

## **Week 1: Establishing a Base**

### **11/5/18 Strength Workout: 40 minute duration**

Circuit 1: Barbell deadlifts 95 lbs.; 10 reps  
Body weight pullups; 6 reps  
Body weight pushups; 10 reps  
Swiss ball sit-ups; 20 reps

Repeat Circuit three times

Circuit 2: Step ups with two 18 lb. kettlebells and a 20 inch step; 8 reps each leg  
TRX body weight rows; 10 reps  
Barbell hang-clean and press 65 lbs.; 8 reps  
Swiss ball back extensions; 10 reps

Repeat Circuit three times

### **Aerobic Workout: cycle 60 minute duration**

20 minutes: ascending 20 watt increments each 2 minutes, 50 watts to 250 watts

20 minutes: intervals of 2 minutes at 200 watts then 2 minutes at 150 watts

15 minutes: intervals of 1 minute at 250 watts then 2 minutes at 150 watts

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

### **11/6/18 Strength Workout: 40 minute duration**

Circuit 1: Barbell squats 95 lbs.; 10 reps  
Kettlebell curl and press 2 X 18lbs.; 10 reps  
Barbell Romanian deadlifts 65 lbs.; 10 reps

Repeat Circuit 1 three times

Plate press single 45 lbs.; 10 reps each leg; three sets

Barbell bench press 95 lbs.; 10 reps; three sets

### **Aerobic Workout: Step mill 30 minute duration**

10 minutes: ascending 10 watt increments each minute, 100 watts to 200 watts

16 minutes: intervals of 1 minute at 200 watts then 1 minute at 150 watts

4 minutes: descending 10 watt increments 150 watts to 110 watts

### **11/7/18 Aerobic Workout: Cycle 40 minute duration**

20 minutes: 150 watts

15 minutes: 3 Intervals of 2 minutes at 300 watts then 3 minutes at 150 watts

5 minutes: 150 watts

### **Yoga, core, stretching, and foam rolling: 45 minute duration**

### **11/8/18 Strength Workout: 30 minute duration**

Circuit 1: Barbell Deadlifts 95 lbs.; 105 lbs.; 135 lbs.; 10 reps

Lateral band walk 15 steps each direction

Step ups, no weight with 20 inch step, 10 each leg

Repeat Circuit 1 three times with ascending weight for deadlifts

Calf raise: 70 lbs. 12 reps, three sets

Rotary hip flexor: 70 lbs. 12 reps each leg, three sets

Hip Adductor: 70 lbs. 12 reps, three sets

### **Aerobic workout: Step mill 20 minute duration**

9 minutes: 150 watts

9 minutes: 3 intervals of 1 minute 250 watts then 2 minutes at 150 watts

1 minute: 120 watts

### **11/9/18 Climbing Gym Workout: 2 hours and 20 minute duration**

26 climbs, 60 vertical feet each for total vertical of 1560 feet

240 feet of 5.10; 480 feet of 5.9; 720 feet of 5.8; 120 feet of 5.7

1 to 2 minute rest between climbs, 10 minute rest after every 10 climbs

### **11/10/18 and 11/11/18 Yoga, core, stretching, and foam rolling: 45 minute duration each day**