

# Week 1

## Let's get started!

Each week will have a strength and cardio / walk component. Feel free to mix them up as you wish; we have suggested the following but you can make it work for you. We have one full rest day included per week.

These are all movements that can be done at home or in the park (without gym equipment). You can of course add weights if you have them, and ensure to take it progressively and start light for the first few sessions.

## Strength component

Week 1	Monday	Wednesday	Saturday
Warm up and stretch	8 min	8 min	8 min
Body weight squats	1 min	1 min	1 min
Push-ups	1 min	1 min	1 min
Glute bridges	1 min	1 min	1 min
Good mornings	1 min	1 min	1 min
Bicep curls with weights	1 min	1 min	1 min
Crunches	1 min	1 min	1 min
Cool down and stretch	8 min	8 min	8 min

Count the number of reps you can do in 1 min. This will be your gauge on how you progress over the program. The aim is to increase your reps as the weeks go on.

Possible workout formats are listed on the right.

**Circuit:** Complete all exercises in a format where you work for 1 minute, then rest for 15 seconds. As the weeks go on, you could do multiple rounds of this circuit.

**Standard:** Work through 2-3 sets of each movement, taking adequate rest between sets.

# Try at home: Strength Class

## Let's get started!

This is an example of what you could do in one or two weeks. Strength components mixed with walks. Feel free to mix them up as you wish; we have suggested the following but you can make it work for you. Make sure you have one full rest day.

These movements can all be done at home or in the park (without gym equipment). You may need to get creative when we need to add weight. Think books, canned foods, the dog (alright, maybe not the dog), your hiking bag is a great tool!

## Strength component

Week 1	Monday	Wednesday	Saturday
Warm up and stretch	8 min	8 min	8 min
Body weight squats	1 min	1 min	1 min
Push-ups	1 min	1 min	1 min
Glute bridges	1 min	1 min	1 min
Good mornings	1 min	1 min	1 min
Bicep curls with weights	1 min	1 min	1 min
Crunches	1 min	1 min	1 min
Cool down and stretch	8 min	8 min	8 min

Count the number of reps you can do in 1 min. This will be your gauge on how you progress over the program. The aim is to increase your reps as the weeks go on.

Possible workout formats are listed on the right.

**Circuit:** Complete all exercises in a format where you work for 1 minute, then rest for 15 seconds. As the weeks go on, you could do multiple rounds of this circuit.

**Standard:** Work through 2-3 sets of each movement, taking adequate rest between sets.

# Get Outside

## Cardio / walk component

Week 1	Tuesday	Thursday
Walk or run	15-30 minutes Measure kilometres	15-30 minutes Measure kilometres

### Warming up for your walks

1. Walk on your tiptoes for 30 seconds
2. Walk on your heels for 30 seconds
3. Pump your arms when you walk

### Stretch!

Remember to stretch after each workout and each walk. If you get into the routine now, then it will stick with you on your hiking and fitness journey.



# Week 2

## Strength component

Week 2	Monday	Wednesday	Saturday
Warm up and stretch	8 min	8 min	8 min
Lunges	1 min	1 min	1 min
Tricep dips	1 min	1 min	1 min
Step ups	1 min	1 min	1 min
Russian twists	1 min	1 min	1 min
Inch worms	1 min	1 min	1 min
Calf raises	1 min	1 min	1 min
Cool down and stretch	8 min	8 min	8 min

Count the number of reps you can do in 1 min. This will be your gauge on how you progress over the program. The aim is to increase your reps as the weeks go on.

Possible workout formats are listed on the right.

**Circuit:** Complete all exercises in a format where you work for 1 minute, then rest for 15 seconds. As the weeks go on, you could do multiple rounds of this circuit.

**Standard:** Work through 2-3 sets of each movement, taking adequate rest between sets.

# Week 2

## Cardio / walk component - Add hills

Week 2	Tuesday	Thursday
Walk or run	Find gentle hills and walk for 15-30 minutes Measure kilometres	Find gentle hills and walk for 15-30 minutes Measure kilometres

### Warming up for your walks

1. Walk on your tiptoes for 30 seconds
2. Walk on your heels for 30 seconds
3. Pump your arms when you walk

If you are working out in the gym - a step master / machine can be incorporated into your cardio / walk component.



# Week 3

## Strength component

Week 3	Monday	Wednesday	Saturday
Warm up and stretch	8 min	8 min	8 min
Squat prees with weight	1 min	1 min	1 min
Burpee	1 min	1 min	1 min
Single-leg glute bridge	1 min	1 min	1 min
Deadlift with bag	1 min	1 min	1 min
Bicep curls with weight	1 min	1 min	1 min
Sit up and toe touch	1 min	1 min	1 min
Cool down and stretch	8 min	8 min	8 min

Count the number of reps you can do in 1 min. This will be your gauge on how you progress over the program. The aim is to increase your reps as the weeks go on.

Possible workout formats are listed.

**Circuit:** Complete all exercises in a format where you work for 1 minute, then rest for 15 seconds. As the weeks go on, you could do multiple rounds of this circuit.

**Standard:** Work through 2-3 sets of each movement, taking adequate rest between sets.

**Super Set:** pair movements so that the second movement works a body part that has just been resting. For example, you can pair squat press with weight (legs and shoulders) with sit up and toe touch (core).

Example format:

- 3 sets - Squat press + Russian twist with 60s rest between sets
- 3 sets- Single leg glute bridge + bicep curls with 60s rest between sets
- 3 sets - Deadlift + burpees with 60s rest between sets

Each movement for a set time or set number of reps - up to you!



# Week 3

## Cardio / walk component - Varied terrain

Week 3	Tuesday	Thursday
Walk or run	Beach walk or wood chips for 30-45 minutes Measure kilometres	Beach walk or wood chips for 30-45 minutes Measure kilometres

### Warming up for your walks

1. Walk on your tiptoes for 30 seconds
2. Walk on your heels for 30 seconds
3. Pump your arms when you walk

Try some barefoot walking if you can find a beach! Mix up the different types of terrains this week. If you do a beach walk one day, try a bush walk the next.



# Week 4

## Strength component

Week 4	Monday	Wednesday	Saturday
Warm up and stretch	8 min	8 min	8 min
Step back lunge + bicep curl	1 min	1 min	1 min
Tricep dips (straight leg or add weight)	1 min	1 min	1 min
Step ups - add weight	1 min	1 min	1 min
Russian twists - add weight	1 min	1 min	1 min
Inch worm + push up	1 min	1 min	1 min
Calf raises - one-legged	1 min	1 min	1 min
Cool down and stretch	8 min	8 min	8 min

Count the number of reps you can do in 1 min. This will be your gauge on how you progress over the program. The aim is to increase your reps as the weeks go on.

Possible workout formats are listed on the right.

**Circuit:** Complete all exercises in a format where you work for 1 minute, then rest for 15 seconds. As the weeks go on, you could do multiple rounds of this circuit.

**Standard:** Work through 2-3 sets of each movement, taking adequate rest between sets.



# Week 4

## Cardio / walk component – Terrain and steps / steeper hills

Week 4	Tuesday	Thursday
Walk or run	Varied terrain for 45–60 minutes Measure kilometres	Varied terrain for 45–60 minutes Measure kilometres

### Warming up for your walks

1. Walk on your tiptoes for 30 seconds
2. Walk on your heels for 30 seconds
3. Pump your arms when you walk

Try some barefoot walking if you can find a beach! Mix up the different types of terrains this week. If you do a beach walk one day, try a bush walk the next.



# Week 5

## Strength component – Super set movements

Week 5	Monday	Wednesday	Saturday
Warm up and stretch	8 min	8 min	8 min
Squats	1 min	1 min	1 min
Push ups	1 min	1 min	1 min
Deadlift with weight	1 min	1 min	1 min
Bent over row	1 min	1 min	1 min
Dead bug with weight	1 min	1 min	1 min
Step ups	1 min	1 min	1 min
Cool down and stretch	8 min	8 min	8 min

Count the number of reps you can do in 1 min. This will be your gauge on how you progress over the program. The aim is to increase your reps as the weeks go on.

Possible workout formats are listed on the right.

### Example format:

- 3 x rounds of squats and push ups then rest for 60 seconds
- 3 x rounds of deadlift and bent over row then rest for 60 seconds
- 3 x rounds of dead bug and step ups then rest for 60 seconds

Each movement for a set time or set number of reps – up to you!

# Week 5

## Cardio / walk component - Time on your feet

Week 5	Tuesday	Thursday
Walk or run	45-60 minutes at a quicker pace Measure kilometres	90-120 minutes at an easier pace Measure kilometres

A long walk and a short walk

Warming up for your walks

1. Walk on your tiptoes for 30 seconds
2. Walk on your heels for 30 seconds
3. Pump your arms when you walk



# Week 6

## Strength component – Super set movements

Week 5	Monday	Wednesday	Saturday
Warm up and stretch	8 min	8 min	8 min
Goblet squats	1 min	1 min	1 min
Spider push ups	1 min	1 min	1 min
Tempo straight-leg deadlift	1 min	1 min	1 min
Dead bug with weight	1 min	1 min	1 min
Heavier bent over row	1 min	1 min	1 min
Step ups (knee drive)	1 min	1 min	1 min
Cool down and stretch	8 min	8 min	8 min

Count the number of reps you can do in 1 min. This will be your gauge on how you progress over the program. The aim is to increase your reps as the weeks go on.

Possible workout formats are listed on the right.

### Example format:

- 3 x rounds of goblet squats and spider push ups then rest for 60 seconds
- 3 x rounds of tempo deadlift and dead bug then rest for 60 seconds
- 3 x rounds of bent over row and step ups with knee drive then rest for 60 seconds

Each movement for a set time or set number of reps – up to you!

# Week 6

## Cardio / walk component - Time on your feet

Week 5	Tuesday	Thursday
Walk	Steep hills Minimum 30 minutes	Steep hills Minimum 30-45 minutes

Time to find some steep hills. Ideally one with a nice view from the top (to make the walk worthwhile).

Warming up for your walks

1. Walk on your tiptoes for 30 seconds
2. Walk on your heels for 30 seconds
3. Pump your arms when you walk



# Week 7

## Strength component – Single leg movements

Week 5	Monday	Wednesday	Saturday
Warm up and stretch	8 min	Adrian's	8 min
Bulgarian split squats	10-12 reps	HIIT class	10-12 reps
Push press	10-12 reps		10-12 reps
Leg raises	15 reps		10-12 reps
Sit to stand/tap (single leg)	10-12 reps		10-12 reps
Tricep dips	10-12 reps		10-12 reps
Russian twist and push	10-12 reps		10-12 reps
Cool down and stretch	8 min		8 min

We are going to super-set these movements to minimize the rest and build up endurance.

Possible workout formats are listed on the right.

### Example format:

- 3 x rounds of Bulgarian split squats + leg raises + push press
- 30-60 sec rest between each round
  
- 3 x rounds of sit to stand + tricep dips + Russian twists
- 30-60 sec rest between each round



# Week 7

## Cardio / walk component - Increase the distance

Week 5	Tuesday	Thursday
Walk	10-20km	10-20km

This can be on any terrain. The aim is for distance and to be on your feet for long periods.

Warming up for your walks

1. Walk on your tiptoes for 30 seconds
2. Walk on your heels for 30 seconds
3. Pump your arms when you walk





# Week 8

## Strength component

Week 5	Monday	Wednesday	Saturday
Warm up and stretch	8 min	Adrian's	8 min
Walking lunge (weighted)	10-12 reps	HIIT class	10-12 reps
Push up (+ chest tap)	10-12 reps		10-12 reps
Standing/box jump	10-12 reps		10-12 reps
Deadlift (heavy weight/bag)	10-12 reps		10-12 reps
Crab crawl	10-12 reps		10-12 reps
V-hold or Crunch	10-12 reps		10-12 reps
Cool down and stretch	8 min		8 min

Aim to do 3 rounds here. You can work through the movements one by one - rest for 60 secs then go through each movement again. Repeat and aim for a minimum of 3 rounds.

Do more if you'd like.

# Week 8

## Cardio / walk component - Increase the distance

Week 5	Tuesday	Thursday
Walk	10-20km	10-20km

This can be on any terrain. The aim is for distance and to be on your feet for long periods.

Warming up for your walks

1. Walk on your tiptoes for 30 seconds
2. Walk on your heels for 30 seconds
3. Pump your arms when you walk



# Week 9

## Strength component

Week 5	Monday	Wednesday	Saturday
Warm up and stretch	8 min	Nat's	8 min
Curtsey lunge (each side)	10-12 reps	Slider session	10-12 reps
Push up (hand release)	10-12 reps		10-12 reps
Glute bridge with sliders	10-12 reps		10-12 reps
Single-leg deadlift	10-12 reps		10-12 reps
Pull up	10-12 reps		10-12 reps
Reverse crunch	10-12 reps		10-12 reps
Cool down and stretch	8 min		8 min

Aim to do 3 rounds here. You can work through the movements one by one - rest for 60 secs then go through each movement again. Repeat and aim for a minimum of 3 rounds.

Do more if you'd like.

# Week 9

## Cardio / walk component – Walk with a heavy pack

Week 5	Tuesday	Thursday
Walk	10-20km	10-20km

This can be on any terrain. The aim is for distance and to be on your feet for long periods.

Warming up for your walks

1. Walk on your tiptoes for 30 seconds
2. Walk on your heels for 30 seconds
3. Pump your arms when you walk



# Week 10

## Strength component

Week 5	Monday	Wednesday	Saturday
Warm up and stretch	8 min	Adrian's	8 min
Lateral lunge (each side)	10-12 reps	HIIT class	10-12 reps
Push up (on decline)	10-12 reps		10-12 reps
Sit to stand/tap	10-12 reps		10-12 reps
Rainbow planks	10-12 reps		10-12 reps
Good mornings	10-12 reps		10-12 reps
Bicycle crunch	10-12 reps		10-12 reps
Cool down and stretch	8 min		8 min

Aim to do 3 rounds here. You can work through the movements one by one - rest for 60 secs then go through each movement again. Repeat and aim for a minimum of 3 rounds.

Do more if you'd like.

# Week 10

## Cardio / walk component - Longer walk with a heavy pack

Week 5	Tuesday	Thursday
Walk	15-25km	15-25km

This can be on any terrain. The aim is for distance and to be on your feet for long periods.

Warming up for your walks

1. Walk on your tiptoes for 30 seconds
2. Walk on your heels for 30 seconds
3. Pump your arms when you walk

