


# TRAINING WALLCHART



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	<b>7 ROUNDS</b> SKIPPING ROPE 50 REPS  PUSHUPS 10 REPS  SQUATS 15 REPS	<b>ACTIVE REST</b> WALK or HIKE AT LEAST 2KM  <b>Skill</b> Plank 45 secs	<b>2KM MOVE</b> INTERVAL TRAINING  400M JOG 100M WALK REPEAT 4 TIMES  <b>Skill</b> Deadhang 4 reps x 30 secs	<b>7 ROUNDS</b> SKIPPING ROPE 50 REPS  PUSHUPS 10 REPS  SQUATS 15 REPS	<b>ACTIVE REST</b> WALK or HIKE AT LEAST 2KM  <b>Skill</b> Grip strength 8 reps x 30 secs	<b>7 ROUNDS</b> SKIPPING ROPE 50 REPS  PUSHUPS 10 REPS  SQUATS 15 REPS	<b>ACTIVE REST</b> REST  RECOVER  STRETCH  <b>Skill</b> Plank 60 secs
WEEK 2	<b>8 ROUNDS</b> SKIPPING ROPE 50 REPS  PUSHUPS 10 REPS  SQUATS 15 REPS	<b>ACTIVE REST</b> WALK or HIKE AT LEAST 2.5KM  <b>Skill</b> Cold hands 2 minutes - 10 sec intervals	<b>3KM MOVE</b> INTERVAL TRAINING  400M JOG 100M WALK REPEAT 6 TIMES  <b>Skill</b> Deadhang 5 reps x 30 secs	<b>8 ROUNDS</b> SKIPPING ROPE 50 REPS  PUSHUPS 10 REPS  SQUATS 15 REPS	<b>ACTIVE REST</b> WALK or HIKE AT LEAST 2.5KM  <b>Skill</b> Grip strength 8 reps x 30 secs	<b>8 ROUNDS</b> SKIPPING ROPE 50 REPS  PUSHUPS 10 REPS  SQUATS 15 REPS	<b>ACTIVE REST</b> REST  RECOVER  STRETCH  <b>Skill</b> Plank 60 secs
WEEK 3	<b>9 ROUNDS</b> SKIPPING ROPE 50 REPS  PUSHUPS 10 REPS  SQUATS 15 REPS	<b>ACTIVE REST</b> WALK or HIKE AT LEAST 3KM  <b>Skill</b> Cold hands 3 minutes - 10 sec intervals	<b>4KM MOVE</b> INTERVAL TRAINING  400M JOG 100M WALK REPEAT 8 TIMES  <b>Skill</b> Falling star 6 rounds x 3 reps	<b>9 ROUNDS</b> SKIPPING ROPE 50 REPS  PUSHUPS 10 REPS  SQUATS 15 REPS	<b>ACTIVE REST</b> WALK or HIKE AT LEAST 3KM  <b>Skill</b> Plank 90 secs	<b>9 ROUNDS</b> SKIPPING ROPE 50 REPS  PUSHUPS 10 REPS  SQUATS 15 REPS	<b>ACTIVE REST</b> REST  RECOVER  STRETCH  <b>Skill</b> Plank 90 secs
WEEK 4	<b>10 ROUNDS</b> SKIPPING ROPE 50 REPS  PUSHUPS 10 REPS  SQUATS 15 REPS	<b>ACTIVE REST</b> WALK or HIKE AT LEAST 4KM  <b>Skill</b> Cold hands 4 minutes - 10 sec intervals	<b>5KM MOVE</b> INTERVAL TRAINING  400M JOG 100M WALK REPEAT 10 TIMES  <b>Skill</b> Falling star 6 rounds x 4 reps	<b>10 ROUNDS</b> SKIPPING ROPE 50 REPS  PUSHUPS 10 REPS  SQUATS 15 REPS	<b>ACTIVE REST</b> WALK or HIKE AT LEAST 4KM  <b>Skill</b> Plank 2 mins	<b>10 ROUNDS</b> SKIPPING ROPE 50 REPS  PUSHUPS 10 REPS  SQUATS 15 REPS	<b>ACTIVE REST</b> REST  RECOVER  STRETCH  <b>Skill</b> Plank 2 mins
WEEK 5	<b>11 ROUNDS</b> SKIPPING ROPE 50 REPS  PUSHUPS 10 REPS  SQUATS 15 REPS	<b>ACTIVE REST</b> WALK or HIKE AT LEAST 5KM  <b>Skill</b> Cold hands 4 minutes - 15 sec intervals	<b>5KM MOVE</b> JOG 3KM WALK 2km  MIX AND MATCH AS YOU NEED TO.  <b>Skill</b> Falling star 6 rounds x 4 reps	<b>11 ROUNDS</b> SKIPPING ROPE 50 REPS  PUSHUPS 10 REPS  SQUATS 15 REPS	<b>For tips on training, visit the Vanguard website</b> 	<b>EXTRA CREDIT</b> <ul style="list-style-type: none"><li>○ DRINK 3 LITERS OF WATER DAILY</li><li>○ TAKE AN ICE COLD SHOWER</li><li>○ LEVEL UP - Up for a challenge? Double this week's exercises.</li><li>○ SET YOUR GOALS - Where do you want to be in 5 weeks?</li><li>○ HABITS - It takes 21 days to form a habit. Pick a new habit to commit to.</li><li>○ GEAR UP - Start training in the gear you'll wear at the event.</li><li>○ VISION- What will crossing the finish line mean to you?</li></ul>	