

Denali 6 Month Training Program

MONTHLY GOALS	WEEKLY SCHEDULE								WORKOUT DETAILS & NOTES
		DAY							
<u>SIX MONTHS PRIOR TO</u>	WORKOUT	1	2	3	4	5	6	7	
a. Aerobic train 4 days a week b. Strength train 3 days a week c. Recreate 1 day a week or rest d. Rest 1 or 2 days a week	Aerobic								Purpose: Get into a routine of exercising regularly. Start off easy and concentrate on one day at a time. Exercises: 1.) Aerobic training can include running, biking, swimming, cross-country skiing, etc. for a minimum of 30 minutes per session. 2.) Strength training should include exercises working mostly on upper body strength. Include exercises for arms, shoulders, back, and abdominals. Each exercise should include 3 sets of 10–15 reps so that muscle failure occurs on last set. 3.) Recreational exercise is any form of fun exercise that you enjoy. Can include climbing, hiking, mtn. biking, kayaking, etc.
	Strength								
	Recreation								
	Rest								
<u>FIVE MONTHS PRIOR TO</u>	WORKOUT	1	2	3	4	5	6	7	
a. Aerobic train 4 days a week b. Hill or stair climbing 1 day a week c. Strength train 3 days a week d. Recreate 1 day a week e. Rest 1 day a week	Aerobic								Purpose: Building a strong foundation of fitness for the mountains. Exercises: 1.) Continue aerobic workouts as last month's but increase duration to at least 40-min. Include hill and/or stair climbing workouts as an aerobic exercise at least once a week for at least 30 min. Carry 20 lbs. in a backpack while you climb. 2.) Strength training should continue and increase resistance to maintain muscle failure in 3 rd set. 3.) Continue recreating at least once a week.
	Hill or Stairs								
	Strength								
	Recreation								
	Rest								
<u>FOUR MONTHS PRIOR TO</u>	WORKOUT	1	2	3	4	5	6	7	
a. Aerobic train 5 days a week b. Hill or stair climbing 1 – 2 days a week c. Strength train 4 days a week d. Recreate 1 day a week e. Rest 1 day a week	Aerobic								Purpose: Build your endurance and strength. Exercises: 1.) Increase aerobic session to 45 min. Increase weight for carrying uphill by 10 lbs. and increase duration. 2.) Strength train as before but increase resistance as needed and add another day. 3.) Continue your fun recreational workout at least once a week.
	Hill or Stairs								
	Strength								
	Recreation								
	Rest								

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<u>THREE MONTHS PRIOR TO</u>	WORKOUT	1	2	3	4	5	6	7	
a. Aerobic train 5 days a week b. Stress train 1 day a week c. Hill or stair climb 2 days a week d. Strength train 4 days a week e. Recreate 1 day a week f. Rest 1 day a week	Aerobic								Purpose: Your training should be very serious now. You will focus on the training of both the mental and physical aspects of yourself. You are turning into a Denali Hardman! Exercises: 1.) Aerobic workouts are still 5 days a week, but you are using 2 days for hill or stair climbing. Increase weight in your backpack by another 10 lbs. for the uphill/stair workouts. Aerobic workouts should last at least 50-min. Include the “McKinley Edge” to your endurance workouts. 2.) Stress session should be 30– 40 min. long of alternating fast and strenuous periods (1-2 min.) of running, biking, or another aerobic exercise and short rest periods (less than 3 min.) before repeating the speed portion again. 3.) Strength training continues as before and increase resistance and reps according to your strength gains. 4.) Your recreation activity should include an overnighter to test your gear and can be an aerobic workout.
	Stress								
	Hill or Stairs								
	Strength								
	Recreation								
	Rest								
<u>TWO MONTHS PRIOR TO</u>	WORKOUT	1	2	3	4	5	6	7	
a. Aerobic train 5 days a week b. Stress train 1 day a week c. Hill or stair climb 2 days a week d. Strength train 4 days a week e. Recreate 1 day a week f. Rest 1 day a week	Aerobic								Purpose: Continue building your mental and physical endurance and strength. Exercises: 1.) Aerobic sessions should last at least an hour. One session in the week should aim for at least an hour and a half (you can incorporate this into your recreational activity). Your hill or stair climbing should continue using at least 40 lbs. in your backpack. 2.) Stress workouts continue and try to shorten your rest periods. 3.) Strength training shifts to less resistance (decrease by 40%) but doing as many reps as you can in a minute twice a week. Maintain doing 3 sets. 4.) Continue incorporating the “McKinley Edge” now and then. 5.) Include overnighters for your recreational activity.
	Stress								
	Hill or Stairs								
	Strength								
	Recreation								
	Rest								

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	WORKOUT	1	2	3	4	5	6	7	
ONE MONTH PRIOR TO a. Aerobic train 5 days a week b. Stress train 2 days a week c. Hill or stair climb 3 days a week d. Strength train 4 days a week e. Recreate 1 day a week f. Rest 1 day a week	Aerobic								Purpose: Maximize your training to give you that extra endurance and strength when you may need it on Denali. Exercises: 1.) Aerobic training should now last over an hour. Continue trying to do one aerobic session that lasts at least an hour and a half. 2.) Stress sessions should be maintained as last month but now you should try for 2 sessions a week. Your rest periods should be shortened again from last month's sessions. 3.) Strength training continues as last month. Try for more reps. 4.) Your climbing workouts should be lasting as long as your other aerobic workouts and you should be carrying around 50 lbs. in your backpack. 5.) Your last week before departing to the big mountain can be a modified routine of more endurance workouts and less strength and stress workouts.
	Stress								
	Hill or Stairs								
	Strength								
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