



8 Week Hiking, and Aerobic Capacity/Muscular Endurance Program

All are suggestions on how
you can get your

endurance, conditioning, cardio, and work capacity up. Since most of us are at home with limited equipment I have put in mostly bodyweight movements and challenges. If you have resistance bands or any dumbbells feel free to add them in. Depending on your level of activity you can regress or progress as needed. **Only perform these workouts if you are cleared by your doctor to exercise as tolerated. Always stay out of pain. If something hurts don't do it! Start a new movement bodyweight only, and only progress a movement if you feel safe and ready to. If something doesn't feel good or feel right you can always choose a different movement.**

This is a choose your own adventure program. Pick two days, three if you are feeling good and feeling like you want to train more, whichever works for your equipment, time, and surroundings.

A few suggestions on how to start:

*If you are at all concerned about how to safely execute a movement, switch it up for a movement you are comfortable with.

*When first starting a new exercise program, always move at your own pace. You may need to move slower in the beginning and take longer rest to keep your heart rate at a productive and healthy intensity. For suggestions on Heart Rate here is website to understand where your targeted heart rate should be

<https://www.active.com/fitness/calculators/hearttrate>

Overexerting yourself

Beware of pushing yourself too hard too often. If you are short of breath, are in pain or can't work out as long as you'd planned, your exercise intensity is probably higher than your fitness level allows. Back off a bit and build intensity gradually. Most of this should be done at talking pace.

How to calculate your Heart Rate: This is important because all of the Zone 2 work/aerobic training will be in this heart rate zone. Use the [Heart Rate Calculator](#). It will ask your age and ask you to choose a level of exercise, start with 65-70%. If that feels way too easy you can increase it to 80%. This will feel easy at first. You are aiming for a pace that you can still talk and or sing while doing. For Zone 1 choose 55-65%

Be safe and enjoy!

Week 1 WARM-UP: [Deadbug Hold](#) 30 seconds active exhale, like blowing out through straw

Option 1	Option 2	Option 3
Zone 2 Work: 30-40 Min Start the clock Every 1 minute switch to the next movement and do each of the movements as much as you can at Zone 2 HR. No rest Keep breath/heart rate at about talking/singing pace but above resting heart rate Curtsy Lunge Alternating Deadbug Jump Squats Bent over Row (one arm only with weight, do the motion with other arm just no weight or just squeeze in the top position) Repeat	Zone 2 Work: 30-45 Min Every 90 seconds switch to the next movement and do each of the movements as much as you can at Zone 2 HR. No rest Steps Ups (Body weight, switching legs every time about knee height) Single Arm Farmers Marches (only 1 side) Forward Lunge Shoulder Bridge and Tuck	Zone 2 Work: 30-45 Min Complete Reps in total then do the next movement and so on. Cross Over Step Up (not too high) 10-20-30-40-40-30-20-10 in total Reverse Lunges 10-20-30-40-40-30-20-10 in total Hamstring Marching 10-20-30-40-40-30-20-10 in total Example : 10 + 10 lunges in total + 5 Jump Squats 20 cal + 20 Lunges in total + 20 HSM total

Week 2 WARM-UP: [Deadbug Hold](#) 30 seconds active exhale, like blowing out through straw

Option 1	Option 2	Option 3
Zone 2 Work: 30-45 Min Start the clock Every 2 minutes do one of the movements as much as you can at Zone 2 HR Keep breath/heart rate at about talking/singing pace but above resting heart rate Reverse Lunge Deadbug Hamstring Marching Bent over Row (one arm only with weight, do the motion with other arm just no weight or just squeeze in the top position) Repeat	Zone 2 Work: 30-45 Min Every 90 seconds switch to the next movement and do each of the movements as much as you can at Zone 2 HR. No rest Steps Ups (Body weight, switching legs every time about knee height) Single Arm Farmers Marches (only 1 side) Forward Lunge Shoulder Bridge and Tuck	Zone 2 Work: 30-45 Min Complete Reps in total then do the next movement and so on. Cross Over Step Up (not too high) 10-20-30-40-40-30-20-10 in total Reverse Lunges 10-20-30-40-40-30-20-10 in total Hamstring Marching 10-20-30-40-40-30-20-10 in total Example : 10 + 10 lunges in total + 5 Jump Squats 20 cal + 20 Lunges in total + 20 HSM total

Week 3 WARM-UP: [Deadbug Hold](#) 30 seconds active exhale, like blowing out through straw

Option 1	Option 2	Option 3
Zone 2 Work: 40-55 Min Start the clock Every 2 minutes do one of the movements as much as you can at Zone 2 HR Keep breath/heart rate at about talking/singing pace but above resting heart rate Reverse Lunge Deadbug Hamstring Marching Bent over Row (one arm only with weight, do the motion with other arm just no weight or just squeeze in the top position) Repeat	Zone 2 Work: 40-55 Min Every 90 seconds switch to the next movement and do each of the movements as much as you can at Zone 2 HR. No rest Steps Ups (Body weight, switching legs every time about knee height) Single Arm Farmers Marches (only 1 side) Forward Lunge Shoulder Bridge and Tuck	Zone 2 Work: 40-55 Min Complete Reps in total then do the next movement and so on. Cross Over Step Up (not too high) 10-20-30-40-40-30-20-10 in total Reverse Lunges 10-20-30-40-40-30-20-10 in total Hamstring Marching 10-20-30-40-40-30-20-10 in total Example : 10 + 10 lunges in total + 5 Jump Squats 20 cal + 20 Lunges in total + 20 HSM total

Week 4 WARM-UP: [Deadbug Hold](#) 30 seconds active exhale, like blowing out through straw

Option 1	Option 2	Option 3
Zone 2 Work: 40-55 Min Start the clock Every 2 minutes do one of the movements as much as you can at Zone 2 HR Keep breath/heart rate at about talking/singing pace but above resting heart rate Reverse Lunge Deadbug Hamstring Marching Bent over Row (one arm only with weight, do the motion with other arm just no weight or just squeeze in the top position) Repeat	Zone 2 Work: 40-55 Min Every 90 seconds switch to the next movement and do each of the movements as much as you can at Zone 2 HR. No rest Steps Ups (Body weight, switching legs every time about knee height) Single Arm Farmers Marches (only 1 side) Forward Lunge Shoulder Bridge and Tuck	Zone 2 Work: 40-55 Min Complete Reps in total then do the next movement and so on. Cross Over Step Up (not too high) 10-20-30-40-40-30-20-10 in total Reverse Lunges 10-20-30-40-40-30-20-10 in total Hamstring Marching 10-20-30-40-40-30-20-10 in total Example : 10 + 10 lunges in total + 5 Jump Squats 20 cal + 20 Lunges in total + 20 HSM total

Week 5 WARM-UP: [Deadbug Hold](#) 30 seconds active exhale, like blowing out through straw

Option 1	Option 2	Option 3
Zone 2 Work: Deload 30-45 Min Start the clock Every 2 minutes do one of the movements as much as you can at Zone 2 HR Keep breath/heart rate at about talking/singing pace but above resting heart rate Reverse Lunge Deadbug Hamstring Marching Bent over Row (one arm only with weight, do the motion with other arm just no weight or just squeeze in the top position) Repeat	Zone 2 Work: 30-40 Min Every 90 seconds switch to the next movement and do each of the movements as much as you can at Zone 2 HR. No rest Steps Ups (Body weight, switching legs every time about knee height) Single Arm Farmers Marches (only 1 side) Forward Lunge Shoulder Bridge and Tuck	Zone 2 Work: 30-40 Min Complete Reps in total then do the next movement and so on. Cross Over Step Up (not too high) 10-20-30-40-40-30-20-10 in total Reverse Lunges 10-20-30-40-40-30-20-10 in total Hamstring Marching 10-20-30-40-40-30-20-10 in total Example : 10 + 10 lunges in total + 5 Jump Squats 20 cal + 20 Lunges in total + 20 HSM total

Week 6 WARM-UP: [Deadbug Hold](#) 30 seconds active exhale, like blowing out through straw

Option 1	Option 2	Option 3
Zone 2 Work: 40-60 Min Start the clock Every 2 minutes do one of the movements as much as you can at Zone 2 HR Keep breath/heart rate at about talking/singing pace but above resting heart rate Reverse Lunge Deadbug Hamstring Marching Bent over Row (one arm only with weight, do the motion with other arm just no weight or just squeeze in the top position) Repeat	Zone 2 Work: 40-60 Min Every 90 seconds switch to the next movement and do each of the movements as much as you can at Zone 2 HR. No rest Steps Ups (Body weight, switching legs every time about knee height) Single Arm Farmers Marches (only 1 side) Forward Lunge Shoulder Bridge and Tuck	Zone 2 Work: 40-60 Min Complete Reps in total then do the next movement and so on. Cross Over Step Up (not too high) 10-20-30-40-40-30-20-10 in total Reverse Lunges 10-20-30-40-40-30-20-10 in total Hamstring Marching 10-20-30-40-40-30-20-10 in total Example : 10 + 10 lunges in total + 5 Jump Squats 20 cal + 20 Lunges in total + 20 HSM total

Week 7 WARM-UP: [Deadbug Hold](#) 30 seconds active exhale, like blowing out through straw

Option 1	Option 2	Option 3
Zone 2 Work: 40-60 Min Start the clock Every 2 minutes do one of the movements as much as you can at Zone 2 HR Keep breath/heart rate at about talking/singing pace but above resting heart rate Reverse Lunge Deadbug Hamstring Marching Bent over Row (one arm only with weight, do the motion with other arm just no weight or just squeeze in the top position) Repeat	Zone 2 Work: 40-60 Min Every 90 seconds switch to the next movement and do each of the movements as much as you can at Zone 2 HR. No rest Steps Ups (Body weight, switching legs every time about knee height) Single Arm Farmers Marches (only 1 side) Forward Lunge Shoulder Bridge and Tuck	Zone 2 Work: 40-60 Min Complete Reps in total then do the next movement and so on. Cross Over Step Up (not too high) 10-20-30-40-40-30-20-10 in total Reverse Lunges 10-20-30-40-40-30-20-10 in total Hamstring Marching 10-20-30-40-40-30-20-10 in total Example : 10 + 10 lunges in total + 5 Jump Squats 20 cal + 20 Lunges in total + 20 HSM total

Week 8 WARM-UP: [Deadbug Hold](#) 30 seconds active exhale, like blowing out through straw

Option 1	Option 2	Option 3
Zone 2 Work: 50-65 Min Start the clock Every 2 minutes do one of the movements as much as you can at Zone 2 HR Keep breath/heart rate at about talking/singing pace but above resting heart rate Reverse Lunge Deadbug Hamstring Marching Bent over Row (one arm only with weight, do the motion with other arm just no weight or just squeeze in the top position) Repeat	Zone 2 Work: 45-65 Min Every 90 seconds switch to the next movement and do each of the movements as much as you can at Zone 2 HR. No rest Steps Ups (Body weight, switching legs every time about knee height) Single Arm Farmers Marches (only 1 side) Forward Lunge Shoulder Bridge and Tuck	Zone 2 Work: 45-65 Min Complete Reps in total then do the next movement and so on. Cross Over Step Up (not too high) 10-20-30-40-40-30-20-10 in total Reverse Lunges 10-20-30-40-40-30-20-10 in total Hamstring Marching 10-20-30-40-40-30-20-10 in total Example : 10 + 10 lunges in total + 5 Jump Squats 20 cal + 20 Lunges in total + 20 HSM total

