TRAINING WALLCHART





WEEK 1

WEEK

WEEK

11 ROUNDS

50 REPS

PUSHUPS 10 REPS

SQUATS

TUESDAY

ACTIVE REST WAI K or HIKE AT LEAST

Skill Plank 45 secs

WEDNESDAY

Skill

Deadhang

4 reps x

30 secs

2KM MOVE INTERVAL TRAINING

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

THURSDAY

Plank

Plank

90 secs

60 secs

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

SUNDAY

ACTIVE REST

RECOVER

REST

STRETCH

Skill Plank 60 secs

8 ROUNDS

7 ROUNDS

50 REPS

PUSHUPS

10 REPS

SQUATS

15 REPS

SKIPPING ROPE

SKIPPING ROPE 50 REPS

MONDAY

PUSHUPS 10 REPS

SQUATS 15 REPS

ACTIVE REST

WALK or HIKE AT LEAST 2.5KM

Cold hands

2 minutes - 10 sec intervals

3KM MOVE INTERVAL **TRAINING**

400M JOG 100M WALK REPEAT 6 TIMES

Skill

Deadhang 5 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

SKIPPING ROPE 50 REPS

10 RFPS

PUSHUPS

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

Cold hands 3 minutes - 10 sec intervals

4KM MOVE

INTERVAL

TRAINING

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

Falling star 6 rounds > 3 reps

SKIPPING ROPE 50 REPS

> PUSHUPS 10 REPS

15 REPS

9 ROUNDS

SQUATS

ACTIVE REST

WALK or HIKE AT LEAST 3KM

Skill

the final

Monkey Bars 40 rungs, hang 20 secs on

SKIPPING ROPE 50 REPS

9 ROUNDS

PUSHUPS 10 REPS

SQUATS 15 REPS

10 ROUNDS

50 REPS

SKIPPING ROPE

ACTIVE REST REST

RECOVER STRETCH

Skill Plank 90 secs

10 ROUNDS

SKIPPING ROPE 50 REPS

PUSHUPS

SQUATS

15 REPS

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

Falling

Skill

6 rounds x 4 reps

10 ROUNDS SKIPPING ROPE

50 REPS **PUSHUPS** 10 REPS

SQUATS 15 REPS

ACTIVE REST

WALK or HIKE AT LEAST

Monkey Bars

40 rungs, hang 30 secs on the final

PUSHUPS

10 REPS SQUATS

15 REPS

ACTIVE REST REST

RECOVER STRETCH

Skill Plank 2 mins

SKIPPING ROPE

ACTIVE REST

WALK or HIKE AT LEAST 5KM

Cold hands 4 minutes - 15 sec

intervals

5KM MOVE JOG 3KM WALK 2km

MIX AND MATCH AS YOU NEED TO

Skill Falling

6 rounds x 4 reps

star

11 ROUNDS SKIPPING ROPE

50 REPS

PUSHUPS 10 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?