

### **Week 3: Active Rest and Recovery**

#### **11/19/18 Aerobic/anaerobic Workout: spin cycle 45 minute duration**

10 minutes: ascending 20 watt increments each 2 minutes, 50 watts to 150 watts

15 minutes: intervals of 2 minutes at 160 watts then 2 minutes at 120 watts

15 minutes: intervals of 1 minute at 200 watts then 2 minutes at 150 watts

5 minutes: descending 20 watt increments each minute 150 watts to 50 watts

#### **11/20/18 Strength Workout: 80 minute duration**

Alternating paired sets, repeat each paired set three times before moving to the next pair:

Barbell squats 8 reps: 95 lbs., 115 lbs., 135 lbs.

Dumb bell bench press 8 reps: 2 X 30 lbs.

Barbell deadlifts 8 reps: 115 lbs., 135 lbs., 155 lbs.

Pullups 5 reps

Barbell Romanian deadlifts 8 reps, 95 lbs.

Incline prone bench row 8 reps, 45 lbs.

Barbell lunges 8 reps, 65 lbs.

Barbell overhead press 8 reps, 45 lbs.

Core:

Planks: prone, left side, right side, back hold for 1 min each

Swiss ball sit-ups 20 reps each: forward, side to side, side to middle to side

Supine bicycles 30 reps

Russian twists 30 reps with 25 lb. weight

Superman 20 reps with 3 second hold each

#### **11/21/18 Climbing Gym Workout: 1 hour and 10 minute duration**

8 climbs: 60 vertical feet each for total vertical of 480 feet

#### **11/22/18: Rest day**

#### **11/23/18: Rest day**

#### **11/24/18 Yoga, core exercises, stretching, and foam rolling: 45 minute duration**

#### **11/25/18 Outdoor walk 3 miles: 55 min duration**