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Uphill Athlete Muscular Endurance Workout:

This Muscular Endurance workout is appropriate for Mountaineers, Mountain Runners and Ski Mountaineers. Anyone who needs to go steeply uphill, faster for longer will see gains from this workout. The beginning workout is shown here. If this is the first time you have been through this ME progression than you should use bodyweight only for the first 2-3 workouts to learn the movements and avoid severe muscle soreness. The progression shown is a suggestion that should work well for most people. However, variations in individual starting strength will mean that some people will progress faster than others. We find that most people will get mildly stiff and sore for 2 days after doing this workout. So, allow some easy recovery workouts after this. We typically recommend doing this workout 1 time/week to see significant gains if the remaining training load is high. If the training load is otherwise low, then do this 2x/week. It is easy to overdo this kind of work. Start slowly and progress at your own rate.

WU:

5' Dynamic stretch routine: <https://www.youtube.com/watch?v=lbozu0DPcYI&t=4s>

20 x air squat

10 x Turkish Get Up

10x burpee

Core:

Pick 4-5 of your most challenging core exercises . You can select from this group:

<https://www.uphillathlete.com/how-to-do-core/>

or some others that you like. Do 2 sets and add enough resistance that 4-6 reps of each exercise is all you can manage.

Workout: Complete all sets of each exercise before moving on to next exercise. Do not speed through these. Use a tempo of 1 rep/ 1-2 seconds.

6 sets of 10 reps on each leg of Split Jump Squat.

https://www.youtube.com/watch?v=72xY37N_Sww. If unsure, start with small split stance of 30cm. Work to deep split as you gain strength.

Rest 2 min

6 sets of 10 reps of Squat Jumps

<https://www.youtube.com/watch?v=SDJIQq-BrCc>

Rest 2 min

6 sets of 10 reps each leg of Box Step ups with minimal rear leg assist. Use box that is 75% the height of the bottom of your knee cap.

<https://www.youtube.com/watch?v=l4AA5d5mInQ>

Rest 2 min

6 sets of 10 reps each leg of Front Lunge with. If new to the lunge, start with this for first 2-3 workouts

<https://www.youtube.com/watch?v=QOVaHwm-Q6U>. Once comfortable with that you can progress to this stepping front lunge. <https://www.youtube.com/watch?v=7WH2-z99e1A>

10 min easy cool down aerobic exercise.

Progression:

WO #1 and 2 Start with Body Weight only. Rest 60sec after each set of an exercise. On Box Step ups and Front Lunge exercises do all R leg then all L leg and rest 30 seconds between sets. Do 1 time through circuit

WO #3 Increase sets to 7 sets of 10 reps of each exercise. Drop rest/set to 45 sec/set and 30sec/set for single leg exercises. Rest 90sec between exercises

WO#4: Add weight. Using a weight vest is ideal way. Start with no more than 10% of body weight. Same rest/set. Increase to 5 sets of 10 reps.

Add the following new exercises:

5 sets of 10 reps of Goblet Squat/Overhead Press.

AND

5 sets of 10 reps of 2 hand Kettle Bell Swing

Rest 2 min between exercises.

WO#5: +10% BW. Do 6 Sets of 10 reps. Cut rest/set to 40 seconds except Box Steps and Lunges, stay with 30 seconds

Rest 90sec between exercises

WO#6: +10% BW. Do 8 sets of 10 reps. Rest 40sec/set and 30 sec for single leg exercises. Rest 90 sec/exercise

WO#7: +15% BW. Do 9 sets of 10 reps. Rest 40sec/set and 30 sec for single leg exercises. Rest 60 sec/exercise.

WO#8: +15% BW. Do 8 sets of 10 reps. Cut rest between sets to 35 seconds for all exercises. Rest 60sec/exercise

WO#9: +20% BW. Do 7 sets of 10 reps. Back to 45 sec rest/set. 30 sec rest/set for Box Step and Lunge. Rest 45sec/exercise

WO#10: +20% BW. Do 8 sets of 10 reps. 35 sec rest/set. 30 sec rest/set for Box Step and Lunge. Rest 30 sec between exercises.