



12 Week Hiking, Knee Strength, and Aerobic Capacity Program

All are suggestions on how you can get your strength, mobility, 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. It's suggested by the CDC to get 150 minutes of aerobic training and two days of strength/resistance training. In my experience this is a good guideline for all to help maintain muscular integrity, build bone density, prevent and reduce injury, reduce stress, increase VO2 max, and aerobic threshold. Overall increase one's quality of life.

That being said, sometimes it's just hard to fit that much into our daily lives. Here are my suggestions on how to make it fit into your week depending on how many days you have available.

4 Day Of Training - Follow my plan as suggested

3 Days Of Training - 1 strength training day and 2 aerobic days.

2 Days Of Training - 1 strength training day with 20 min of one of the aerobic days and 1 aerobic day.

*On your off days, 25 min walks or some yoga is suggested if time allows.

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.

* If you are just starting to participate in an exercise program consider reducing sets and reps. Example: if a movement calls for 4 sets of 15 reps, consider doing 2-3 sets of 8-12 reps instead.

*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>

***I will Label each section of the movements to help you judge your exercise intensity.**

Moderate exercise intensity (MEI)

Moderate activity feels somewhat hard. Here are clues that your exercise intensity is at a moderate level:

- **Your breathing quickens, but you're not out of breath.**
- **You develop a light sweat after about 10 minutes of activity.**
- **You can carry on a conversation, but you can't sing.**

Vigorous exercise intensity (VEI)

Vigorous activity feels challenging. Here are clues that your exercise intensity is at a vigorous level:

- **Your breathing is deep and rapid.**
- **You develop a sweat after only a few minutes of activity.**
- **You can't say more than a few words without pausing for breath.**

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.

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%

Note: For 2 or 3 day adventure, if you find yourself with extra time in your week to move my suggestion would to always add another day of aerobic training. **Be safe and enjoy!**

Week 1

Day 1	Day 2	Day 3	Day 4
1. Steps Ups x 15 es w/weight + Kneeling Hip Thrust x 20 x 2-3 sets (MEI) 2. Bulgarian Split Squat 3 sec down 3 sec up x 8 Crunches x15 X 2-3 sets (MEI) 3. Single Leg Deadlift 12es Kneel to squat x 8 es X 2-3 sets (MEI) 4. Finisher 6 mins Total: 20 on 40 off (VEI) High Knees Glute Bridge March	Zone 2 Work: 42 Min Total: Every min on the minute switch. No rest. Pushups Internal Rotation Straight Leg Sit up Bent Over Row Clean and Press Alternating DB Snatch	1. Single Leg Box squat x 12-15 each side (find box height that works for you) X 2-3 sets (MEI) 2. Tempo BW Squat 3 sec down 3 sec up x 8 (add weight if easy) Forward Lunge x 10 each X 2-3 sets (MEI) 3. Seated Hip Flexor Raise x 5-8 ES Single Leg Glute Bridge (foot on Chair/couch) x12es Shoulder Tap plank x 10es X 2-3 sets (MEI) 4. Ab Finisher: 6 mins total 20 on 40 off (VEI) Hollow Rock or HR-Hold Flutter kicks	Zone 2 Work: Pick One: 45-60 Min Stair Stepper Incline Treadmill Jogging Or Walk With a 15lb backpack or weight vest.

Week 2

Day 1	Day 2	Day 3	Day 4
1. Steps Ups x 12 es w/weight + Kneeling Hip Thrust x 20 x 3-4 sets (MEI) 2. Bulgarian Split Squat 3 sec down 3 sec up x 8 Crunches x15 X 3-4 sets (MEI) 3. Single Leg Deadlift 12es Kneel to squat x 8 es X 3-4 sets (MEI) 4. Finisher 6 mins total: 30 on 30 off (VEI) High Knees Glute Bridge March	Zone 2 Work: 48 Min Total: Every min on the minute switch. No rest. Pushups Internal Rotation Straight Leg Sit up Bent Over Row Clean and Press Alternating DB Snatch	1. Single Leg Box squat x 12-15 each side (find box height that works for you) X 3-4 sets (MEI) 2. Tempo BW Squat 3 sec down 3 sec up x 8 (add weight if easy) Forward Lunge x 10 each X 3-4 sets (MEI) 3. Seated Hip Flexor Raise x 5-8 ES Single Leg Glute Bridge (foot on Chair/couch) x12es Shoulder Tap plank x 10es X 3-4 sets (MEI) 4. Ab Finisher: 6 mins total, 30 on 30 off (VEI) Hollow Rock or HR-Hold Flutter kicks	Zone 2 Work: Pick One: 40-60 Min Stair Stepper (wear backpack with 10lbs) Or Incline Treadmill (wear backpack with 10lbs)

Week 3

Day 1	Day 2	Day 3	Day 4
1. Steps Ups x 10 es w/weight + Kneeling Hip Thrust x 20 x 4-5 sets (MEI) 2. Bulgarian Split Squat 3 sec down 3 sec up x 8 Crunches x12 X 3-5 sets (MEI) Single Leg Deadlift 12es Kneel to squat x 8 es X 3-5 sets (MEI) 4.Finisher 6 mins total 40 on 20 off (VEI) High Knees Glute Bridge March	Zone 2 Work: 54 Min Total: Every min on the minute switch. No rest. Pushups Internal Rotation Straight Leg Sit up Bent Over Row Clean and Press Alternating DB Snatch	1. Single Leg Box squat x 8-10 w/weight if possible, each side (find box height that works for you) X 4-5 sets (MEI) 2. Tempo BW Squat 3 sec down 3 sec up x 8 (add weight if easy) Forward Lunge x 8 each X 3-5 sets (MEI) 3. Seated Hip Flexor Raise x 5-8 ES Single Leg Glute Bridge (foot on Chair/couch) x10es Shoulder Tap plank x 8es X 3-5 sets (MEI) 4. Ab Finisher: 6 mins total, 40 on 20 off (VEI) Hollow Rock or HR-Hold Flutter kicks	Zone 2 Work: Pick One: 40-60 Min Stair Stepper (wear backpack with 10lbs) Or Incline Treadmill (wear backpack with 10lbs)

Week 4

Day 1	Day 2	Day 3	Day 4
1. Steps Ups x 15 es w/weight + Kneeling Hip Thrust x 20 x 3 sets (MEI) 2. Bulgarian Split Squat 3 sec down 3 sec up x 8 Crunches x15 X 2-3 sets (MEI) Single Leg Deadlift 12es Kneel to squat x 8 es X 2-3 sets (MEI) 4.Finisher 6 mins total 30 on 30 off (VEI) High Knees Glute Bridge March	Zone 2 Work: 60 Min Total: Every min on the minute switch. No rest. Pushups Internal Rotation Straight Leg Sit up Bent Over Row Clean and Press Alternating DB Snatch	1. Single Leg Box squat x 12-15 each side (find box height that works for you) X 3 sets (MEI) 2. Tempo BW Squat 3 sec down 3 sec up x 8 (add weight if easy) Forward Lunge x 10 each X 2-3 sets (MEI) 3. Seated Hip Flexor Raise x 5-8 es + Single Leg Glute Bridge (foot on Chair/couch) x8es + Shoulder Tap plank x 10es X 2-3 sets (MEI) 4. Ab Finisher: 6 mins total, 30 on 30 off (VEI) Hollow Rock or HR-Hold Flutter kicks	Zone 2 Work: Pick One: 40-60 Min Stair Stepper (wear backpack with 10lbs) Or Incline Treadmill (wear backpack with 10lbs)

Week 5

Day 1	Day 2	Day 3	Day 4
1. Bulgarian Split Squat No Tempo x 12 each + Shoulder Tap plank x 10 each x 2-3 sets (MEI) 2. Hamstring Hurdles or Walk outs x 10 + Single Leg Glute Bridge (Foot elevated on chair or couch) x 15 each + Bent Over Row (whatever you've got) x 12-15 each x 2-3 sets (MEI) 3. 6-8 min AMRAP: Mountain Climbers x 12es Squat 12 Russian Twist x 12 es Pushups x 12 (MEI)	Zone 2 Work: 39 Min Total: Every min on the minute switch. No rest Reverse Lunge Mountain Climbers Body Weight Squat	1. 15 or 25 or 50 or 100 total Pushups in as few sets as possible (choose total based off strength) + Deadbug x 8 es (MEI) 2. Turkish Get Up x 1es + Elevated Plank Row x8-12 + Lying Leg Raise x 10 x 2-3 sets(MEI) 3. 10 mins total: 30 on 30 off: Frog Plank (L) Jumping Jack w/ squat Frog Plank (R) Inch Worms (VEI)	Zone 2 Work: Pick One: 50-70 Min Stair Stepper (wear backpack with 10lbs) Or Incline Treadmill (wear backpack with 10lbs)

Week 6

Day 1	Day 2	Day 3	Day 4
1. Bulgarian Split Squat No Tempo x 10 es + Shoulder Tap plank x 10es x 3-4 sets (MEI) 2. Hamstring Hurdles or Walk outs x 10 + Single Leg Glute Bridge (Foot elevated on chair or couch) x 15 each + Bent Over Row (whatever you've got) x 15 es x 3-4 sets (MEI) 3. 8-10 min AMRAP: Mountain Climbers x 12 es Squat 12 Russian Twist x 12 es Pushups x 12 (MEI)	Zone 2 Work: 42 Min Total: Every min on the minute switch. No rest Reverse Lunge Mountain Climbers Body Weight Squat	1. 15 or 25 or 50 or 100 total Pushups in as few sets as possible (choose total based off strength) + Deadbug x 8 es (MEI) 2. Turkish Get Up x 1es + Elevated Plank Row x8 + Lying Leg Raise x 10 x 3-4 sets (MEI) 3. 12 mins total 30 on 30 off: Frog Plank (L) Jumping Jack w/ squat Frog Plank (R) Inch Worms (VEI)	Zone 2 Work: Pick One: 50-70 Min Stair Stepper (wear backpack with 10lbs) Or Incline Treadmill (wear backpack with 10lbs)

Week 7

Day 1	Day 2	Day 3	Day 4
1. Bulgarian Split Squat No Tempo x 8 es + Shoulder Tap plank x 10 es x 3-5 sets (MEI) 2. Hamstring Hurdles or Walk outs x 10-15 + Single Leg Glute Bridge (Foot elevated on chair or couch) x 15 each Bent Over Row (whatever you've got) x 12 es x 3-5 sets (MEI) 3. 10-12 min AMRAP: Mountain Climbers x 12es BW Squat x 12 Russian Twist x 12 es Pushups x 12 (MEI)	Zone 2 Work: 45 Min Total: Every min on the minute switch. No rest Reverse Lunge Mountain Climbers Body Weight Squat	1. 15 or 25 or 50 or 100 total Pushups in as few sets as possible (choose total based off strength) + Deadbug x 8 es (MEI) 2. Turkish Get Up x 1es + Elevated Plank Row x8 + Lying Leg Raise x 10 x 3-5 sets (MEI) 3. 15 mins total 30 on 30 off: Frog Plank (L) Jumping Jack w/ squat Frog Plank (R) Inch Worms (VEI)	Zone 2 Work: Pick One: 50-70 Min Stair Stepper (wear backpack with 10lbs) Or Incline Treadmill (wear backpack with 10lbs)

Week 8

Day 1	Day 2	Day 3	Day 4
1. Bulgarian Split Squat x 12 es + Shoulder Tap plank x 10 es x 3 sets (MEI) 2. Hamstring Hurdles or Walk outs x 10-15 + Single Leg Glute Bridge (Foot elevated on chair or couch) x 15 each Bent Over Row (whatever you've got) x 20 es x 2-3 sets (MEI) 3. 6 min AMRAP: Mountain Climbers x 12es BW Squat x 12 Russian Twist x 12 es Pushups x 12 (MEI)	Zone 2 Work: 30 Min Total: Every min on the minute switch. No rest Reverse Lunge Mountain Climbers Body Weight Squat	1. Pushups (on incline if needed) x10 + Deadbug x 8 es x 3 sets (MEI) 2. Turkish Get Up x 1es + Elevated Plank Row x8 + Lying Leg Raise x 10 x 2-3 sets (MEI) 3. 9 mins total 30 on 30 off: Frog Plank (L) Jumping Jack w/ squat Frog Plank (R) Inch Worms (VEI)	Zone 2 Work: Pick One: 50-80 Min Stair Stepper (wear backpack with 10lbs) Or Incline Treadmill (wear backpack with 10lbs)

Week 9

Day 1	Day 2	Day 3	Day 4
1. Tempo Squat 5 down 5 up x 10 (add weight if easy) + Straight Leg Sit up x 12 x 2-3 sets (MEI) 2. Reverse Lunge w/ Press Out x 10 each + Superplank (elevate upper body) x 10 + Squat Hold w/ press out x 20 x 2-3 sets (MEI) 3. 2-3 rounds AFAP: Elevated Glute Bridge x 20, Plank x 30 sec Jump Squat x 20 Hollow Rock x 20 or HR-Hold for 20 seconds (MEI)	Zone 2 Work:Pay Att: at all times to your HR 50 of Each Movement: Steps Ups Body weight Jump Squat or Jumping Jacks or Burpee Then 100 of each of those movements Then 50 of each of those movements Or 3-5 mile Hike W/10lb Pack	1. Renegade Row x10 + McGill Crunch x 10 es x 2-3 sets (MEI) 2. Step Downs x 8es + Side Plank x15-30 sec x 2-3 sets (MEI) 3. Circuit: All x 12 x 2-3 (MEI) Jumping Jacks Straight Leg Sit up Inch Worms (6 only) Single Leg Box squat x10es 4. 4 mins 20 on 10 off (VEI) Bicycle Crunch	Zone 2 Work: Pick One: 50-80 Min Stair Stepper (wear backpack with 10lbs) Or Incline Treadmill (wear backpack with 10lbs)

Week 10

Day 1	Day 2	Day 3	Day 4
1. Tempo Squat 5 down 5 up x 8 (add weight if easy) + Straight Leg Sit up x 12 x 3-4 sets (MEI) 2. Reverse Lunge w/ Press Out x 10 each + Superplank x 10 + Squat Hold w/ press out x 15 x 3-4 sets (MEI) 3. 3-4 rounds AFAP: Elevated Glute Bridge x 20, Plank x 30 sec Jump Squat x 20 Hollow Rock HR-Hold x 20 reps or 20 sec (MEI)	Zone 2 Work:Pay Att: at all times to your HR 50 of Each Movement: Steps Ups Body weight Mountain Climbers Reverse Lunge Then 100 of each of those movements Then 50 of each of those movements Or 3-5 mile Hike W/10lb Pack	1.Renegade Row x8 + McGill Crunch x 10 es x 3-4 sets (MEI) 2.Step Downs x 8es + Side Plank x15-30 sec x 3-4 sets (MEI) 3. Circuit: All x 12 x 3 (MEI) Jumping Jacks Straight Leg Sit up Inch Worms (6 only) Single Leg Box squat x10es 4. 4 mins 20 on 10 off (VEI) Bicycle Crunch	Zone 2 Work: Pick One: 50-80 Min Stair Stepper (wear backpack with 10lbs) Or Incline Treadmill (wear backpack with 10lbs)

Week 11

Day 1	Day 2	Day 3	Day 4
1. Tempo BW Squat 5 down 5 up x 6 (add weight if easy)+ Straight Leg Sit up x 12 x 4-5 sets (MEI) 2. Reverse Lunge w/ Press Out x 8 each + Superplank x 8 + Squat Hold w/ press out x 12 x 3-5 sets (MEI) 3. 4-5 rounds AFAP: Elevated Glute Bridge x 20, Plank x 30 sec Jump Squat x 20 Hollow Rock x 20 or HR-Hold for 20 seconds (MEI)	Zone 2 Work: 2-5 Mile hike with 10-20lb Pack Look for something that has a bit of elevation	1. Renegade Row x8 + McGill Crunch x 10 es x 4-5 sets (MEI) 2. Step Downs x 10 + Side Plank x15-30 sec x 3-5 sets (MEI) 3. Circuit: All x 12 x 4 (MEI) Jumping Jacks Straight Leg Sit up Inch Worms (6 only) Single Leg Box squat 4. 4 mins 20 on 10 off (VEI) Bicycle Crunch	Zone 2 Work: Pick One: 50-80 Min Stair Stepper (wear backpack with 10lbs) Or Incline Treadmill (wear backpack with 10lbs)

Week 12

Day 1	Day 2	Day 3	Day 4
1. Pack on Steps Ups x10-15 (* Put 10lbs in pack, or more if it feels too easy) + Straight Leg Sit up x 12 x 3 sets (MEI) 2. Reverse Lunge w/ Press Out x 10 each + Superplank x 10 Squat Hold w/ press out x 20 x 2-3 sets(MEI) 3. 3 rounds AFAP: Elevated Glute Bridge x 20, Plank x 30 sec Jump Squat x 20 Hollow Rock or HR-Hold x 20 reps or 20 seconds (MEI)	Zone 2 Work: 2-5 Mile hike with 10-20lb Pack Look for something that has a bit of elevation	1. Renegade Row x8 + McGill Crunch x 10 es x 3 sets (MEI) 2. Step Downs x 10 + Side Plank x15-30 sec x 2-3 sets (MEI) 3. Circuit: All x 12 x 3 (MEI) Jumping Jacks Straight Leg Sit up Inch Worms (6 only) Single Leg Box squat x10es 4. 4 mins 20 on 10 off (VEI) Bicycle Crunch	Zone 2 Work: Pick One: 40-80 Min Stair Stepper (wear backpack with 15-20 lbs) Or Incline Treadmill (wear backpack with 15-20 lbs)