip Mobility
5. Mountain Mobility

### Training #1

† 🏋️ Mixed Weights

x4

1. Birddogs  
» Reps: 10
2. Banded Good Mornings  
» Reps: 10
3. Toe Touches  
» Reps: 10
4. Bicycles  
» Reps: 10
5. Core Stability  
» Duration: 10 seconds

### Recovery Movement

Walk, jog, or hike

» Duration: 60 minutes

## WEDNESDAY

Moving Under Tension

### Training #1

📦 15% of Bodyweight

Uphill Pack Carry

» Duration: 60 minutes

» Incline: 15% grade

### Cooldown

Foam roll legs & lower back, static stretch

» Duration: 15 minutes

### WEIGHT TYPES



BODYWEIGHT



HIKING  
PACK



RESISTANCE  
BANDS



DUMBBELLS



SANDBAGS



KETTLEBELLS

» All rep counts are listed as totals unless otherwise noted. For exercises that engage each side of the body separately, be sure to split the reps equally between sides.

» Rest 5 - 7 minutes between training blocks.

# BACKPACKER



6

WEEK SIX

Daily Workouts

## THURSDAY

Uphill Strength & Endurance

### Warm-Up

† Bodyweight Only

x3

1. Walking Lunges  
» Reps: 10
2. Reverse Lunges w/ Twist  
» Reps: 6
3. Step-Ups w/ Knee Raise  
» Reps: 10
4. Push-Ups w/ Rotation  
» Reps: 4
5. OHS Mobility

### Training #1

📦 20% of Bodyweight

x1

#### Step-Ups

» Reps: 900

(OR) Max number of Step-Ups

» Duration: 35 minutes

Total \_\_\_\_\_

### Training #2

† Bodyweight Only

x8

1. Single-Leg Lateral Hop (R)  
» Duration: 30 seconds
2. Calf Raises  
» Reps: 20  
» Hold for 10 seconds after final rep
3. Single-Leg Lateral Hop (L)  
» Duration: 30 seconds
4. Calf Raises  
» Reps: 20  
» Hold for 10 seconds after final rep
5. Rest  
» Duration: 30 seconds

### Cooldown

Foam roll legs & lower back, static stretch

» Duration: 15 minutes

### BONUS

Run 5 miles or 50 minutes at an easy pace



## FRIDAY

Full Body Strength & Conditioning

### Warm-Up

† Bodyweight Only

x3

1. Squats  
» Reps: 10
2. Alternating Lunges  
» Reps: 5
3. Inchworm Push-Ups  
» Reps: 6
4. Full Hip Mobility
5. Mountain Mobility

### Training #1

† Bodyweight Only

x4

#### Full Leg Blaster

1. Squats  
» Reps: 20
2. Alternating Lunges  
» Reps: 20
3. Jumping Lunges  
» Reps: 20
4. Squat Jumps  
» Reps: 10
5. Rest  
» Duration: 30 seconds

### Training #2

† Bodyweight Only

x10

1. Squat Jumps  
» Duration: 20 seconds
2. Squat Hold  
» Duration: 10 seconds  
» No rest between sets

### Training #3

† 🏋️🔪🔪🔪 Mixed Weights

x7

1. Banded Good Mornings  
» Reps: 10
2. Push-Ups w/ Walk-Overs  
» Reps: 10
3. Headcutters  
» Reps: 10
4. Windmills  
» Reps: 20
5. SBGs 🏋️ 40 - 50 pounds  
» Reps: 10 » Per Side

### Cooldown

Foam roll legs & lower back, static stretch

» Duration: 15 minutes

## SATURDAY

Uphill Endurance

### Training #1

📦 Standard Daypack

Hike with 2,000' Vertical Gain

» Duration: 180 minutes

### Cooldown

Foam roll legs & lower back, static stretch

» Duration: 15 minutes

## SUNDAY

Rest

### Rest & Recovery

### WEIGHT TYPES



BODYWEIGHT



HIKING  
PACK



RESISTANCE  
BANDS



DUMBBELLS



SANDBAGS



KETTLEBELLS

» All rep counts are listed as totals unless otherwise noted. For exercises that engage each side of the body separately, be sure to split the reps equally between sides.

» Rest 5 - 7 minutes between training blocks.

# BACKPACKER



## 7 WEEK SEVEN Daily Workouts

### MONDAY

Uphill Strength & Conditioning

#### Warm-Up

† Bodyweight Only

x3

1. Walking Lunges  
» Reps: 10
2. Reverse Lunges w/ Twist  
» Reps: 6
3. Push-Ups w/ Rotation  
» Reps: 4
4. OHS Mobility

#### Training #1

📦 20% of Bodyweight

x1

##### Step-Ups

» Reps: 1,000

(OR) Max number of Step-Ups

» Duration: 40 minutes

Total \_\_\_\_\_

#### Training #2

† 🏋️ Mixed Weights

x8

1. Single-Leg Box Step-Downs  
» Reps: 12
2. Calf Raises  
» Reps: 20  
» Hold for 10 seconds after final rep
3. Calf Raises  
» Reps: 20  
» Hold for 10 seconds after final rep
4. Banded Monster Walk  
» Reps: 10 each direction
5. Rest  
» Duration: 30 seconds

#### Cooldown

Foam roll legs & lower back, static stretch

» Duration: 15 minutes

### TUESDAY

Full Body Strength & Conditioning

#### Warm-Up

† Bodyweight Only

x3

1. Squats  
» Reps: 10
2. Alternating Lunges  
» Reps: 5
3. Inchworm Push-Ups  
» Reps: 6
4. Full Hip Mobility
5. Mountain Mobility

#### Training #1

† Bodyweight Only

x5

##### Full Leg Blaster

1. Squats  
» Reps: 20
2. Alternating Lunges  
» Reps: 20
3. Jumping Lunges  
» Reps: 20
4. Squat Jumps  
» Reps: 10
5. Rest  
» Duration: 30 seconds

#### Training #2

🎒 Sandbag (40-60 pounds)

x8

1. SBGUs  
» Reps: 6 » Per Side
2. SB Squats (L shoulder)  
» Reps: 6
3. SB Kneeling Half Moon  
» Reps: 6
4. SB Squats (R shoulder)  
» Reps: 6

#### Cooldown

Foam roll legs & lower back, static stretch

» Duration: 15 minutes

### WEDNESDAY

Moving Under Tension

#### Training #1

📦 20% of Bodyweight

##### Uphill Pack Carry

» Duration: 75 minutes

» Incline: 15% grade

#### Cooldown

Foam roll legs & lower back, static stretch

» Duration: 15 minutes

#### WEIGHT TYPES



BODYWEIGHT



HIKING  
PACK



RESISTANCE  
BANDS



DUMBBELLS



SANDBAGS



KETTLEBELLS

» All rep counts are listed as totals unless otherwise noted. For exercises that engage each side of the body separately, be sure to split the reps equally between sides.

» Rest 5 - 7 minutes between training blocks.

#### BONUS

Run 3 miles or 30 minutes at an easy pace



# BACKPACKER



## FITNESS ASSESSMENT

Re-Test » 60 Minutes



6 Weeks to

### TRAIL FIT

### Warm-Up » 3 rounds

Bodyweight Only

**1. Jump rope, jog in place, or run**

» Duration: 1 minute

**2. Squats**

» Reps: 10

**3. Alternating Lunges**

» Reps: 10

**4. Step-Ups**

» Reps: 10

**5. Push-Ups w/ Rotation**

» Reps: 4

**6. Banded Good Mornings**

» Reps: 10

### Test #3 » 60 seconds

Bodyweight Only

**1. Maximum number of sit-ups**

» Duration: 60 seconds

**2. Rest upon completion**

» Duration: 3 minutes

**Total Sit-Ups** \_\_\_\_\_

### Test #4 » 10 minutes

Sandbag Weight

**1. Maximum number of sandbag get-ups (SBGUs)**

» Duration: 10 minutes

**2. Rest upon completion**

» Duration: 10 minutes

**Sandbag Weight** \_\_\_\_\_ **Total SBGUs** \_\_\_\_\_

### Test #1 » 60 seconds

Bodyweight Only

**1. Maximum number of push-ups**

» Duration: 60 seconds

**2. Rest upon completion**

» Duration: 3 minutes

**Total Push-Ups** \_\_\_\_\_

### Cooldown » 15 minutes

**1. Foam roll legs & lower back, static stretch**

» Duration: 15 minutes

### Test #2 » 20 minutes

20% of Bodyweight

**1. Maximum number of step-ups | 18" box**

» Duration: 20 minutes

**2. Rest upon completion**

» Duration: 5 minutes

**Weight Used** \_\_\_\_\_ **Total Step-Ups** \_\_\_\_\_

#### WEIGHT TYPES



BODYWEIGHT



HIKING  
PACK



RESISTANCE  
BANDS



KETTLEBELLS



DUMBBELLS



SANDBAGS

» All rep counts are listed as totals unless otherwise noted. For exercises that engage each side of the body separately, be sure to split the reps equally between sides.

Re-Test