Training Outline Example

Monday

1. Weight Lifting – Legs
2. Cardio – Incline Walking

Tuesday

1. Outdoor Cardio – Weighted Pack Hike

Wednesday

1. Weight Lifting – Back
2. Cardio – High Intensity Interval Training (HIIT)

Thursday

1. Weight Lifting – Arms/Chest
2. Outdoor Cardio – 2 mile trail run

Friday

1. Rest Day/Active Rest Day
2. Full Body Plyometrics
   Or
3. Outdoor Hike

Saturday

1. Weight Lifting – Shoulders/Short Leg Workout
2. Cardio - Step mill

Sunday

1. Rest Day