

50-Mile Hike Challenge Preparation Package  
Force Fitness Instructor Trainer  
MGySgt Melvin L. Venable  
2D Marine Division G-4

It is important for everyone participating in the 50-Mile Challenge to understand that in order to succeed, it is critical to undertake a training program in advance of the hike. While it is possible to complete 50 miles without training, doing so incurs an increased risk of injury, or renders the body ineffective for a week or more. Ultimately, the best way to train for long distance hikes is to; of course go for long distance hikes. No other activity is a perfect substitute for the physical, mental, and logistical aspects of long distance hiking.

Nutrition is a key enabler for successful training. Properly planned and executed good feeding practices will enhance performance and morale as well as significantly contribute to completing the 50-Mile Challenge. The overall goal of training is to optimize physiological adaptations. You can meet your training goals through appropriate nutritional strategies implemented before, during, and after training. Various strategies can be developed to maintain adequate energy stores, enhance recovery, stimulate muscle protein synthesis, maximize glycogen repletion, and minimize/protect against training injuries. Nutrient timing, combined with adequate rest and recovery periods, are important components to any training program. However, another consideration for optimal performance is familiarity: foods and fluids consumed before and during exercise should be consistent with those used in training to minimize the risk for an upset stomach from unfamiliar foods.

In efforts to prevent injury, the following is a well-designed, balanced, and progressive training program that will help eliminate muscle imbalances, strengthen tendons and ligaments, and increase muscle strength and endurance. Adherence to this training will also address flexibility and mobility issues and when combined with proper nutrition will aid in recovery, regeneration and injury prevention.

For more information, please contact the 2d Marine Division Force Fitness Instructor/Trainer:

MGySgt Melvin L. Venable  
Phone: 910-451-8145  
Email: Melvin.venable@usmc.mil

# LOWER BODY<sup>v4</sup>

Day # 1

Tier 1 <b>Dynamic Warm-up</b>					
Order	EXERCISE	REPS	DISTANCE	SETS	NOTES
<b>A</b>	Frontal Leg Swing	10			
<b>B</b>	Sagittal Leg Swings	10			
<b>C</b>	Cross-Over Lunge	10			
<b>D</b>	Frankenstein		20YDS		
<b>E</b>	Back Peddle Reach		20YDS		
<b>F</b>	Butt-Kickers		20YDS		
<b>G</b>	Burpees	10			
<b>H</b>	Groiners	10			
Tier 2 <b>Task Specific Warm-up Complete 1 set of exercise A-D, repeat from A.</b>					
Order	EXERCISE	SETS	REPS	LOAD	NOTES
<b>A</b>	Reverse Lunge w/ Hamstring Curl	3	10		
<b>B</b>	Sandbag Lateral Lunge	3	10	Medium	
<b>C</b>	Med Ball V-up	3	10		
<b>D</b>	Kettlebell Goblet Squat	3	10	Light	
Rest 2 to 3min Between Rounds					
Tier 3 <b>Main Stressor; Complete 3 set A-C Repeat from Exercise A</b>					
Order	EXERCISE	SETS	REPS	LOAD	REGRESSION
<b>A</b>	Dumbbell Split Squat	3	6	0.76	No weight
<b>B</b>	Prisoner Squat Jumps	3	10		No jump
<b>C</b>	Plank With Hand Raise	3	10		No hand raise
Rest 2 to 3min Between Rounds					
Tier 4 <b>Auxillary Exercises; Complete 1 set of exercise A-F, Repeat from Exercise A</b>					
Order	EXERCISE	SETS	REPS	LOAD	REGRESSION
<b>A</b>	Sandbag Lateral Lunge	2	10		5 L / 5 R
<b>B</b>	Landmine Rotation	2	10		5 L / 5 R
<b>C</b>	Body Weight Squat	2	10		
<b>D</b>	Flutter Kicks	2	10		
<b>E</b>	Kettlebell Swing	2	10		5 L / 5 R
<b>F</b>	Sandbag Lateral Bag Drag	2	10		5 L / 5 R
<b>G</b>	Sandbag Single Leg Deadlift	2	10		5 L / 5 R
Rest 1min Between Rounds					
Tier 5 <b>Injury Prevention</b>					
Order	EXERCISE	SETS	REPS	LOAD	NOTES
<b>A</b>	PVC 1/2 Kneeling Hip Flexor	2	10	N/A	
<b>B</b>	3 Way Knee to Wall	2	10	N/A	
Tier 6 <b>Flexibility and Foam Rolling</b>					
Order	EXERCISE	SETS	TIME	NOTES	
<b>A</b>	Calf Roll      Calf Stretch	2	45sec/30sec	1 Set Right/1 Set Left	
<b>B</b>	Hamstring Roll      Hamstring Stretch	2	45sec/30sec	1 Set Right/1 Set Left	
<b>C</b>	Glute Roll      Glute Stretch	2	45sec/30sec	1 Set Right/1 Set Left	
<b>D</b>	Quad Roll      Quad Stretch	2	45sec/30sec	1 Set Right/1 Set Left	

**STRENGTH • POWER • SPEED • FLEXIBILITY**

# LOWER BODY ENDURANCE v4

Day #2

Tier 1	Dynamic Warm-up				
Order	EXERCISE	REPS	DISTANCE	SETS	NOTES
A	Arm Circles	20			10 F / 10 R
B	Fire Hydrants	20			10 L / 10 R
C	Bear Crawl		20YDS		
D	Frankenstein		20YDS		
E	Back Peddle Reach		20YDS		
F	Lunge w/Power Skip		20YDS		
G	Groiners	10			
H	Burpees	10			
Tier 2	Task Specific Warm-up Complete 1 set of exercise A-D, repeat from A.				
Order	EXERCISE	SETS	REPS	LOAD	NOTES
A	Elbow to Instep	2	10		5 L / 5 R
B	Sandbag Goodmorning	2	5		
C	Prone Superman	2	5		
D	Kettlebell Goblet Squat	2	5	Medium	
Rest 60 to 90 sec Between Rounds					
Tier 3	Endurance; Perform specified reps on the min for the set amount time				
Order	EXERCISE	SETS	REPS	LOAD	REGRESSION
	Buddy Squat	8 min	3	0.7	Air squats
2-3 Reps on the min					
Tier 4	Auxilliary Exercises; Complete 1 set of exercise A-F, Repeat from Exercise A				
Order	EXERCISE	SETS	REPS	LOAD	REGRESSION
A	Barbell Diagonal Lunge	2	30SEC	LIGHT	No Barbell
B	Hang Windmills	2	30SEC		crunches
C	Sandbag Shoulder Squat	2	30SEC	LIGHT	no sandbag
D	Flutter Kicks	2	30SEC		
E	Sandbag Goodmorning	2	30SEC		no sandbag
F	Plank With Hand Raise	2	30SEC		no hand raise
G	Sandbag Single Leg Deadlift	2	30SEC		no sandbag
Rest 1min Between Rounds					
Tier 5	Injury Prevention				
Order	EXERCISE	SETS	REPS	LOAD	NOTES
A	Side Lying w/ T-Spine Rib Grab	2	10	N/A	
B	PVC 1/2 Kneeling Hip Flexor	2	10	N/A	
Tier 6	Flexibility and Foam Rolling				
Order	EXERCISE		SETS	TIME	NOTES
A	Calf Roll	Calf Stretch	2	45sec/30sec	1 Set Right/1 Set Left
B	Hamstring Roll	Hamstring Stretch	2	45sec/30sec	1 Set Right/1 Set Left
C	Glute Roll	Glute Stretch	2	45sec/30sec	1 Set Right/1 Set Left
D	Quad Roll	Quad Stretch	2	45sec/30sec	1 Set Right/1 Set Left

STRENGTH • POWER • SPEED • FLEXIBILITY

# AGILITY & THRESHOLD TRAINING v4

Day #3

Tier 1	Dynamic Warm-up				
Order	EXERCISE	REPS	DISTANCE	SETS	NOTES
<b>A</b>	Frontal Leg Swing	10			10 L Leg / 10 R Leg
<b>B</b>	Knee Circles	10			10 L / 10 R
<b>C</b>	Bear Crawl		25YDS		
<b>D</b>	Inchworm		25YDS		
<b>E</b>	Frankenstein		25YDS		
<b>F</b>	Spiderman		25YDS		
<b>G</b>	Mountain Climbers	10			10 L / 10 R
<b>H</b>	Squat Drops	10			
Tier 2	Linear Speed Mechanics				
Order	EXERCISE	SETS	REPS	DISTANCE	NOTES
<b>A</b>	Prone Starts	2		25yds	
<b>B</b>	Push-up Starts	2		25yds	
<b>C</b>	Sprints	2		25yds	
<b>D</b>	Straight Leg Shuffle to Sprint	2		25yds	
Linear Speed; Complete all sets for A, then B, then C, then D					
Tier 3	Agility				
Order	EXERCISE	SETS	NOTES		
<b>A</b>	Ladder Skiers	3			
<b>B</b>	Hurdle Hops-Forward/Backwards	3			
<b>C</b>	Cone Attack and Retreat	3			
Agility; Complete 1 set of A-C repeat from A					
Tier 4	Lactic Acid Threshold				
Order	EXERCISE	SETS	DISTANCE	NOTES	
<b>A</b>	Forward Sled Pull	2	50YDS	25 yds down and back	
<b>B</b>	Reverse Sled Pull	2	50YDS	25 yds down and back	
Rest 3min Between A and B					
Tier 5	Flexibility and Foam Rolling				
Order	EXERCISE		SETS	TIME	NOTES
<b>A</b>	Calf Roll	Calf Stretch	2	45sec/30sec	1 Set Right/1 Set Left
<b>B</b>	Hamstring Roll	Hamstring Stretch	2	45sec/30sec	1 Set Right/1 Set Left
<b>C</b>	Glute Roll	Glute Stretch	2	45sec/30sec	1 Set Right/1 Set Left
<b>D</b>	Quad Roll	Quad Stretch	2	45sec/30sec	1 Set Right/1 Set Left

STRENGTH • POWER • SPEED • FLEXIBILITY

# MOBILITY / RECOVERY v4

Day #4

DYNAMIC WARM-UP				
EXERCISE	REPS	DISTANCE	SETS	NOTES
<b>A</b>	Long Strider	10		
<b>B</b>	Split Jack Forward	10		
<b>C</b>	Walking Knee Hug		25YDS	
<b>D</b>	Walking Leg Cradle		25YDS	
<b>E</b>	Bear Crawl		25YDS	
<b>F</b>	Walking Lunge		25YDS	
<b>G</b>	Squat Drops	10		
<b>H</b>	Mountain Climbers	10		
UPPER BODY				
ROLLING/MOBILITY	SETS	REPS/TIME	HOLD	NOTES
<b>A</b>	Roll Lower Back	2		40sec
<b>B</b>	PVC Trunk Rotation	2		40sec
<b>C</b>	Peanut T-Spine	2		40sec
<b>D</b>	T-Spine Rib Grab	2		40sec
<b>E</b>	Peanut Lower Back	2		40sec
<b>F</b>	Supine Leg Over	2		40sec
<b>G</b>	Lax Ball Scapula Ridge	2		40sec
<b>H</b>	Knee Cross Over	2		40sec
STABILITY / ACTVATION				
EXERCISE	SETS	REPS/TIME	HOLD	NOTES
<b>A</b>	X Band Exercise	2	10	5 L / 5 R
<b>B</b>	Bent Over IYT	2	5	
<b>C</b>	Reverse Lunge w/ Hamstring Cur	2	10	5 L / 5 R
<b>D</b>	Goblet Squat	2	5	Light
LOWER BODY				
ROLLING/MOBILITY	SETS	REPS/TIME	HOLD	NOTES
<b>A</b>	Roll Calf	2	30SEC	
<b>B</b>	Sprinter Stretching	2	30SEC	
<b>C</b>	Stick To Hamstring	2	30SEC	
<b>D</b>	Squat to Stand	2	30SEC	
<b>E</b>	Roll Glute	2	30SEC	
<b>F</b>	Fire Hydrants	2	30SEC	
<b>G</b>	Roll Quads	2	30SEC	
<b>H</b>	Half Kneeling Hip Flexor	2	30SEC	

**STRENGTH • POWER • SPEED • FLEXIBILITY**

## HIKE CARD #5

Tier 1	Dynamic Warm-up				
Order	Exercise	Reps	Distance	Sets	Notes
A	Long Strider	20		1	
B	Side Straddle Hops	20	25yds	1	
C	Walking Knee Hug		25yds	1	
D	Walking Lunge		25yds	1	
E	Butt-Kickers		25yds	1	
F	Carioca w/ Knee Drive		25yds	2	
G	Mountain Climbers	20		1	
H	Burpees	10		1	

## WORKOUT

HIKE | 5 MILE HIKE WITH LOI LOAD DURING HIKES

## POST HIKE COOL DOWN

EXERICSE	SETS	HOLD
Chest Stretch	2	30SEC
Cross Body Stretch	2	30SEC
Glute Stretch	2	30SEC
Hamstring Stretch	2	30SEC
Hip Flexor Stretch	2	30SEC
Neck Stretch	2	30SEC
Quadriceps Stretch	2	30SEC
Shoulder Stretch	2	30SEC
Side Bend Stretch	2	30SEC
Summo Stretch	2	30SEC
Triceps Stretch	2	30SEC
Upper Back Stretch	2	30SEC

## HIKE CARD #6

Tier 1	Dynamic Warm-up				
Order	Exercise	Reps	Distance	Sets	Notes
A	Arm Circles	20		1	10 F / 10 R
B	Side Straddle Hops	20	25yds	1	
C	Walking Knee Hug		25yds	1	
D	Walking Lunge		25yds	1	
E	Back Peddle Reach		25yds	1	
F	Carioca		25yds	1	Down and back
G	Groiners	20		1	
H	Burpees	10		1	

## WORKOUT

HIKE | 10 MILE HIKE WITH LOI LOAD DURING HIKES

## POST HIKE COOL DOWN

EXERICSE	SETS	HOLD
Chest Stretch	2	30SEC
Calf Stretch	2	30SEC
Glute Stretch	2	30SEC
Hamstring Stretch	2	30SEC
Hip Flexor Stretch	2	30SEC
Neck Stretch	2	30SEC
Quadriceps Stretch	2	30SEC
Shoulder Stretch	2	30SEC
Side Bend Stretch	2	30SEC
Summo Stretch	2	30SEC
Triceps Stretch	2	30SEC
Upper Back Stretch	2	30SEC

# MOBILITY / RECOVERY v4

Day #7

DYNAMIC WARM-UP				
EXERCISE	REPS	DISTANCE	SETS	NOTES
<b>A</b>	Long Strider	10		
<b>B</b>	Split Jack Forward	10		
<b>C</b>	Walking Knee Hug		25YDS	
<b>D</b>	Walking Leg Cradle		25YDS	
<b>E</b>	Bear Crawl		25YDS	
<b>F</b>	Walking Lunge		25YDS	
<b>G</b>	Squat Drops	10		
<b>H</b>	Mountain Climbers	10		
UPPER BODY				
ROLLING/MOBILITY	SETS	REPS/TIME	HOLD	NOTES
<b>A</b>	Roll Lower Back	2		40sec
<b>B</b>	PVC Trunk Rotation	2		40sec
<b>C</b>	Peanut T-Spine	2		40sec
<b>D</b>	T-Spine Rib Grab	2		40sec
<b>E</b>	Peanut Lower Back	2		40sec
<b>F</b>	Supine Leg Over	2		40sec
<b>G</b>	Lax Ball Scapula Ridge	2		40sec
<b>H</b>	Knee Cross Over	2		40sec
STABILITY / ACTVATION				
EXERCISE	SETS	REPS/TIME	HOLD	NOTES
<b>A</b>	X Band Exercise	2	10	5 L / 5 R
<b>B</b>	Bent Over IYT	2	5	
<b>C</b>	Reverse Lunge w/ Hamstring Cur	2	10	5 L / 5 R
<b>D</b>	Goblet Squat	2	5	Light
LOWER BODY				
ROLLING/MOBILITY	SETS	REPS/TIME	HOLD	NOTES
<b>A</b>	Roll Calf	2	30SEC	
<b>B</b>	Sprinter Stretching	2	30SEC	
<b>C</b>	Stick To Hamstring	2	30SEC	
<b>D</b>	Squat to Stand	2	30SEC	
<b>E</b>	Roll Glute	2	30SEC	
<b>F</b>	Fire Hydrants	2	30SEC	
<b>G</b>	Roll Quads	2	30SEC	
<b>H</b>	Half Kneeling Hip Flexor	2	30SEC	

**STRENGTH • POWER • SPEED • FLEXIBILITY**

# AGILITY & THRESHOLD TRAINING v4

Day #8

Tier 1	Dynamic Warm-up				
Order	EXERCISE	REPS	DISTANCE	SETS	NOTES
A	Frontal Leg Swing	10			10 L Leg / 10 R Leg
B	Knee Circles	10			10 L / 10 R
C	Bear Crawl		25YDS		
D	Monster Walk		25YDS		
E	Walking Lunge w/Side reach		25YDS		
F	Spiderman		25YDS		
G	Speed Skaters	10			10 L / 10 R
H	Squat Drops	10			
Tier 2	Linear Speed Mechanics				
Order	EXERCISE	SETS	REPS	DISTANCE	NOTES
A	Broad Jump Start	2		25yds	
B	Falling Start	2		25yds	
C	Straight Leg Shuffle to Sprint	2		25yds	
D	Sprints	2		25yds	
Linear Speed; Complete all sets for A, then B, then C, then D					
Tier 3	Agility				
Order	EXERCISE	SETS	NOTES		
A	Ladder In In/Out Out- Forward	3			
B	Hurdle Hops-Lateral	3			
C	Cone J-Hook Reverse Sprint	3			
Agility; Complete 1 set of A-C repeat from A					
Tier 4	Lactic Acid Threshold				
Order	EXERCISE	SETS	DISTANCE	NOTES	
A	10yd Resisted Carioca Shuttle	2	50YDS	25 yds down and back	
B	100ys Gassers	2	50YDS	50 yds down and back	
Rest 3min Between A and B					
Tier 5	Flexibility and Foam Rolling				
Order	EXERCISE		SETS	TIME	NOTES
A	Calf Roll	Calf Stretch	2	45sec/30sec	1 Set Right/1 Set Left
B	Hamstring Roll	Hamstring Stretch	2	45sec/30sec	1 Set Right/1 Set Left
C	Glute Roll	Glute Stretch	2	45sec/30sec	1 Set Right/1 Set Left
D	Quad Roll	Quad Stretch	2	45sec/30sec	1 Set Right/1 Set Left

STRENGTH • POWER • SPEED • FLEXIBILITY

## LOWER BODY ENDURANCE v4

Day #9

Tier 1	Dynamic Warm-up				
Order	EXERCISE	REPS	DISTANCE	SETS	NOTES
A	Heel/to Raises	15			
B	Highland Fling	15			
C	Cross-Over Lunge	15			
D	Frankenstein		25YDS		
E	Butt-Kickers		25YDS		
F	Side Slide w/ Arm Swing		25YDS		
G	Speed Skaters	20			10 L / 10 R
H	Eight Count Body Builder	10			
Tier 2	Task Specific Warm-up Complete 1 set of exercise A-D, repeat from A.				
Order	EXERCISE	SETS	REPS	LOAD	NOTES
A	Elbow to Instep	2	10		5 L / 5 R
B	Sandbag Goodmorning	2	10		
C	Med Ball Arch Chops	2	10		5 L / 5 R
D	Dumbbell Split Squat	2	10	Medium	5 L / 5 R
Rest 60 to 90 sec Between Rounds					
Tier 3	Endurance; Perform specified reps on the min for the set amount time				
Order	EXERCISE	SETS	REPS	LOAD	REGRESSION
	Buddy Deadlift	8 min	3	0.7	Air squats
2-3 Reps on the min					
Tier 4	Auxiliary Exercises; Complete 1 set of exercise A-F, Repeat from Exercise A				
Order	EXERCISE	SETS	REPS	LOAD	REGRESSION
A	Barbell Diagonal Lunge	2	30SEC	LIGHT	No Barbell
B	Hang Windmills	2	30SEC		crunches
C	Sandbag Shoulder Squat	2	30SEC	LIGHT	no sandbag
D	Flutter Kicks	2	30SEC		
E	Sandbag Goodmorning	2	30SEC		no sandbag
F	Plank With Hand Raise	2	30SEC		no hand raise
G	Sandbag Single Leg Deadlift	2	30SEC		no sandbag
Rest 1min Between Rounds					
Tier 5	Injury Prevention				
Order	EXERCISE	SETS	REPS	LOAD	NOTES
A	Side Lying w/ T-Spine Rib Grab	2	10	N/A	
B	PVC 1/2 Kneeling Hip Flexor	2	10	N/A	
Tier 6	Flexibility and Foam Rolling				
Order	EXERCISE		SETS	TIME	NOTES
A	Calf Roll	Calf Stretch	2	45sec/30sec	1 Set Right/1 Set Left
B	Hamstring Roll	Hamstring Stretch	2	45sec/30sec	1 Set Right/1 Set Left
C	Glute Roll	Glute Stretch	2	45sec/30sec	1 Set Right/1 Set Left
D	Quad Roll	Quad Stretch	2	45sec/30sec	1 Set Right/1 Set Left

STRENGTH • POWER • SPEED • FLEXIBILITY

**LOWER BODY<sub>v4</sub>**

Day # 10 Day

<b>Tier 1</b>					
<b>Dynamic Warm-up</b>					
<b>Order</b>	<b>EXERCISE</b>	<b>REPS</b>	<b>DISTANCE</b>	<b>SETS</b>	<b>NOTES</b>
<b>A</b>	Frontal Leg Swing	20			10 L / 10 R
<b>B</b>	Sagittal Leg Swings	20			10 L / 10 R
<b>C</b>	Cross-Over Lunge	20			
<b>D</b>	Frankenstein		25YDS		
<b>E</b>	Back Peddle Reach		25YDS		
<b>F</b>	Butt-Kickers		25YDS		
<b>G</b>	Eight Count Body Builder	15			
<b>H</b>	Split Squat Drops	15			
<b>Tier 2</b>					
<b>Task Specific Warm-up Complete 1 set of exercise A-D, repeat from A.</b>					
<b>Order</b>	<b>EXERCISE</b>	<b>SETS</b>	<b>REPS</b>	<b>LOAD</b>	<b>NOTES</b>
<b>A</b>	Reverse Lunge w/ Hamstring Curl	3	10		
<b>B</b>	Sandbag Lateral Lunge	3	10	Medium	
<b>C</b>	Med Ball V-up	3	10		
<b>D</b>	Kettlebell Goblet Squat	3	10	Light	
Rest 2 to 3min Between Rounds					
<b>Tier 3</b>					
<b>Main Stressor; Complete 3 set A-C Repeat from Exercise A</b>					
<b>Order</b>	<b>EXERCISE</b>	<b>SETS</b>	<b>REPS</b>	<b>LOAD</b>	<b>REGRESSION</b>
<b>A</b>	Barbell Deadlift	3	6	0.76	No weight
<b>B</b>	Prisoner Squat Jumps	3	10		No jump
<b>C</b>	Plank With Hand Raise	3	10		No hand raise
Rest 2 to 3min Between Rounds					
<b>Tier 4</b>					
<b>Auxillary Exercises; Complete 1 set of exercise A-F, Repeat from Exercise A</b>					
<b>Order</b>	<b>EXERCISE</b>	<b>SETS</b>	<b>REPS</b>	<b>LOAD</b>	<b>REGRESSION</b>
<b>A</b>	Sandbag Lateral Lunge	2	10		5 L / 5 R
<b>B</b>	Landmine Rotation	2	10		5 L / 5 R
<b>C</b>	Body Weight Squat	2	10		
<b>D</b>	Hanging Flutter Kicks	2	10		
<b>E</b>	Band Good Morning	2	10		
<b>F</b>	Side Plank	2	30SEC		30 Sec L / 30 Sec 5 R
<b>G</b>	Single Leg Step down with Dumbbell	2	10		5 L / 5 R
Rest 1min Between Rounds					
<b>Tier 5</b>					
<b>Injury Prevention</b>					
<b>Order</b>	<b>EXERCISE</b>	<b>SETS</b>	<b>REPS</b>	<b>LOAD</b>	<b>NOTES</b>
<b>A</b>	PVC 1/2 Kneeling Hip Flexor	2	10	N/A	
<b>B</b>	3 Way Knee to Wall	2	10	N/A	
<b>Tier 6</b>					
<b>Flexibility and Foam Rolling</b>					
<b>Order</b>	<b>EXERCISE</b>	<b>SETS</b>	<b>TIME</b>	<b>NOTES</b>	
<b>A</b>	Calf Roll	Calf Stretch	2	45sec/30sec	1 Set Right/1 Set Left
<b>B</b>	Hamstring Roll	Hamstring Stretch	2	45sec/30sec	1 Set Right/1 Set Left
<b>C</b>	Glute Roll	Glute Stretch	2	45sec/30sec	1 Set Right/1 Set Left
<b>D</b>	Quad Roll	Quad Stretch	2	45sec/30sec	1 Set Right/1 Set Left

**STRENGTH • POWER • SPEED • FLEXIBILITY**

## HIKE CARD #10 Night

Tier 1	Dynamic Warm-up				
Order	Exercise	Reps	Distance	Sets	Notes
A	Frankenstein	20		1	
B	Side Straddle Hops	20	25yds	1	
C	Walking Knee Hug		25yds	1	
D	Walking Lunge		25yds	1	
E	Back Peddle Reach		25yds	1	
F	Carioca		25yds	1	Down and back
G	Groiners	20		1	
H	Burpees	10		1	

## WORKOUT

HIKE | 15 MILE HIKE WITH LOI LOAD DURING HIKES

## POST HIKE COOL DOWN

EXERICSE	SETS	HOLD
Chest Stretch	2	30SEC
Calf Stretch	2	30SEC
Glute Stretch	2	30SEC
Hamstring Stretch	2	30SEC
Hip Flexor Stretch	2	30SEC
Neck Stretch	2	30SEC
Quadriceps Stretch	2	30SEC
Shoulder Stretch	2	30SEC
Side Bend Stretch	2	30SEC
Summo Stretch	2	30SEC
Triceps Stretch	2	30SEC
Upper Back Stretch	2	30SEC

# MOBILITY / RECOVERY v4

Day #11

DYNAMIC WARM-UP				
EXERCISE	REPS	DISTANCE	SETS	NOTES
<b>A</b>	Split Jack Forward	20		
<b>B</b>	Stationary Forward Lunge	20		
<b>C</b>	Walking Knee Hug		25YDS	
<b>D</b>	Walking Leg Cradle		25YDS	
<b>E</b>	Inchworm		25YDS	
<b>F</b>	Walking Lunge w/Side Reach		25YDS	
<b>G</b>	Frog Thrust	20		
<b>H</b>	Speed Skaters	20		
UPPER BODY				
ROLLING/MOBILITY	SETS	REPS/TIME	HOLD	NOTES
<b>A</b>	Roll Lower Back	2		40sec
<b>B</b>	Single or Double Knee to Chest	2		40sec
<b>C</b>	Lax Ball Pecs	2		40sec
<b>D</b>	Door Frame Stretching	2		40sec
<b>E</b>	Peanut Lower Back	2		40sec
<b>F</b>	Supine Leg Over	2		40sec
<b>G</b>	Peanut T-Spine	2		40sec
<b>H</b>	Knee Cross Over	2		40sec
STABILITY / ACTVATION				
EXERCISE	SETS	REPS/TIME	HOLD	NOTES
<b>A</b>	X Band Exercise	2	10	5 L / 5 R
<b>B</b>	Bent Over IYT	2	10	
<b>C</b>	Reverse Lunge w/ Hamstring Cur	2	10	5 L / 5 R
<b>D</b>	Neural Tension with Calf Pumps	2	10	Light
LOWER BODY				
ROLLING/MOBILITY	SETS	REPS/TIME	HOLD	NOTES
<b>A</b>	Roll Calf	2	30SEC	
<b>B</b>	Sprinter Stretching	2	30SEC	
<b>C</b>	Stick To Hamstring	2	30SEC	
<b>D</b>	Squat to Stand	2	30SEC	
<b>E</b>	Roll Glute	2	30SEC	
<b>F</b>	Fire Hydrants	2	30SEC	
<b>G</b>	Roll Quads	2	30SEC	
<b>H</b>	Half Kneeling Hip Flexor	2	30SEC	

**STRENGTH • POWER • SPEED • FLEXIBILITY**

## HIKE CARD #12

Tier 1	Dynamic Warm-up				
Order	Exercise	Reps	Distance	Sets	Notes
A	Frankenstein	20		1	
B	Side Straddle Hops	20	25yds	1	
C	Walking Knee Hug		25yds	1	
D	Walking Lunge		25yds	1	
E	Back Peddle Reach		25yds	1	
F	Carioca		25yds	1	Down and back
G	Groiners	20		1	
H	Burpees	10		1	

## WORKOUT

HIKE	<b>20 MILE HIKE WITH LOI LOAD DURING HIKES</b>
------	--

## POST HIKE COOL DOWN

EXERICSE	SETS	HOLD
Chest Stretch	2	30SEC
Calf Stretch	2	30SEC
Glute Stretch	2	30SEC
Hamstring Stretch	2	30SEC
Hip Flexor Stretch	2	30SEC
Neck Stretch	2	30SEC
Quadriceps Stretch	2	30SEC
Shoulder Stretch	2	30SEC
Side Bend Stretch	2	30SEC
Summo Stretch	2	30SEC
Triceps Stretch	2	30SEC
Upper Back Stretch	2	30SEC

# AGILITY & THRESHOLD TRAINING v4

Day #13

Tier 1	Dynamic Warm-up				
Order	EXERCISE	REPS	DISTANCE	SETS	NOTES
<b>A</b>	Frontal Leg Swing	20			10 L Leg / 10 R Leg
<b>B</b>	Lateral Side Bends	20			10 L / 10 R
<b>C</b>	Trunk Circles	20			10 L / 10 R
<b>D</b>	Monster Walk		25YDS		
<b>E</b>	Walking Lunge w/Side reach		25YDS		
<b>F</b>	Spiderman		25YDS		
<b>G</b>	Speed Skaters	20			10 L / 10 R
<b>H</b>	Squat Drops	20			
Tier 2	Linear Speed Mechanics				
Order	EXERCISE	SETS	REPS	DISTANCE	NOTES
<b>A</b>	Push-up Starts	2		25yds	
<b>B</b>	Partner Resisted Sprint	2		25yds	
<b>C</b>	Fast Claw Ground Prep	2		25yds	
<b>D</b>	Sprints	2		25yds	
Linear Speed; Complete all sets for A, then B, then C, then D					
Tier 3	Agility				
Order	EXERCISE	SETS	NOTES		
<b>A</b>	Ladder Skiers	3			
<b>B</b>	Hurdle Hops SL- Forward/Backward	3			
<b>C</b>	Cone M-Drill	3			
Agility; Complete 1 set of A-C repeat from A					
Tier 4	Lactic Acid Threshold				
Order	EXERCISE	SETS	DISTANCE	NOTES	
<b>A</b>	Forward Sled Pull	2	50YDS	25 yds down and back	
<b>B</b>	Reverse Sled Pull	2	50YDS	50 yds down and back	
Rest 3min Between A and B					
Tier 5	Flexibility and Foam Rolling				
Order	EXERCISE		SETS	TIME	NOTES
<b>A</b>	Calf Roll	Calf Stretch	2	45sec/30sec	1 Set Right/1 Set Left
<b>B</b>	Hamstring Roll	Hamstring Stretch	2	45sec/30sec	1 Set Right/1 Set Left
<b>C</b>	Glute Roll	Glute Stretch	2	45sec/30sec	1 Set Right/1 Set Left
<b>D</b>	Quad Roll	Quad Stretch	2	45sec/30sec	1 Set Right/1 Set Left

STRENGTH • POWER • SPEED • FLEXIBILITY

# MOBILITY / RECOVERY v4

Day #14

DYNAMIC WARM-UP				
EXERCISE	REPS	DISTANCE	SETS	NOTES
<b>A</b>	Split Jack Forward	20		
<b>B</b>	Stationary Forward Lunge	20		
<b>C</b>	Walking Knee Hug		25YDS	
<b>D</b>	Walking Leg Cradle		25YDS	
<b>E</b>	Inchworm		25YDS	
<b>F</b>	Walking Lunge w/Side Reach		25YDS	
<b>G</b>	Frog Thrust	20		
<b>H</b>	Speed Skaters	20		
UPPER BODY				
ROLLING/MOBILITY	SETS	REPS/TIME	HOLD	NOTES
<b>A</b>	Roll Lower Back	2		40sec
<b>B</b>	Single or Double Knee to Chest	2		40sec
<b>C</b>	Lax Ball Pecs	2		40sec
<b>D</b>	Door Frame Stretching	2		40sec
<b>E</b>	Peanut Lower Back	2		40sec
<b>F</b>	Supine Leg Over	2		40sec
<b>G</b>	Peanut T-Spine	2		40sec
<b>H</b>	Knee Cross Over	2		40sec
STABILITY / ACTVATION				
EXERCISE	SETS	REPS/TIME	HOLD	NOTES
<b>A</b>	X Band Exercise	2	10	5 L / 5 R
<b>B</b>	Bent Over IYT	2	10	
<b>C</b>	Reverse Lunge w/ Hamstring Cur	2	10	5 L / 5 R
<b>D</b>	Neural Tension with Calf Pumps	2	10	Light
LOWER BODY				
ROLLING/MOBILITY	SETS	REPS/TIME	HOLD	NOTES
<b>A</b>	Roll Calf	2	30SEC	
<b>B</b>	Sprinter Stretching	2	30SEC	
<b>C</b>	Stick To Hamstring	2	30SEC	
<b>D</b>	Squat to Stand	2	30SEC	
<b>E</b>	Roll Glute	2	30SEC	
<b>F</b>	Fire Hydrants	2	30SEC	
<b>G</b>	Roll Quads	2	30SEC	
<b>H</b>	Half Kneeling Hip Flexor	2	30SEC	

**STRENGTH • POWER • SPEED • FLEXIBILITY**

## HIKE CARD #15

Tier 1	Dynamic Warm-up				
Order	Exercise	Reps	Distance	Sets	Notes
A	Frankenstein	20		1	
B	Side Straddle Hops	20	25yds	1	
C	Walking Knee Hug		25yds	1	
D	Walking Lunge		25yds	1	
E	Back Peddle Reach		25yds	1	
F	Carioca		25yds	1	Down and back
G	Groiners	20		1	
H	Burpees	10		1	

## WORKOUT

HIKE | 5 MILE HIKE WITH LOI LOAD DURING HIKES

## POST HIKE COOL DOWN

EXERICSE	SETS	HOLD
Chest Stretch	2	30SEC
Calf Stretch	2	30SEC
Glute Stretch	2	30SEC
Hamstring Stretch	2	30SEC
Hip Flexor Stretch	2	30SEC
Neck Stretch	2	30SEC
Quadriceps Stretch	2	30SEC
Shoulder Stretch	2	30SEC
Side Bend Stretch	2	30SEC
Summo Stretch	2	30SEC
Triceps Stretch	2	30SEC
Upper Back Stretch	2	30SEC

## HIKE CARD #16 Morning

Tier 1	Dynamic Warm-up				
Order	Exercise	Reps	Distance	Sets	Notes
A	Frankenstein	20		1	
B	Side Straddle Hops	20	25yds	1	
C	Walking Knee Hug		25yds	1	
D	Walking Lunge		25yds	1	
E	Back Peddle Reach		25yds	1	
F	Carioca		25yds	1	Down and back
G	Groiners	20		1	
H	Burpees	10		1	

## WORKOUT

HIKE | **10 MILE HIKE WITH LOI LOAD DURING HIKES**

## POST HIKE COOL DOWN

EXERICSE	SETS	HOLD
Chest Stretch	2	30SEC
Calf Stretch	2	30SEC
Glute Stretch	2	30SEC
Hamstring Stretch	2	30SEC
Hip Flexor Stretch	2	30SEC
Neck Stretch	2	30SEC
Quadriceps Stretch	2	30SEC
Shoulder Stretch	2	30SEC
Side Bend Stretch	2	30SEC
Summo Stretch	2	30SEC
Triceps Stretch	2	30SEC
Upper Back Stretch	2	30SEC

## HIKE CARD #16 Noon

Tier 1	Dynamic Warm-up				
Order	Exercise	Reps	Distance	Sets	Notes
A	Frankenstein	20		1	
B	Side Straddle Hops	20	25yds	1	
C	Walking Knee Hug		25yds	1	
D	Walking Lunge		25yds	1	
E	Back Peddle Reach		25yds	1	
F	Carioca		25yds	1	Down and back
G	Groiners	20		1	
H	Burpees	10		1	

## WORKOUT

HIKE | **10 MILE HIKE WITH LOI LOAD DURING HIKES**

## POST HIKE COOL DOWN

EXERICSE	SETS	HOLD
Chest Stretch	2	30SEC
Calf Stretch	2	30SEC
Glute Stretch	2	30SEC
Hamstring Stretch	2	30SEC
Hip Flexor Stretch	2	30SEC
Neck Stretch	2	30SEC
Quadriceps Stretch	2	30SEC
Shoulder Stretch	2	30SEC
Side Bend Stretch	2	30SEC
Summo Stretch	2	30SEC
Triceps Stretch	2	30SEC
Upper Back Stretch	2	30SEC

## HIKE CARD #16 Evening

Tier 1	Dynamic Warm-up				
Order	Exercise	Reps	Distance	Sets	Notes
A	Frankenstein	20		1	
B	Side Straddle Hops	20	25yds	1	
C	Walking Knee Hug		25yds	1	
D	Walking Lunge		25yds	1	
E	Back Peddle Reach		25yds	1	
F	Carioca		25yds	1	Down and back
G	Groiners	20		1	
H	Burpees	10		1	

## WORKOUT

HIKE | **10 MILE HIKE WITH LOI LOAD DURING HIKES**

## POST HIKE COOL DOWN

EXERICSE	SETS	HOLD
Chest Stretch	2	30SEC
Calf Stretch	2	30SEC
Glute Stretch	2	30SEC
Hamstring Stretch	2	30SEC
Hip Flexor Stretch	2	30SEC
Neck Stretch	2	30SEC
Quadriceps Stretch	2	30SEC
Shoulder Stretch	2	30SEC
Side Bend Stretch	2	30SEC
Summo Stretch	2	30SEC
Triceps Stretch	2	30SEC
Upper Back Stretch	2	30SEC

# MOBILITY / RECOVERY v4

Day #17

DYNAMIC WARM-UP				
EXERCISE	REPS	DISTANCE	SETS	NOTES
<b>A</b>	Frontal Leg Swing	20		10 L / 10 R
<b>B</b>	Sagittal Leg Swings	20		10 L / 10 R
<b>C</b>	Walking Leg Cradle		25YDS	
<b>D</b>	Walking Lunge-Elbow to Instep		25YDS	
<b>E</b>	Frankenstein		25YDS	
<b>F</b>	Walking Quad Stretch		25YDS	
<b>G</b>	Squat Drops	20		
<b>H</b>	Speed Skaters	20		10 L / 10 R
UPPER BODY				
ROLLING/MOBILITY	SETS	REPS/TIME	HOLD	NOTES
<b>A</b>	Roll Lower Back	2		40sec
<b>B</b>	Single or Double Knee to Chest	2		40sec
<b>C</b>	Lax Ball Pecs	2		40sec
<b>D</b>	Door Frame Stretching	2		40sec
<b>E</b>	Peanut Lower Back	2		40sec
<b>F</b>	Supine Leg Over	2		40sec
<b>G</b>	Peanut T-Spine	2		40sec
<b>H</b>	Knee Cross Over	2		40sec
STABILITY / ACTVATION				
EXERCISE	SETS	REPS/TIME	HOLD	NOTES
<b>A</b>	X Band Exercise	2	10	5 L / 5 R
<b>B</b>	Bent Over IYT	2	10	
<b>C</b>	Reverse Lunge w/ Hamstring Cur	2	10	5 L / 5 R
<b>D</b>	Neural Tension with Calf Pumps	2	10	Light
LOWER BODY				
ROLLING/MOBILITY	SETS	REPS/TIME	HOLD	NOTES
<b>A</b>	Roll Calf	2	30SEC	
<b>B</b>	Sprinter Stretching	2	30SEC	
<b>C</b>	Roll Hamstring	2	30SEC	
<b>D</b>	Squat to Stand	2	30SEC	
<b>E</b>	Roll Glute	2	30SEC	
<b>F</b>	Figure 4	2	30SEC	
<b>G</b>	Roll Quads	2	30SEC	
<b>H</b>	Couch Stretch	2	30SEC	

**STRENGTH • POWER • SPEED • FLEXIBILITY**

# MOBILITY / RECOVERY v4

Day #18 Rest

DYNAMIC WARM-UP				
EXERCISE	REPS	DISTANCE	SETS	NOTES
A				
B				
C				
D				
E				
F				
G				
H				

  

UPPER BODY				
ROLLING/MOBILITY	SETS	REPS/TIME	HOLD	NOTES
A				
B				
C				
D				
E				
F				
G				
H				

  

STABILITY / ACTVATION				
EXERCISE	SETS	REPS/TIME	HOLD	NOTES
A				
B				
C				
D				

  

LOWER BODY				
ROLLING/MOBILITY	SETS	REPS/TIME	HOLD	NOTES
A				
B				
C				
D				
E				
F				
G				
H				

**STRENGTH • POWER • SPEED • FLEXIBILITY**

# MOBILITY / RECOVERY v4

Day #19

DYNAMIC WARM-UP				
EXERCISE	REPS	DISTANCE	SETS	NOTES
<b>A</b>	Frontal Leg Swing	20		10 L / 10 R
<b>B</b>	Sagittal Leg Swings	20		10 L / 10 R
<b>C</b>	Walking Leg Cradle		25YDS	
<b>D</b>	Walking Lunge-Elbow to Instep		25YDS	
<b>E</b>	Frankenstein		25YDS	
<b>F</b>	Walking Quad Stretch		25YDS	
<b>G</b>	Squat Drops	20		
<b>H</b>	Speed Skaters	20		10 L / 10 R
UPPER BODY				
ROLLING/MOBILITY	SETS	REPS/TIME	HOLD	NOTES
<b>A</b>	Roll Lower Back	2		40sec
<b>B</b>	Single or Double Knee to Chest	2		40sec
<b>C</b>	Lax Ball Pecs	2		40sec
<b>D</b>	Door Frame Stretching	2		40sec
<b>E</b>	Peanut Lower Back	2		40sec
<b>F</b>	Supine Leg Over	2		40sec
<b>G</b>	Peanut T-Spine	2		40sec
<b>H</b>	Knee Cross Over	2		40sec
STABILITY / ACTVATION				
EXERCISE	SETS	REPS/TIME	HOLD	NOTES
<b>A</b>	X Band Exercise	2	10	5 L / 5 R
<b>B</b>	Bent Over IYT	2	10	
<b>C</b>	Reverse Lunge w/ Hamstring Cur	2	10	5 L / 5 R
<b>D</b>	Neural Tension with Calf Pumps	2	10	Light
LOWER BODY				
ROLLING/MOBILITY	SETS	REPS/TIME	HOLD	NOTES
<b>A</b>	Roll Calf	2	60SEC	
<b>B</b>	Sprinter Stretching	2	60SEC	
<b>C</b>	Roll Hamstring	2	60SEC	
<b>D</b>	Squat to Stand	2	60SEC	
<b>E</b>	Roll Glute	2	60SEC	
<b>F</b>	Figure 4	2	60SEC	
<b>G</b>	Roll Quads	2	60SEC	
<b>H</b>	Couch Stretch	2	60SEC	

**STRENGTH • POWER • SPEED • FLEXIBILITY**

## HIKE CARD #20 Morning

Tier 1	Dynamic Warm-up				
Order	Exercise	Reps	Distance	Sets	Notes
A	Frankenstein	20		1	
B	Side Straddle Hops	20	25yds	1	
C	Walking Knee Hug		25yds	1	
D	Walking Lunge		25yds	1	
E	Back Peddle Reach		25yds	1	
F	Carioca		25yds	1	Down and back
G	Groiners	20		1	
H	Burpees	10		1	

## WORKOUT

HIKE | 20 MILE HIKE WITH LOI LOAD DURING HIKES

## POST HIKE COOL DOWN

EXERICSE	SETS	HOLD
Chest Stretch	2	30SEC
Calf Stretch	2	30SEC
Glute Stretch	2	30SEC
Hamstring Stretch	2	30SEC
Hip Flexor Stretch	2	30SEC
Neck Stretch	2	30SEC
Quadriceps Stretch	2	30SEC
Shoulder Stretch	2	30SEC
Side Bend Stretch	2	30SEC
Summo Stretch	2	30SEC
Triceps Stretch	2	30SEC
Upper Back Stretch	2	30SEC