

## **GC TRAINING**

Additionally, try to complete 3 sets of each of these per week: Goblet Squat, Non-Alternating Reverse Lunge, Floor Press, Hand Supported Row, Single Arm Overhead Press. Do these on any day you like in any combination, but every set should:

- Always be to failure.
- Always use a weight that causes you to tire out at least at 8 reps, and up to 30 reps.

One day per week should be a total rest day.

Interval work can be any activity that you can easily reach maximum output capacity easily (i.e. sprinting, stationary bike, burpees, mountain climbers, etc). I try to do activities that involve sprinting up/down hills or stair master.

### **Week of March 18th: 8**

#### **REQUIRED:**

- Intervals: 60s/60s x5
- 45 minutes of steady state cardio activity, exertion level maintained at a 9 out of 10.
- Intervals: 6min intense, 10 min rest, 6min intense

#### **EXTRA CREDIT:**

- Intervals: 20s/10s x8
- 2min sprint, followed immediately by 21 burpees, followed immediately by 60s mountain climbers, then rest 4 minutes. Complete sequence 3x.

### **Week of March 25th: 7**

#### **REQUIRED:**

- Intervals: 90s/90s x5
- Intervals: 30s/90s x10
- Intervals: 15min/10min x3 <- Ideally as a run on hilly terrain

#### **EXTRA CREDIT:**

- Intervals: 30s/20s x8
- Intervals: 90s/90s x5

### **Week of April 1st: 6**

#### **REQUIRED:**

- Intervals: 3min/3min x4

- Run 1 mile (no treadmill) as fast as possible (record time and send to Ben). Then Intervals: 2min/90s x3

- 90min run, ideally on hilly terrain. No treadmill. zCover as much mileage as possible (record estimated distance and send to Ben)

EXTRA CREDIT:

- Intervals: 20s/10s x8
- Intervals: 3min/3min x4

### **Week of April 8th: 5**

REQUIRED:

- Intervals: 4min/2.5min x5
- Intervals: 1mile/5min x3
- Run 1/4 mile, then immediately 20 burpees, then 60s rest. Repeat 7 rounds.

EXTRA CREDIT:

- Intervals: 60s/2min x10
- Intervals: 4min/3min x6

### **Week of April 15th: 4**

REQUIRED:

- Five 1/2 mile runs w/ three minutes rest between each.
- Three 1 mile runs w/ 6 minutes rest between each.
- Seven rounds: 1/4 mile run, then as many push-ups as possible without taking a break, then rest 90s.

EXTRA CREDIT:

- Intervals: Ten rounds: 60s runs, 120s rest.
- Intervals: Ten rounds: 90s runs, 90s rest.

### **Week of April 22nd: 3**

REQUIRED:

- Intervals: 30s/30s x12
- Intervals: 1mile/5min x4
- Intervals: 30s/2min x8 <- Aim for steepest hill available.

EXTRA CREDIT:

- Intervals: 30s/90s x12
- Burpees: 30s/60s x10

### **Week of April 29th: 2**

REQUIRED:

- Brupees: 1min/3min x5
- Intervals: 30s/30s x10

- 60min run, ideally on hilly terrain. No treadmill. Cover as much mileage as possible.

EXTRA CREDIT:

- Seven rounds: 1/4 mile run, then as many push-ups as possible without taking a break, then 25 jump squats. Repeat five times.

### **Week of May 6th: 1**

REQUIRED:

- Intervals: 5min/3min x4 <- Pace this however you like, goal is to cover the most mileage possible over the course of the four sprints.
- Intervals: 1.5mile/2.5min x6
- 60 minute run at easy pace.

EXTRA CREDIT:

- Take a nap.

### **Week 0**

REQUIRED:

- Intervals: 1min/2min x8
- Intervals: 20s/10s x8

EXTRA CREDIT:

- Take a nap.

### **Week of March 18th: 8**

REQUIRED:

- Intervals: 60s/60s x5
- 45 minutes of steady state cardio activity, exertion level maintained at a 9 out of 10.
- Intervals: 6min intense, 10 min rest, 6min intense

EXTRA CREDIT:

- Intervals: 20s/10s x8
- 2min sprint, followed immediately by 21 burpees, followed immediately by 60s mountain climbers, then rest 4 minutes. Complete sequence 3x.

### **Week of March 25th: 7**

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- Intervals: 30s/90s x10
- Intervals: 15min/10min x3 <- Ideally as a run on hilly terrain

EXTRA CREDIT:

- Intervals: 30s/20s x8
- Intervals: 90s/90s x5

### **Week of April 1st: 6**

#### **REQUIRED:**

- Intervals: 3min/3min x4
- Run 1 mile (no treadmill) as fast as possible (record time and send to Ben). Then Intervals: 2min/90s x3
- 90min run, ideally on hilly terrain. No treadmill. zCover as much mileage as possible (record estimated distance and send to Ben)

#### **EXTRA CREDIT:**

- Intervals: 20s/10s x8
- Intervals: 3min/3min x4

### **Week of April 8th: 5**

#### **REQUIRED:**

- Intervals: 4min/2.5min x5
- Intervals: 1mile/5min x3
- Run 1/4 mile, then immediately 20 burpees, then 60s rest. Repeat 7 rounds.

#### **EXTRA CREDIT:**

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**Grand Canyon Rim-2-Rim (R2R)  
8-Week Training Plan**

Week	Dates	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total Mileage
		Easy Walk	Cross-train	Brisk Walk (Hills Repeats)	Rest	Endurance Jog/Walk	Endurance Jog/Walk	Recovery Walk	
1	Mar 19-25	1	Cross-train	1 hour	Rest	M: 6 E: 500'	M: 4 E: 500'	1	
2	Mar 26-Apr 1	1	Cross-train	1 hour	Rest	M: 10 E: 1k'	M: 6 E: 1k'	1	
3	Apr 2-9	2	Cross-train	1 hour	Rest	M: 13' E: 1.5k'	M: 7 E: 1.5k'	1	
4	Apr 9-15	2	Cross-train	1 hour	Rest	M: 15 E: 3k'	M: 5 E: 1k'	1	
5	Apr 16-22	3	Cross-train	2 hours	Rest	M: 18 E: 4k'	M: 10 E: 2k'	1	
6	Apr 23-29	3	Cross-train	2 hours	Rest	M: 20 E: 4k'	M: 5 E: 500'	1	
7	Apr-30-May 6	2	Cross-train	1 hour	Rest	M: 13' E: 1.5k'	M: 7 E: 1.5k'	1	
8	May 7-13	1	YOGA	1 hour	Rest	M: 10 E: 1k'	M: 6 E: 1k'	1	
9	May 14-20	1	YOGA	Rest	Fly	M: 24ish E: 4.5k'	Rest	Fly	

**KEY:**

**Easy Walk**---At your leisure. **Cross-train**---Weights/Yoga/Bike/Elliptical. **Brisk Walk**---One good steep hill, fast walk up and down for time.

**Endurance**---Distance should be covered on hilly terrain using jog/walk strategy. Ideally, the distances would be completed on the day we plan to cross but Friday/Saturday can be switched to accommodate schedules. **Recovery Walk:** Nice and Slow walk.

'M'----Mileage

'E'-----Elevation Gain. Try to accomplish by going up and down. It's important to get your legs used to climbing and descending. 500' means a workout with 500 feet of gain. 1k' means a workout with 1,000 feet of gain.

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