

## **Week 4: Strength Training**

### **11/26/18 Strength Workout: 60 minute duration**

Barbell Squats 5 sets: 15 reps@45 lbs., 12@95, 10@115, 8@135, and 8@155  
Alternate with: 200 lbs. sled push 120 feet 5 times

Plate leg press 4 sets: 12 reps @180 lbs., 10@200, 8@220, and 8@240  
Alternate with Barbell bench press: 10 reps@95lbs., 8@115, and 6@125

Dumb-bell walking lunges 3 sets: 20 reps@2X25 lbs.  
Alternate with Incline bench rows 3 sets: 12reps@90 lbs., 10@100, and 8@110

Planks one minute hold each: prone, side, side, supine bridge

### **Aerobic/anaerobic Workout: spin cycle 60 minute duration**

20 minutes: ascending 20 watt increments each 2 minutes, 50 watts to 200 watts  
15 minutes: intervals of 1 minute at 200 watts then 2 minutes at 150 watts  
3 minute recovery: 150 watts  
12 minutes: intervals of 1 minute at 300 watts then 3 minutes at 150 watts  
10 minutes: descending 20 watt increments each 2 minute 150 watts to 100 watts

### **Climbing Gym: 70 minute duration**

### **11/27/18 Strength Workout: 60 minute duration**

Barbell deadlifts 5 sets, 8 reps each: 95 lbs., 115, 135, 155, 175  
Alternate with: lateral band walk, 10 steps in each direction  
Alternate with: Barbell Romanian deadlifts: 8 reps@95lbs.

Rotary hip flexor 3 sets of 10 reps each side 85 lbs.  
Prone leg curl 3 sets: 10reps@50lbs., 8@70, 6@90  
Standing calf raise 3 sets of 10 reps, 90 lbs.

Core: 3 sets of 30 reps: bicycles, wipers, jack knives

### **Anaerobic/aerobic Workout: Step mill 30 minute duration**

18 minutes: 10 watt increases every 2 minutes, 110 watts to 200 watts  
3 intervals: 1 minute 210 watts-2 minute 140 watts, 225 w-140 w, 240 w-140 w  
3 minute cool down

### **11/28/18 Rest Day**

### **11/29/18: Strength Workout 60 minute duration**

Barbell squats: 15 reps@45lbs., 10@115, 8@135, 8@155, 6@165  
Alternate with pushups 15 reps

Barbell deadlifts: 8 reps@135lbs., 8@155, 8@175, 8@185  
Alternate with barbell push press, 8 reps@65 lbs.  
Core: 20 reps each ab crunch with leg extension, Russian twist, bird dogs

**Anaerobic/aerobic: spin cycle 50 minute duration**

15 minute: 10 watt increases each minute 50 w to 200 w

15 minute intervals: 1 minute 250 w-2 minutes 150 w, 5X

5 minute recovery at 150 w

8 minute intervals: 30 seconds at 410 w- 3.5 minutes at 150 w; 380 w-150 w

7 minute cool down

**11/30/18: Climbing gym 3 hour duration**

26 climbs @ 60 feet, total 1560 vertical feet including 900 feet of 5.9 and 5.10

**12/01/18 Yoga, core exercises, stretching, and foam rolling: 45 minute duration**

**12/02/18 Rest day**