



EAGLE EXPEDITION: SMOKY MOUNTAIN TRAINING PLAN



WHY TRAIN?

This six week training plan is to ultimately get each Eagle in a place of physical and mental strength to take on some of the most challenging terrain in the East. On this trip expect steep grades, challenging water crossings, and stretches of trail where 3 or 4 points of contact will be needed. Strong legs, strong core, strong heart, and a familiarity of continual movement are the goals for training. The format will be 3 workouts per week for 6 weeks leading up to the trip beginning Friday, April 2. This article has great pointers on training for long, difficult hikes.

| | WARMUP | WORKOUT 1 | WORKOUT 2 | WORKOUT 3 |
|--------|--|--|---|--|
| WEEK 1 | <p>Ankle circles x 10 each direction, each foot</p> <p>Hip Flexors stretch: Choose two</p> <p>Shoulder shrugs x 10 each direction</p> <p>Head/neck rolls x 5 each direction</p> <p>Plank x 30 seconds, two times</p> <p>15 slow pushups</p> <p>2 minutes jump rope</p> <p>OR RWB 15 Minute Yoga Flow</p> | <p>Bodyweight squats 15 x 3 sets</p> <p>Mountain climbers 30 reps each leg</p> <p>2 mile hike/walk/ruck. Fill a small backpack with weighted objects, up to 15 lbs. Finish the 2 miles in 45 minutes.</p> | <p>Jump lunges 10 x leg, 3 sets</p> <p>Forearm plank, right side, left side x 45 seconds each</p> <p>3,000 meter row or 20 minutes of rowing.</p> <p>Substitute 30 minutes or 8 miles of cycling or 3 mile walk or hike in 70 minutes</p> <p>Repeat plank</p> | <p>Training Hike 1</p> <p>3.5 mile hike/ruck with small pack, approximately 15 lbs. Complete within 75 minutes including small break if any. Select gentle to rolling terrain.</p> |
| WEEK 2 | <p>Plank x 30 seconds, two times</p> <p>15 slow pushups</p> <p>2 minutes jump rope</p> <p>OR RWB 15 Minute Yoga Flow</p> | <p>Repeat two times</p> <p>Burpees 12 x 2 sets</p> <p>Single leg jump rope, each leg 30 seconds each x 3</p> <p>Pushups 15 x 3 sets</p> <p>Bicycle crunches 30 seconds x 2 sets</p> <p>Leg raises 12 x 2 sets</p> | <p>Jump squats 30 seconds</p> <p>Duck walk 10 steps each leg</p> <p>Repeat jump squats & duck walk, Standing shoulder press 15-20 reps x 3 sets or shoulder press pushups 1500 meter row or 10 min of rowing. Substitute 1 mile walk, complete in 22 minutes</p> | <p>Training Hike 2</p> <p>4 miles hike/ruck with a small pack, approximately 15 lbs. Complete within 85 minutes, including small break if any. Select gentle to rolling terrain.</p> |
| WEEK 3 | <p>OR RWB 15 Minute Yoga Flow</p> | <p>Mountain climbers 35 reps each leg</p> <p>Reverse lunge with knee drive 15 reps each leg x 2</p> <p>Pushups 20 x 3 sets</p> <p>Jump Rope alternate between both legs, left and right, 30 seconds each, 3 sets</p> <p>Jump squats 15 reps x 2 sets</p> <p>Hanging knee raises 10 reps x 2 sets</p> <p>1.5 mile walk, complete in 23 mins</p> | <p>Bodyweight squats 20 reps x 3 sets</p> <p>Weighted lateral lunges 12 reps/ leg x 3 sets</p> <p>Lightweight lateral raises 20 reps x 3 sets</p> <p>Decline pushups 12 reps x 3 sets</p> <p>3500 meter row or 23 minutes of rowing. Substitute 35 minutes of cycling or 10 miles, or 4 mile walk in 80 minutes</p> | <p>Training Hike 3</p> <p>6 miles with small pack or hiking backpack, approximately 20+ lbs over rolling terrain, or mixed with beach walking. No time limit</p> |



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| | WARMUP | WORKOUT 1 | WORKOUT 2 | WORKOUT 3 |
|--------|--|---|---|--|
| WEEK 4 | <p>Ankle circles x 10 each direction, each foot</p> <p>Hip Flexors stretch: Choose two</p> <p>Shoulder shrugs x 10 each direction</p> <p>Head/neck rolls x 5 each direction</p> <p>Plank x 30 seconds, two times</p> <p>15 slow pushups</p> <p>2 minutes jump rope</p> <p>OR RWB 15 Minute Yoga Flow</p> | <p>Jump lunge 30 seconds Duck walk 10 steps each leg Repeat jump lunge and duck walk Standing shoulder press 15-20 reps x 3 sets or shoulder press pushups Repeat jump squats and duck walk 1500 meter row or 10 minutes of rowing. Substitute 1 mile walk, complete in 22 minutes</p> | <p>Jumping jacks x 100 Weighted squats to shoulder press (light weight) x 20 Jumping jacks x 100 Deadlift to shoulder press (light weight) 20 reps x 2 sets Jumping jacks x 100 Leg raises 15 reps x 2 sets Forearm plank, right side, left side x 45 seconds each 1 mile walk complete in 21 minutes</p> | <p>Training Hike 4</p> <p>7 miles with pack, 25 lbs over rolling or steep terrain. Aim for 1200 feet of elevation gain.</p> <p>Substitute elevation gains for beach walking, stairmaster or incline treadmill.</p> |
| WEEK 5 | <p>Plank x 30 seconds, two times</p> <p>15 slow pushups</p> <p>2 minutes jump rope</p> <p>OR RWB 15 Minute Yoga Flow</p> | <p>Jump rope alternate between both legs, left and right, 30 seconds each x 3 sets Lateral lunge with knee to elbow (opposite), 15 per side x 2 sets, Pushup burpees 15 reps x 2 sets, Pushup planks 10 reps each arm x 2 sets Plank to ankle tap (opposites) 10 reps each side x 2 sets Squat jacks 15 reps x 2 sets 1 mile walk, complete in 20 minutes</p> | <p>Bodyweight squats 20 reps x 3 sets, Weighted lateral lunges 12 reps/ leg x 3 sets, Lightweight lateral raises 20 reps x 3 sets, Decline pushups 12 reps x 3 sets, Hanging knee raises 10 reps x 3 sets, 3500 meter row or 23 minutes of rowing. Substitute 35 minutes of cycling or 10 miles, or 4 mile walk in 80 minutes</p> | <p>Training Hike 5</p> <p>8 miles with pack, 30 lbs over rolling or steep terrain. Aim for 1700 feet of elevation gain.</p> <p>Substitute elevation gains for beach walking, stairmaster or incline treadmill.</p> |
| WEEK 6 | <p>OR RWB 15 Minute Yoga Flow</p> | <p>Mountain climbers 35 reps each leg, Reverse lunge with knee drive 15 reps each leg x 2, Pushups 20 x 3 sets Jump Rope alternate between both legs, left and right, 30 seconds each, 3 sets, Jump squats 15 reps x 2 sets, Hanging leg raises 10 reps x 2 sets, Bicycle crunches 30 seconds x 2 sets, 1.5 mile walk, complete in 23 mins</p> | <p>Jump squats 30 seconds, Duck walk 10 steps each leg, Repeat jump squats and duck walk, Standing shoulder press 15-20 reps x 3 sets or shoulder press pushups, Burpees with pushup 20 reps x 2 sets, Russian twists 30 seconds x 2 sets, 1500 meter row or 10 minutes of rowing. Substitute 1 mile walk, complete in 20 mins</p> | <p>Training Hike 6</p> <p>9 miles with pack, 35 lbs over rolling or steep terrain. Aim for 2200 feet of elevation gain.</p> <p>Substitute elevation gains for beach walking, stairmaster or incline treadmill.</p> |