

TRAINING WALLCHART



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	7 ROUNDS SKIPPING ROPE 50 REPS PUSHUPS 10 REPS SQUATS 15 REPS	ACTIVE REST WALK or HIKE AT LEAST 2KM Skill Plank 45 secs	2KM MOVE INTERVAL TRAINING 400M JOG 100M WALK REPEAT 4 TIMES Skill Deadhang 4 reps x 30 secs	7 ROUNDS SKIPPING ROPE 50 REPS PUSHUPS 10 REPS SQUATS 15 REPS	ACTIVE REST WALK or HIKE AT LEAST 2KM Skill Grip strength 8 reps x 30 secs	7 ROUNDS SKIPPING ROPE 50 REPS PUSHUPS 10 REPS SQUATS 15 REPS	ACTIVE REST REST RECOVER STRETCH Skill Plank 60 secs
WEEK 2	8 ROUNDS SKIPPING ROPE 50 REPS PUSHUPS 10 REPS SQUATS 15 REPS	ACTIVE REST WALK or HIKE AT LEAST 2.5KM Skill 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 2.5KM Skill Grip strength 8 reps x 30 secs	8 ROUNDS SKIPPING ROPE 50 REPS PUSHUPS 10 REPS SQUATS 15 REPS	ACTIVE REST REST RECOVER STRETCH Skill Plank 60 secs
WEEK 3	9 ROUNDS SKIPPING ROPE 50 REPS PUSHUPS 10 REPS SQUATS 15 REPS	ACTIVE REST WALK or HIKE AT LEAST 3KM Skill Cold hands 3 minutes - 10 sec intervals	4KM MOVE INTERVAL TRAINING 400M JOG 100M WALK REPEAT 8 TIMES Skill Falling star 6 rounds x 3 reps	9 ROUNDS SKIPPING ROPE 50 REPS PUSHUPS 10 REPS SQUATS 15 REPS	ACTIVE REST WALK or HIKE AT LEAST 3KM Skill Plank 90 secs	9 ROUNDS SKIPPING ROPE 50 REPS PUSHUPS 10 REPS SQUATS 15 REPS	ACTIVE REST REST RECOVER STRETCH Skill Plank 90 secs
WEEK 4	10 ROUNDS SKIPPING ROPE 50 REPS PUSHUPS 10 REPS SQUATS 15 REPS	ACTIVE REST WALK or HIKE AT LEAST 4KM Skill Cold hands 4 minutes - 10 sec intervals	5KM MOVE INTERVAL TRAINING 400M JOG 100M WALK REPEAT 10 TIMES Skill Falling star 6 rounds x 4 reps	10 ROUNDS SKIPPING ROPE 50 REPS PUSHUPS 10 REPS SQUATS 15 REPS	ACTIVE REST WALK or HIKE AT LEAST 4KM Skill Monkey Bars 40 rungs, hang 20 secs on the final	10 ROUNDS SKIPPING ROPE 50 REPS PUSHUPS 10 REPS SQUATS 15 REPS	ACTIVE REST REST RECOVER STRETCH Skill Plank 2 mins
WEEK 5	11 ROUNDS SKIPPING ROPE 50 REPS PUSHUPS 10 REPS SQUATS 15 REPS	ACTIVE REST WALK or HIKE AT LEAST 5KM Skill Cold hands 4 minutes - 15 sec intervals	5KM MOVE JOG 3KM WALK 2km MIX AND MATCH AS YOU NEED TO. Skill Falling star 6 rounds x 4 reps	11 ROUNDS SKIPPING ROPE 50 REPS PUSHUPS 10 REPS SQUATS 15 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?	