



MOUNT RAINIER CHALLENGE 2019

15 Week Training Guide

15 Week Training Guide:

2 weeks of preparation/Make a plan/Create your routine to stick to
10 weeks of training/building endurance and strength 3 weeks of
scaling down, altitude acclimation, packing

Format:

5 workouts per week
1 day of active rest
1 day of full rest

Things to remember:

1. This is a season. Commit to the season.
2. If you can already do what you signed up to do, then it is not a challenge. A challenge is attempting to do something that you cannot already do, or have not yet done. Challenge yourself to take the challenge. Sign up for the level that scares you. If you can easily do beginning, then sign up for Intermediate. If you think you can do intermediate, then sign up for advanced.
3. Discouragement in training will come. But, don't let it take you out of the race. If you have a bad day, there is always tomorrow. If you have a bad week, get back on track for the next week. Plan on NOT being able to follow the program perfectly, but do your best.
4. If you have the funds to hire a personal trainer for 10 weeks, then we would encourage you to do so. Or if you have a group of friends that can all work out together, then train in a group. Accountability is key. We easily justify skipping a work out if we are doing it alone. However, when another person is waiting on us, we are less likely to skip it.
5. It is not about you! This season is a time to create new habits and disciplines, for the end goal of something so much bigger than ourselves. We are doing this for women and children around the world who are in desperate places and situations. When you start to hurt or not want to go on, remember why you are doing this.
6. You are physical. You are emotional. You are intellectual. You are spiritual. Try to keep your entire being in perspective. Try not to get too focused on only one part of the training. God wants ALL OF YOU. He wants to refine ALL OF YOU. He wants you to find Himself in all of your being. The spiritual training is just as important as the physical training because when you are in so much pain that you do not want to go on, it will be praying and trusting God that ultimately gets you to the top of the mountain.
7. HAVE FUN! Enjoy this journey! Meet new people. Pray! Pray! Pra

Tips for Staying Healthy During Training and the Climb

1. Realize that physical health is more than just eating the right foods. Food is just one part of the equation of achieving a healthy state. While you are training this week remember that your body is the Temple of the Holy Spirit. How we take care of ourselves can truly be viewed as an act of worship and thankfulness. These vessels we call our bodies are gifts and we should be taking excellent care of them so that when God calls us to action (like hiking up Mountains) we can obey without hesitation and fear. 1 Corinthians 6:19 says, *"Don't you realize that your body is the temple of the Holy Spirit, who lives in you and was given to you by God? You do not belong to yourself."* Think about ways you could improve the care for your temple this week. Pray and ask the Lord to show you areas He would like to see improvement in.
2. Stress can cause unnecessary harm to our physical health. It is doubtful that any of us will live a stress free life but it is how we manage that stress that really affects our immune system and over all well being. In 1 Peter 5:7 Jesus told us to cast our anxiety onto him because He cares for us. This week while you are training think about the areas of your life where you need freedom. Stress can discourage us from doing the things that God is calling us to do. And the exciting part of training and exercising is that it does help alleviate stress and make us feel better. Pray and talk to God while you walk and hike. God will meet you in the mountains if you take the time to listen and pray. He wants you to experience freedom in your life as much as He wants freedom for those we are hiking for.
3. Do eat a clean diet. Our body's only work because of the fuel we put in them. What kind of fuel do you put into your temple? Are you eating the foods God made for you? In Genesis 1:29 God Said, *"I give you every seed bearing plant on the face of the whole earth and every tree that has fruit with seed in it. They will be yours for food."* Green plants were God's original plan for our food as His creation. Plants are full of micronutrients, phytochemicals, vitamins and the minerals we need to live healthy, energetic lives. Plants also help immensely with inflammation. This week while you are training try and eat the food God made in its most original form. Stay away from boxed and processed foods and look for foods that provide your body with the right kind of energy needed to climb mountains and feel your best. When you eat the food God made its astonishing how well the body works.
4. Whatever level you choose to do during the Climb you will need to be preparing physically. On top of the workout provided remember the little things you can do every day that will develop good habits for a long time. Taking the stairs instead of the elevator or escalator. Parking in the back of the parking lot and hiking to and from the store. Always walking your shopping cart back to the storefront. Think about different ways you can be moving each day and it will certainly make you stronger. Consider purchasing a small daypack to use as your purse for the next several months and fill it up. Get use to having the weight on your back and then the pack you carry on the Climb will not be such a surprise to your shoulders.
5. How much sleep are you getting every night? Sleep is so vital to our overall health because it is when our bodies repair, build and refresh. Without sleep your immune system cannot fully operate and your body cannot fully repair. As we move closer to our time in Wyoming and our workouts become a little tougher make sure you are getting the rest your body needs to repair, build and protect your immune system. Getting enough sleep will affect your energy levels and will also help you manage physical and mental stress better.

Freedom Challenge Weekly Training Guide Week 1

The first 2 weeks of training will be less about the workouts, and more about preparation for the season. These 2 weeks are about making your plan to succeed.

- First, look at your normal schedule and decide what days you will train based on how much time you have to commit.
- Talk to your friends. Try to train as often as possible in a group.
- Get on your feet. Walk, walk, walk, and walk some more.
- Two of your workout days will be strength building. This is where we would encourage you to hire a personal trainer for 1-on-1 or small group training if you are able to do so. If you have any questions on how to find a reliable trainer, please feel free to contact Callie Carson at calliecarson@gmail.com.
- Otherwise, if you have a smart phone, download the “7 Minute Workout” app. It costs \$2.99, but will benefit you far more than the cost. This workout focuses on full body strength, including upper body, lower body, and core strength.
- Try to stretch every day. Stretching is key to preventing injury. You will also find it benefit your overall health and fitness more than you believe. Stretching at the end of the day just before bed is a great way to calm down from your day and bring closure, while loosening up and benefiting your body.

Day 1 – 30 minutes -1 hour walk, hike or stair climbing
10-15 minutes of stretching

Day 2 – Anaerobic Lower Body Strength OR 1 Round “7 Minute Workout” 10-15 minutes of stretching

Day 3 – 30 minute-1 hour walk or hike or stair climbing
10-15 minutes of stretching

Day 4 – Anaerobic Upper Body Strength OR 1 Round “7 Minute Workout” 10-15 minutes of stretching

Day 5 – LONG hike – 2 hours
10-15 minutes of stretching

Day 6 – Active Rest: Yoga, Walk, Bike, Swim – Whatever you enjoy doing that is still somewhat active, but not intense
10-15 minutes of stretching

Day 7 – Rest and Stretch

Freedom Challenge Weekly Training Guide Week 2

CONGRATULATIONS! You made it through the first week of training... Just 14 more weeks!

If Week 1 did not go so well for you, do not get discouraged. Take a look at what didn't work last week and make necessary changes. Phone a friend, go for a walk, and talk to someone that can encourage you. If last week was awesome, then keep it up and don't let yourself get burned out. This is just about creating good habits to help you succeed on the mountain.

Keep in mind that you can do these days in any order that works for you. Try to change it up so that you do not get bored (that's where friends and groups are key!)

Day 1 – 30 minutes -1 hour walk, hike or stair climbing
10-15 minutes of stretching

Day 2 – Anaerobic Lower Body Strength OR 2 Rounds “7 Minute Workout” 10-15 minutes of stretching

Day 3 – 30 minutes -1 hour walk or hike or stair climbing
10-15 minutes of stretching

Day 4 – Anaerobic Upper Body Strength OR 2 Rounds “7 Minute Workout” 10-15 minutes of stretching

Day 5 – LONG hike – 2-3 hours
10-15 minutes of stretching

Day 6 – Active Rest: Yoga, Walk, Bike, Swim
10-15 minutes of stretching

Day 7 – Rest and Stretch

Now that the first 2 weeks of training are finished, we hope that you are ready to really get into gear. Your walks and hikes will still be about time on your feet, but we will start encouraging you to increase your distance.

Freedom Challenge Weekly Training Guide
Week 3

Day 1 – 3-4 mile walk, hike or stair climbing
10-15 minutes of stretching

Day 2 – Anaerobic Lower Body Strength OR 2 Rounds “7 Minute Workout”
10-15 minutes of stretching

Day 3 – 3-4 mile walk or hike or stair climbing
10-15 minutes of stretching

Day 4 – Anaerobic Upper Body Strength OR 2 Rounds “7 Minute Workout”
10-15 minutes of stretching

Day 5 – LONG hike (6-8 miles) – 2-3 hours
10-15 minutes of stretching

Day 6 – Active Rest: Yoga, Walk, Bike, Swim
10-15 minutes of stretching

Day 7 – Rest and Stretch

Freedom Challenge Weekly Training Guide
Week 4

Day 1 – 4 mile walk, hike or stair climbing
10-15 minutes of stretching

Day 2 – Anaerobic Lower Body Strength OR 3 Rounds “7 Minute Workout”
10-15 minutes of stretching

Day 3 – 4 mile walk or hike or stair climbing
10-15 minutes of stretching

Day 4 – Anaerobic Upper Body Strength OR 3 Rounds “7 Minute Workout”
10-15 minutes of stretching

Day 5 – LONG hike (6-8 miles) – 2-3 hours
10-15 minutes of stretching

Day 6 – Active Rest: Yoga, Walk, Bike, Swim
10-15 minutes of stretching

Day 7 – Rest and Stretch

Freedom Challenge Weekly Training Guide
Week 5

Day 1 – 5 mile walk, hike or stair climbing
10-15 minutes of stretching

Day 2 – Anaerobic Lower Body Strength OR 3 Rounds “7 Minute Workout”
10-15 minutes of stretching

Day 3 – 5 mile walk, hike or stair climbing
10-15 minutes of stretching

Day 4 – Anaerobic Upper Body Strength OR 3 Rounds “7 Minute Workout”
10-15 minutes of stretching

Day 5 – LONG hike (7-8 miles) – 2-3 hours
10-15 minutes of stretching

Day 6 – Active Rest: Yoga, Walk, Bike, Swim
10-15 minutes of stretching

Day 7 – Rest and Stretch

Freedom Challenge Weekly Training Guide
Week 6

Day 1 – 5 mile walk or hike with backpack (some weight) OR 1 hour stair climbing, spinning, or swimming or jogging
10-15 minutes of stretching or yoga

Day 2 – Lower Body Anaerobic Strength Workout OR 4 Rounds of “7 Minute Workout” 10-15 minutes of stretching

Day 3 – 5 mile walk or hike with backpack (some weight) OR 1 hour stair climbing, spinning or swimming or jogging
10-15 minutes of stretching

Day 4 – Upper Body Anaerobic Strength Workout OR 4 Rounds of “7 Minute Workout”
10-15 minutes of stretching

Day 5 – 8 mile moderate to advanced hike
20-30 minutes of stretching

Day 6 – Active Rest – Whatever you enjoy doing that is still active

Day 7 – Rest and Stretch

Things to remember:

- Order of workouts and days does not matter. Do whatever order works best for you. However, try your best to get all 5 hard workout days in.
- Stretch, stretch, stretch. Even if you miss a workout day, try to stretch at night before you go to bed

Freedom Challenge Weekly Training Guide Week 7

Day 1 – 6 mile walk or hike with some weight in a backpack OR 1 hour stair climbing, spinning, or swimming or jogging
10-15 minutes stretching

Day 2 – Lower Body Anaerobic Strength Workout OR 4 Rounds of “7 Minute Workout” 10-15 minutes stretching

Day 3 – 6 mile walk or hike with backpack (some weight) OR 1 hour stair climbing, spinning or swimming or jogging
10-15 minutes stretching

Day 4 – Upper Body Anaerobic Strength Workout OR 4 Rounds of “7 Minute Workout”
10-15 minutes stretching

Day 5 – 8 mile moderate to advanced hike
20-30 minutes stretching

Day 6 – Active Rest – Whatever you enjoy doing that is still active

Day 7 – Rest and Stretch

Things to remember:

- Drink LOTS of water. Water is your friend.
- Keep on stretching, it will only benefit you!

Freedom Challenge Weekly Training Guide Week 8

Day 1 – 6 mile walk or hike with backpack (some weight) OR 1 hour stair climbing, spinning, or swimming or jogging
10-15 minutes stretching

Day 2 – Lower Body Anaerobic Strength Workout OR 5 Rounds of “7 Minute Workout” 10-15 minutes stretching

Day 3 – 6 mile walk or hike with backpack (some weight) OR 1 hour stair climbing, spinning or swimming or jogging
10-15 minutes stretching

Day 4 – Upper Body Anaerobic Strength Workout OR 5 Rounds of “7 Minute Workout” 10-15 minutes stretching

Day 5 – 9 mile moderate to advanced hike
20-30 Minutes Stretching

Day 6 – Active Rest – Whatever you enjoy doing that is still active

Day 7 – Rest and Stretch

Things to remember:

- If you are starting to get burned out, switch things up a bit. Try a new class at your local gym. Meet friends to do something together (hike, walk, stretch, or workout)
- Don't get discouraged if you are missing too many days. Give yourself grace, but get back on the training guide.

Freedom Challenge Weekly Training Guide Week 9

Day 1 – 6 mile walk or hike with backpack (some weight) OR 1 hour stair climbing, spinning, or swimming
or jogging

10-15 minutes stretching

Day 2 – Lower Body Anaerobic Strength Workout OR 5 Rounds of “7 Minute Workout” 10-15 minutes
stretching

Day 3 – 6 mile walk or hike with backpack (some weight) OR 1 hour stair climbing, spinning or swimming
or jogging

10-15 minutes stretching

Day 4 – Upper Body Anaerobic Strength Workout OR 5 Rounds of “7 Minute Workout”

10-15 minutes stretching

Day 5 – 9 mile moderate to advanced hike

20-30 minutes stretching

Day 6 – Active Rest – Whatever you enjoy doing that is still active

Day 7 – Rest and Stretch

Things to remember:

- This program is just a guide to help you. If you have a different routine that works for you, then go for it!
- Keep the ultimate goal in mind and challenge yourself!

Freedom Challenge Weekly Training Guide Week 10

Day 1 – 7 mile walk or hike with backpack (some weight) OR 1-2 hours stair climbing, spinning, or swimming or jogging
10-15 minutes stretching

Day 2 – Lower Body Anaerobic Strength Workout OR 5 Rounds of “7 Minute Workout” 10-15 minutes stretching

Day 3 – 7 mile walk or hike with backpack (some weight) OR 1-2 hours stair climbing, spinning, swimming, or jogging
10-15 minutes stretching

Day 4 – Upper Body Anaerobic Strength Workout OR 5 Rounds of “7 Minute Workout”
10-15 minutes stretching

Day 5 – 10 mile moderate to advanced hike with a weighted backpack 20-30 minutes stretching

Day 6 – Active Rest – Whatever you enjoy doing that is still active

Day 7 – Rest and Stretch

Things to remember:

- Now is the time you may want your hike days to be all in a row. Try to schedule your hike days to be back to back for the last few weeks of training.
- There is just one month left before we leave for the Climb. You are almost there and should be feeling better each workout. Continue to challenge yourself and you get more and more prepared for the Climb!

Freedom Challenge Weeks 6 - 10
Health and Nutrition Tips While on the Trail
By Roxanne Hicks and www.hiking-tips-for-you.com

1. Eat and drink water frequently on the trail. Your water and nutrition needs should be like a slow drip IV into your system. Not only will this keep your energy level stable, but it will also help prevent altitude sickness.

Think of hiking food as fuel for your body. It's not as important as water and hydration, but if you don't eat frequently while on the trail, you will soon run out of gas.

Unfortunately, food turns out to be one the poorest planned items in a hiker's backpack. It doesn't have to be that way. With a little forethought, you can eat well, and more importantly, eat the right foods for good hiking nutrition.

2. Training for the Climb and actually participating in the Freedom Challenge is not the time to go on a diet!

Hiking is rigorous exercise. Whether you're on the trail for several hours or several days, you're going to burn more calories than you do sitting at home browsing the Internet. If you're hiking all day, you'll burn two to three times as many calories as you normally do. Your body is going to need fuel to sustain the higher level of physical activity.

Practice drinking water! You will need to be drinking 3 liters of water on each hike during the Freedom Challenge. You will also need to be well hydrated before coming to a higher elevation. Good hydration helps minimize altitude sickness immensely.

3. Hiking nutrition really boils down to a good balance of carbohydrates, protein, and fats. It also boils down to timing. When do you eat? It's best to try and sustain a consistent energy level throughout the day with snacks and meals. Your calorie intake during the day won't match your fuel burn, but your evening meal should make up the difference. If you don't take in enough calories, you'll start losing weight on the trail and losing much needed muscle mass. You also will not have the energy to get up in the morning and go on the next hike or climb.
4. Carbohydrates are the backbone of your diet and key to good hiking nutrition. Carbohydrates containing complex sugars such as pastas, oatmeal, whole wheat and rice are best. They contain a lot of calories per ounce, which is what you need. They are processed more slowly than simple sugars, helping you sustain your energy between snacks and meals. Fruit is another good source of carbs. Make sure when you are reading the labels of your bars and food choices that they are not overly processed. A good bar with minimal ingredients is Lara bars.

Be careful about simple sugars. Corn syrup as an ingredient is a sign of simple sugars. Candy bars will give you that quick hit of energy, but after that initial rush, it will leave you feeling tired. A nut bar tends to release energy more slowly and evenly.

5. Protein is essential in your diet for healing and building muscle tissue. Think about it -you're hiking all day, lugging a backpack. You've given your muscles and tendons quite a workout. In order to repair and rejuvenate, they need protein. Nuts, beans, and nut butters are very popular sources of protein for good hiking nutrition. You can purchase individual nut butter packets and bag up some whole grain crackers or bread to go along with it. Another idea is your favorite nut butter with an apple or banana. Beans are another great source of clean protein. One of my favorite trail snacks is hummus with fingerling or sweet potatoes. I simply boil some small potatoes, throw them in a baggie and scoop some hummus in a small 2 oz. container. I can dip and eat as I hike. And of course a good bag of trail mix with nuts, dried fruit and a little dark chocolate is the perfect energy snack on the trail. Go to a store that has bins and make your own mix to your taste.

Freedom Challenge Weekly Training Guide Week 11

Day 1 – 7 mile walk or hike with backpack (some weight) OR 1.5-2 hours of stair climbing, spinning, or swimming or jogging

15-20 minutes of stretching or yoga

Day 2 – Lower Body Anaerobic Strength Workout OR AS MANY ROUNDS of “7 Minute Workout” as you can do. Push yourself based on time. If you have a full hour of time, go for at least 5 or MORE rounds.

10-15 minutes of stretching

Day 3 – 7 mile walk or hike with Backpack (some weight) OR 1.5-2 hours stair climbing, spinning or swimming or jogging

15-20 minutes of stretching

Day 4 – Upper Body Anaerobic Strength Workout OR AS MANY ROUNDS of “7 Minute Workout” as you can do. Strive for at least 5 or greater!

10-15 minutes of stretching

Day 5 – 10 mile moderate to advanced hike with your daypack. (Do this hike in altitude if possible)

20-30 minutes of stretching

Day 6 – Active Rest – Whatever you enjoy doing that is still active

Day 7 – Rest and Stretch

Things to remember:

- Training with some weight is key! If you have a baby, or know someone who does, do them a favor and pack that babe for one of your walks or hikes! It is a great workout and if you are not “Mom,” then “Mom” will love you and thank you for it!!
- Order of workouts and days does not matter. Do whatever order works best for you. However, try your best to get all 5 hard workout days in.
- Try not to skimp on your stretching. If you miss a workout day, that is okay, but try to stretch at least for a little while even if it is right before you fall into bed at night.
- This week (11) and next week (12) are your hardest weeks of training. It is all about endurance and perseverance! These are the weeks that you may want to give up, but these are the weeks that will get you to the top of the mountains!

Freedom Challenge Weeks 11-15 Health & Nutrition Tips

1. Fats have a bad rap, but not all fats are bad. Too much fat is bad, but fat does play an important role in maintaining a balanced diet. For a hiker, the most important role of fat is to provide an energy store. It also aids in development of cell membranes and absorption of vitamins A, D, E, and K. Do not try to lower fat intake when hiking. It's part of good hiking nutrition and keeping the body in tune for healthy hiking. Most sources of protein also contain fat, so filling your protein needs should automatically provide the level of fat you need.
2. Fluid intake is important while you train and will be very important during the Climb to help prevent altitude sickness and keep you hydrated while you hike. Women often are concerned about having to go to the bathroom to often but you can't let this fear stop you from drinking. You will get sick if you let the fear of peeing on the trail take control. Drink, drink and drink! You will actually be amazed at how much of the fluid your body uses just to keep going. You will find that your squatting far less than you imagined. You should be drinking at least 3 liters of water a day on your hikes during the Freedom Challenge. You will also want to prepare your body in the weeks prior to altitude hikes by drinking more water than usual. If you need to, wear your camelback around the house and run errands with it to remind you to drink.
3. Do drink electrolytes. Make sure you bring some powdered form of electrolytes with you to the Climb. A good brand is Vega and they have a couple of different flavors. Do not put your electrolytes into your camel back as it can create an environment for bacteria. Your Camelback should only have water in it. A good idea is to pre-fill and mix your electrolyte before your hike in a platypus foldable water bag. For big hikes you can bring 2 bottles. One before the hike and one after the hike to replenish what you have lost. -- About Vega Sport Electrolyte Hydrator - Made without sugar and artificial sweeteners, Vega Sport Electrolyte Hydrator is formulated with all the essential electrolytes your body needs to stay hydrated during workouts. With zero calories per serving, Electrolyte Hydrator tastes great, so you can sip it not just during your workout, but throughout the day. Each sip will help to replenish electrolytes and minerals, and provide antioxidant protection against damage from free radicals.
4. Be careful on your caffeine consumption while your hiking and in altitude and stay away from alcohol. Caffeine and alcohol can both dehydrate your body. Having a cup of coffee in the morning is fine but limit it to a cup. Drink your electrolyte mix in the morning to make sure your tank is full of the good stuff. If you need a little more energy throughout the day Vega also has a good sports gel. Having those instant hits of sugar can help so much when your muscles are fatigued or your feeling fatigued or lousy. Make sure when you choose a sports gel that the ingredients are as clean as possible. This is not the time to put processed high Fructose corn syrup in your body. About Vega Sport Endurance Gel - A plant-based energy gel, Vega Sport Endurance Gel is formulated to: 1) Provide instant and sustained energy and 2) Replenish electrolytes. Developed for easy on-the-run digestion and featuring whole food ingredients, Vega Sport Endurance Gel is free from high fructose corn syrup and maltodextrin. Plus, Vega Sport Endurance Gel is the only gel on the market to feature coconut oil for instant, noncarbohydrate energy.
5. It's the week before your start the Freedom Challenge! Drink, drink and drink lots of water this week!! Try to drink 2-3 liters a day to help hydrate your body and prepare it for the altitude.

Snack and fuel packing list:

1. Camelback water system or similar
2. Electrolyte powder or tabs
3. Reusable platypus water bottles for electrolyte mix (At least 2)
4. Bars you like for fuel on the trail
5. Gel energy cubes or similar for each hiking day
6. Trail mix: Nuts, dried fruit, dark chocolate
7. Nut butter packets and crackers
8. Plant-Based Protein powder if you do not consume animal protein. Vega has some good options.

Eat well this week to prepare your body for some big hikes. Treat your body to some nutritious healthy meals and your body will treat you well on your hikes.

Freedom Challenge Weekly Training Guide

Week 12

Day 1 – 8 mile walk or hike with some weight in a backpack OR 1.5-2 hours of stair climbing, spinning, or swimming or jogging
15-20 minutes stretching

Day 2 – Lower Body Anaerobic Strength Workout OR AS MANY ROUNDS of “7 Minute Workout” as you can do. PUSH YOURSELF! GO FOR 6 OR MORE ROUNDS
10-15 minutes stretching

Day 3 – 8 mile walk or hike with backpack (some weight) OR 1.5-2 hours stair climbing, spinning or swimming or jogging
15-20 minutes stretching

Day 4 – Upper Body Anaerobic Strength Workout OR AS MANY ROUNDS of “7 Minute Workout” as you can do. CHALLENGE YOURSELF. DO THE MOST NUMBER OF ROUNDS YET.
10-15 minutes stretching

Day 5 – 12 mile moderate to advanced hike with your daypack. THIS IS YOUR LONGEST HIKE FOR TRAINING (Do this hike in altitude if possible)
20-30 minutes stretching

Day 6 – Active Rest – Whatever you enjoy doing that is still active

Day 7 – Rest and Stretch

Things to remember:

- Drink LOTS of water. Water is your friend.
- Keep on stretching, it will only benefit you
- This week has your longest training hike. Please know that you CAN do this. Pray, focus, keep putting one foot in front of the other!

Freedom Challenge Weekly Training Guide

Week 13

Day 1 – 5-7 mile walk or hike with backpack (some weight) OR 1 hour stair climbing, spinning, or swimming or jogging
15-20 minutes stretching

Day 2 – Lower Body Anaerobic Strength Workout OR 3-5 Rounds of “7 Minute Workout” 10-15 minutes stretching

Day 3 – 5-7 mile walk or hike with backpack (some weight) OR 1 hour stair climbing, spinning or swimming or jogging
15-20 minutes stretching

Day 4 – Upper Body Anaerobic Strength Workout OR 3-5 Rounds of “7 Minute Workout” 10-15 minutes stretching

Day 5 – 10 mile moderate to advanced hike with your daypack (In altitude if possible) 20-30 Minutes Stretching

Day 6 – Active Rest – Whatever you enjoy doing that is still active

Day 7 – Rest and Stretch

Things to remember:

- Ahhhhh...You made it to week 13! This is the week we begin to scale down. The last two weeks before this should have been pretty difficult! Welcome the slower pace, but remember that we are not finished training yet!
- If you have been training so far with the backpack, boots, poles, etc. that you will be using on the Climb, GREAT! Make sure that everything fits well and work out any kinks now before it is too late!

Freedom Challenge Weekly Training Guide Week 14

Day 1 – 5-7 mile walk or hike with backpack (some weight) OR 1 hour stair climbing, spinning, or swimming or jogging
15-20 minutes stretching

Day 2 – Lower Body Anaerobic Strength Workout OR 3-5 Rounds of “7 Minute Workout” 10-15 minutes stretching

Day 3 – 5-7 mile walk or hike with Backpack (some weight) OR 1 hour stair climbing, spinning or swimming or jogging
15-20 minutes stretching

Day 4 – Upper Body Anaerobic Strength Workout OR 3-5 Rounds of “7 Minute Workout” 10-15 minutes stretching

Day 5 – 8 mile moderate to advanced hike with daypack (Do this hike in altitude if possible) 20-30 minutes stretching

Day 6 – Active Rest – Whatever you enjoy doing that is still active

Day 7 – Rest and Stretch

Things to remember:

- Again, week 14 is another scale down week, but we are SO CLOSE! Don't lose hope and don't lose steam!
- Try to continue your walks and hikes a few days in row to make it as similar to the upcoming Climb as possible.

Freedom Challenge Weekly Training Guide Week 15

Day 1 – Go for a nice walk. Do something you enjoy. Confirm your packing list for Wyoming and make sure all your gear is in working order.

20-30 minutes stretching

Day 2 – Feel free to do some amount of strength training, but nothing too challenging.

Finally a week NOT to challenge yourself! Get out your suitcase and start organizing.

20-30 minutes stretching

Day 3 – Go for another walk, or do something you enjoy. 20-30 minutes stretching

Day 4 – Get to the highest altitude you can within reason. No need to do anything crazy, but have a picnic and go for a walk. Hang out and practice taking lots of deep breaths!

20-30 minutes stretching

Day 5 – Prepare yourself mentally. Ask any last minute questions NOW!!

Day 6 – PACK. Rest and Stretch

Day 7 – PACK. Rest and Stretch

Things to remember:

- This is your ACTIVE REST WEEK! Finally the week before the climb where the worst possible thing you could do is go too hard. If you get injured this week, you will not have time to heal and recover before the actual climb. Please take it easy! You have trained so hard to this point and should feel confident about the week to come. Congratulations on what you've accomplished!