

MISSION COLORADO

TRAINING OUTLINE

This outline is designed to help you train on your own time (if you don't already have a training plan) to ensure that Mission Colorado is both enjoyable and safe for you. If you don't train now, you will be miserable in Colorado.

You are also required to attend **at least 4 of the 6** mandatory team hiking workouts that are scheduled (via Managed Missions) preceding the trip, in addition to training on your own.

TRAINING

Start light. Add weight as you strengthen. Prioritize good form over weight/quick movements.

STRENGTH TRAINING: GYM

- Warm up (3-5 min)
- Barbell Squat
- Deadlift
- Pushups or Bench dips
- Dumbbell / Barbell Lunges
- Dumbbell overhead press

For Those With Access To A Gym: 3 Days/Week

Bodyweight squats/pushup plank/dynamic stretches
3 sets of 8-12 reps (90 sec rest in between sets)
3 sets of 8-12 reps (90 sec rest)
3 sets to failure (60 sec rest)
3 sets of 8-12 reps (each side) (60 sec rest)
3 sets of 8-12 reps (60 sec rest)

STRENGTH TRAINING: HOME

- Warm up (3-5 min)
- Slow Bodyweight Squat
- Pushups or Bench dips
- Bodyweight Lunges
- Plank

For Those Without Access To A Gym: 3 Days/Week

Bodyweight squats/pushup plank/dynamic stretches
4 sets of 12-20 reps (60 sec rest in between sets)
3 sets to failure (60 seconds rest)
3 sets of 12-20 reps (each side) (60 seconds rest)
3 sets of max time (60 seconds rest)

CARDIO: GENERAL

2 Days/Week

- Walk/jog/stairs/swim/rowing/etc. 20-30 min: done after strength training, or "off" days

CARDIO: WEIGHTED HIKE

Once Per Week

- Beginning Weight & Time 20 pounds of gear in pack / 30 minutes
- Add Weight & Time +5 pounds / +10 minutes each week
- Maximum Up to 40 lbs / 120 minutes

NUTRITION

- PROTEIN: 1g of protein per pound of body weight per day
 - 100 lbs person = 100g protein / day
- WATER: At least 1/2 oz of water per pound of body weight per day
 - 100 lbs person = 50 oz water / day
- MULTIVITAMIN:
 - 1 general men's or women's multivitamin

Disclaimer: These workouts are designed to help guide you in training for the strenuous task of hiking up a mountain. Watch YouTube videos to learn good exercise form, and only add weight after your form is right. If you do these exercises incorrectly, it could result in injury. If you have a preexisting medical condition that may be affected by vigorous physical activity, please consult your doctor before beginning training, and before attending this trip.