


TRAINING WALLCHART



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	6 ROUNDS SKIPPING ROPE 50 REPS PUSHUPS 5 REPS SQUATS 10 REPS	ACTIVE REST WALK or HIKE AT LEAST 1KM Skill Plank 30 secs	2KM MOVE INTERVAL TRAINING 400M JOG 100M WALK REPEAT 4 TIMES Skill Deadhang 3 reps x 30 secs	6 ROUNDS SKIPPING ROPE 50 REPS PUSHUPS 5 REPS SQUATS 10 REPS	ACTIVE REST WALK or HIKE AT LEAST 1KM Skill Grip strength 5 reps x 30 secs	6 ROUNDS SKIPPING ROPE 50 REPS PUSHUPS 5 REPS SQUATS 10 REPS	ACTIVE REST REST RECOVER STRETCH Skill Plank 30 secs
WEEK 2	7 ROUNDS SKIPPING ROPE 50 REPS PUSHUPS 5 REPS SQUATS 10 REPS	ACTIVE REST WALK or HIKE AT LEAST 1.5KM Skill Cold hands 2 minutes - 10 sec intervals	2.5KM MOVE INTERVAL TRAINING 400M JOG 100M WALK REPEAT 5 TIMES Skill Deadhang 5 reps x 30 secs	7 ROUNDS SKIPPING ROPE 50 REPS PUSHUPS 5 REPS SQUATS 10 REPS	ACTIVE REST WALK or HIKE AT LEAST 1.5KM Skill Grip strength 5 reps x 30 secs	7 ROUNDS SKIPPING ROPE 50 REPS PUSHUPS 5 REPS SQUATS 10 REPS	ACTIVE REST REST RECOVER STRETCH Skill Plank 30 secs
WEEK 3	8 ROUNDS SKIPPING ROPE 50 REPS PUSHUPS 5+ REPS SQUATS 10+ REPS	ACTIVE REST WALK or HIKE AT LEAST 1.5KM Skill Cold hands 3 minutes - 10 sec intervals	3KM MOVE INTERVAL TRAINING 400M JOG 100M WALK REPEAT 6 TIMES Skill Falling star 5 rounds x 3 reps	8 ROUNDS SKIPPING ROPE 50 REPS PUSHUPS 5+ REPS SQUATS 10+ REPS	ACTIVE REST WALK or HIKE AT LEAST 2KM Skill Plank 45 secs	8 ROUNDS BEAR CRAWLS 20 STEPS STAIRCLIMBS UP/DOWN STAIRS 2x 30 JUMPING JACKS Skill Monkey bars 10 rungs hang 15 seconds on the final	ACTIVE REST REST RECOVER STRETCH Skill Plank 45 secs
WEEK 4	9 ROUNDS SKIPPING ROPE 50 REPS PUSHUPS 5+ REPS SQUATS 10+ REPS	ACTIVE REST WALK or HIKE AT LEAST 2.5KM Skill Cold hands 4 minutes - 10 sec intervals	3KM MOVE INTERVAL TRAINING 400M JOG 100M WALK REPEAT 6 TIMES Skill Falling star 5 rounds x 4 reps	9 ROUNDS SKIPPING ROPE 50 REPS PUSHUPS 5+ REPS SQUATS 10 REPS	ACTIVE REST WALK or HIKE AT LEAST 2.5KM Skill Plank 45 secs	8 ROUNDS BEAR CRAWLS 20 STEPS STAIRCLIMBS UP/DOWN STAIRS 2x 30 JUMPING JACKS Skill Monkey bars 20 rungs hang 20 seconds on the final	ACTIVE REST REST RECOVER STRETCH Skill Plank 45 secs
WEEK 5	10 ROUNDS SKIPPING ROPE 50 REPS PUSHUPS 5+ REPS SQUATS 10+ REPS	ACTIVE REST WALK or HIKE AT LEAST 3.5KM Skill Cold hands 4 minutes - 10 sec intervals	3.5KM MOVE WALK 500M JOG 1.5KM WALK 500M JOG 1KM MIX AND MATCH AS YOU NEED TO. Skill Falling star 6 rounds x 4 reps	10 ROUNDS SKIPPING ROPE 50 REPS PUSHUPS 5+ REPS SQUATS 10 REPS	For tips on training, visit the Vanguard website 	EXTRA CREDIT <ul style="list-style-type: none">○ DRINK 3 LITERS OF WATER DAILY○ TAKE AN ICE COLD SHOWER○ LEVEL UP - Up for a challenge? Double this week's exercises.○ SET YOUR GOALS - Where do you want to be in 5 weeks?○ HABITS - It takes 21 days to form a habit. Pick a new habit to commit to.○ GEAR UP - Start training in the gear you'll wear at the event.○ VISION- What will crossing the finish line mean to you?	