



WEEK 1

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WEEK

TRAINING WALLCHART

MONDAY

7 ROUNDS

SKIPPING ROPE 50 REPS

PUSHUPS 10 REPS

SQUATS 15 REPS **TUESDAY**

ACTIVE REST WAI K or HIKE

AT LEAST

WEDNESDAY

2KM MOVE

INTERVAL TRAINING

400M JOG 100M WALK **REPEAT 4 TIMES** **THURSDAY**

7 ROUNDS

SKIPPING ROPE 50 REPS

PUSHUPS 10 REPS

SQUATS 15 REPS **FRIDAY**

ACTIVE REST WAI K or HIKE AT LEAST

Grip

strength 8 reps x 30 secs

SATURDAY

7 ROUNDS

SKIPPING ROPE 50 REPS

PUSHUPS 10 REPS

SQUATS 15 REPS

8 ROUNDS

50 REPS

SKIPPING ROPE

SUNDAY

ACTIVE REST REST

RECOVER

STRETCH

Plank 60 secs

Skill

8 ROUNDS

SKIPPING ROPE 50 REPS

PUSHUPS 10 REPS

SQUATS 15 REPS ACTIVE REST

WALK or HIKE AT LEAST 2.5KM

Cold hands

Skill

Plank

45 secs

2 minutes - 10 sec intervals

3KM MOVE INTERVAL

TRAINING

400M JOG 100M WALK REPEAT 6 TIMES Skill

Deadhang 5 reps x 30 secs

Skill

Deadhang

4 reps x

30 secs

8 ROUNDS

SKIPPING ROPE

50 REPS

PUSHUPS 10 REPS

SQUATS 15 REPS **ACTIVE REST**

WALK or HIKE AT LEAST

Grip

strength 8 reps x 30 secs

PUSHUPS

10 RFPS

SQUATS

15 REPS

ACTIVE REST REST

RECOVER

STRETCH

Skill Plank 60 secs

9 ROUNDS

SKIPPING ROPE 50 REPS

PUSHUPS 10 REPS

SQUATS 15 REPS

ACTIVE REST

WALK or HIKE AT LEAST 3KM

3 minutes - 10 sec intervals

4KM MOVE

Cold hands

INTERVAL TRAINING

400M JOG 100M WALK **REPEAT 8 TIMES**

Falling star 6 rounds >

3 reps

9 ROUNDS SKIPPING ROPE

50 REPS

PUSHUPS 10 REPS

Plank

60 secs

Plank 90 secs

SQUATS 15 REPS **ACTIVE REST**

WALK or HIKE AT LEAST 3KM

Monkey

Bars 40 rungs, hang 20 secs on

the final

Skill

9 ROUNDS

SKIPPING ROPE 50 REPS

PUSHUPS 10 REPS

SQUATS 15 REPS

ACTIVE REST

REST

RECOVER

Skill Plank 90 secs

STRETCH

10 ROUNDS

SKIPPING ROPE 50 REPS

SQUATS 15 REPS

PUSHUPS

ACTIVE REST

WALK or HIKE AT LEAST 4KM

Cold hands 4 minutes - 10 sec

intervals

5KM MOVE INTERVAL

TRAINING

400M JOG 100M WALK REPEAT 10 TIMES

Skill

Falling 6 rounds x 4 reps

10 ROUNDS SKIPPING ROPE 50 REPS

PUSHUPS 10 REPS

SQUATS 15 REPS

11 ROUNDS

SKIPPING ROPE

ACTIVE REST

WALK or HIKE AT LEAST

Monkey Bars

40 rungs, hang 30 secs on the final

SKIPPING ROPE 50 REPS

10 ROUNDS

PUSHUPS

10 REPS SQUATS

15 REPS

ACTIVE REST REST

RECOVER STRETCH

Skill Plank 2 mins

11 ROUNDS

SKIPPING ROPE 50 REPS

PUSHUPS 10 REPS

SQUATS

ACTIVE REST WALK or HIKE

AT LEAST 5KM

Cold hands 4 minutes - 15 sec

intervals

5KM MOVE JOG 3KM WALK 2km

YOU NEED TO

Falling star 6 rounds x MIX AND MATCH AS 4 reps

Skill

PUSHUPS 10 REPS

50 REPS

Skill Plank 2 mins

Plank

SQUATS 15 REPS

For tips on training, visit the Vanguard website



EXTRA CREDIT

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?