



For more in-depth information on training for mountain sports please go to:
Uphillathlete.com

For more tips on strength and mobility training check out these links:
<https://www.uphillathlete.com/strength-training-for-the-mountain-athlete/>
<https://www.uphillathlete.com/strength-mobility-aging-mountain-athlete/>

Denali

Workout #1:

Warm up with 10min of walking, light jog, heavy house work like vacuuming, wrestling with kids, zumba video, you get the idea; get your heart rate up a bit and get warm.

Then:

2 x 8 shoulder opener, with belt, ski pole, yoga strap, jump rope, towel

(<https://www.uphillathlete.com/shoulder-mobility/> 1:33)

2 x 5 push up, counter top, knees or toes.

3 x 5 air squats or sit to stands - imagine that wall is in front of you

(<https://www.youtube.com/watch?v=R0vJBTrzLac> 0:22)

Then:

30 sec jog in place, lifting your knees as high as you can

30 sec easy jog in place

30 sec rest

x 4 rounds

Then

10 x sit up

10 x leg raise lower (<https://www.uphillathlete.com/how-to-do-core/> 3:11)

10x Windshield wiper (5 per side) (<https://www.uphillathlete.com/how-to-do-core/> 1:01)

rest 60 secs

3 rounds

Then:

8x push ups push up, counter top, knees or toes.

10x door frame body row - grab door frame with hands pull and release body toward and away to make a body row movement (OR) fill a back pack with weight, or two water bottles/gallon jugs and do a bent over row.

(<https://www.youtube.com/watch?v=QFq5jdwWwX4> 0:22)

10x Split jump (<https://www.youtube.com/watch?v=QOVaHwm-Q6U&t=9s> 0:30)

minimal rest

3 rounds

Cool Down - with some light mobility

Workout #2:

Warm up with 10min of walking, light jog, heavy house work like vacuuming, wrestling with kids, zumba video, you get the idea; get your heart rate up a bit and get warm.

Then:

2 x 8 shoulder opener, with belt, ski pole, yoga strap, jump rope, towel

(<https://www.uphillathlete.com/shoulder-mobility/> 1:33)

2 x 5 push up, counter top, knees or toes.

3 x 5 air squats or sit to stands - imagine that wall is in front of you

(<https://www.youtube.com/watch?v=R0vJBTrzLac> 0:22)

Then:

20x Jumping Jack

20x Air Squat

Rest 60 sec

20x Mtn climber-10 per leg (<https://www.youtube.com/watch?v=zT-9L3CEcmk>)

20x Lunges in place - 10 per leg (<https://www.youtube.com/watch?v=QOVaHwm-Q6U&t=9s> 0:30)

rest 60 secs

20x Side Plank with a hip lower and lift (that's what you are counting 10 per side)

(<https://www.youtube.com/watch?v=LgaYt4Hi6-g>)

20x Squat Jumps (<https://www.youtube.com/watch?v=SDJlQq-BrCc>)

20x Burpees (<https://www.youtube.com/watch?v=dZgVxmf6jKA>)

2 times through all - rest as necessary

Cool Down - with some light mobility

Workout #3

Warm up with 10min of walking, light jog, heavy house work like vacuuming, wrestling with kids, zumba video, you get the idea; get your heart rate up a bit and get warm.

Then:

2 x 8 shoulder opener, with belt, ski pole, yoga strap, jump rope, towel
(<https://www.uphillathlete.com/shoulder-mobility/> 1:33)

2 x 5 push up, counter top, knees or toes.

3 x 5 air squats or sit to stands - imagine that wall is in front of you
(<https://www.youtube.com/watch?v=R0vJBTrzLac> 0:22)

Then:

4x 30sec work /30sec rest Push Ups 4 min total

Then 1:00 rest

4x 30sec work /30sec rest Air Squats 4 min total
(<https://www.youtube.com/watch?v=R0vJBTrzLac> 0:22)

Then 1:00 rest

4x 30sec work /30sec rest Sit Ups 4 min total

Then 1:00 rest

4x 30sec work /30sec rest Windshield Wiper 4 min total
(<https://www.uphillathlete.com/how-to-do-core/> 1:01)

Then 1:00 rest

4x 30sec work /30sec rest Lunges in place 4 min total leg
(<https://www.youtube.com/watch?v=QOVaHwm-Q6U&t=9s> 0:30)

Then 1:00 rest

4x 30sec work /30sec rest Bicycles on floor on back 4 min total
(<https://www.youtube.com/watch?v=9FGilxCbdz8>)

Cool down with light aerobic work or stretching 10min.

Workout #4:

Warm up with 10min of walking, light jog, heavy house work like vacuuming, wrestling with kids, zumba video, you get the idea; get your heart rate up a bit and get warm.

Then:

2 x 8 shoulder opener, with belt, ski pole, yoga strap, jump rope, towel
(<https://www.uphillathlete.com/shoulder-mobility/> 1:33)

2 x 5 push up, counter top, knees or toes.

3 x 5 air squats or sit to stands - imagine that wall is in front of you
(<https://www.youtube.com/watch?v=R0vJBTrzLac> 0:22)

Then:

10x Lunge in place (total lunges 5 per leg) + 1x 15 sec squat hold on last repetition
(<https://www.youtube.com/watch?v=QOVaHwm-Q6U&t=9s> 0:30)

30 sec rest

20x Lunge in place (10 per leg) + 1x20sec squat hold on last repetition

30 sec rest

20x Lunge in place (15 per leg)+ 1x 30sec squat hold on last repetition

30 sec rest

30x Lunge in place (20 per leg)+ 1x40 sec squat hold on last repetition

30 sec rest

40x Lunge in place (25 per leg)+ 1x60 sec squat hold on last repetition

3:00min

Then:

45 sec sit up

30 sec rest

45 sec mtn climber (<https://www.youtube.com/watch?v=zT-9L3CEcmk>)

30 sec rest

45 sec flutter kick (<https://www.youtube.com/watch?v=BIJQtdcCzeA>)

30 sec rest

45 sec Kayaker (russian twist) (<https://www.uphillathlete.com/how-to-do-core/> 2:31)

30 sec rest

45 sec plank

30 sec rest

45 sec side plank(30 sec per side) rest 10 sec between sides

(<https://www.uphillathlete.com/how-to-do-core/> 5:20)

60 sec rest

2 Rounds

Workout #5:

Warm up with 10min of walking, light jog, heavy house work like vacuuming, wrestling with kids, zumba video, you get the idea; get your heart rate up a bit and get warm.

Then:

2 x 8 shoulder opener, with belt, ski pole, yoga strap, jump rope, towel

(<https://www.uphillathlete.com/shoulder-mobility/> 1:33)

2 x 5 push up, counter top, knees or toes.

3 x 5 air squats or sit to stands - imagine that wall is in front of you

(<https://www.youtube.com/watch?v=R0vJBTrzLac> 0:22)

Good old basics - "Meat and Potatoes Workout"

These can be broken up in sets of 5 or 10, mixed together, e.g. 10 sit ups 10 lunges 10 push ups 10 squats. You can do all 50 at one or any random combination you'd like.

50 Sit ups

50 Lunges (<https://www.youtube.com/watch?v=QOVaHwm-Q6U&t=9s> 0:30)
50 Push Ups
50 Squats (<https://www.youtube.com/watch?v=R0vJBTrzLac> 0:22)
and if you have a tree branch or playground equipment something to pull on
50 x Body Rows (if you are stuck indoors, fill a back pack with weight, or two water bottles/gallon jugs) and do a bent over row,
(<https://www.youtube.com/watch?v=QFq5jdwWwX4> 0:22)
Cool Down with mobility work

Workout #6:

Warm up with 10min of walking, light jog, heavy house work like vacuuming, wrestling with kids, zumba video, you get the idea; get your heart rate up a bit and get warm.

Then:

2 x 8 shoulder opener, with belt, ski pole, yoga strap, jump rope, towel
(<https://www.uphillathlete.com/shoulder-mobility/> 1:33)
2 x 5 push up, counter top, knees or toes.
3 x 5 air squats or sit to stands - imagine that wall is in front of you
(<https://www.youtube.com/watch?v=R0vJBTrzLac> 0:22)

Then: rest as necessary

16x Bird Dog Two point balance hands and knees (<https://www.uphillathlete.com/how-to-do-core/> 0:36)
16x Air Squat
16x Push up push up, counter top, knees or toes.
16x Mtn Climber (8 per leg) (<https://www.youtube.com/watch?v=zT-9L3CEcmk>)
16x Split Squat 8per leg - foot on couch or bench
(<https://www.youtube.com/watch?v=2C-uNgKwPLE&t=1s> 0:58)
16x Bicycles (<https://www.youtube.com/watch?v=9FGilxCbdz8>)
16x Door Frame Row or Bent Over Row (water bottles)
16x Windshield Wiper - 5 per side (<https://www.uphillathlete.com/how-to-do-core/> 1:01)
16x Lunge in place - 5 per side. (<https://www.youtube.com/watch?v=QOVaHwm-Q6U&t=9s> 0:30)
16x Plank Shoulder touch - total count
(<https://www.youtube.com/watch?v=ztpXZm7Dv80> 1:30)
16x SLSLDL 10x per leg does not need to be weighted, help balance
(<https://www.youtube.com/watch?v=HtHxnWmMgzM>)

2 rounds

Cool down with light mobility work

Workout #7:

Warm up with 10min of walking, light jog, heavy house work like vacuuming, wrestling with kids, zumba video, you get the idea; get your heart rate up a bit and get warm.

Then:

2 x 8 shoulder opener, with belt, ski pole, yoga strap, jump rope, towel

(<https://www.uphillathlete.com/shoulder-mobility/> 1:33)

2 x 5 push up, counter top, knees or toes.

3 x 5 air squats or sit to stands - imagine that wall is in front of you

(<https://www.youtube.com/watch?v=R0vJBTrzLac> 0:22)

Then:

4x 30 sec side plank (15 sec per side)/ 30 sec rest - 4 min total

1:00 min rest (<https://www.uphillathlete.com/how-to-do-core/> 5:20)

4x 30sec burpee/ 30 sec rest - 4 min total

1 min rest (<https://www.youtube.com/watch?v=dZgVxmf6jkA>)

4x 30sec high knee jog in place/ 30 sec rest - 4 min total

1 min rest

4x 30sec Dead Bug/ 30 sec rest - 4min total

1 min rest (https://www.youtube.com/watch?v=g_BYB0R-4Ws)

4x 30sec frog hop in place/ 30 sec rest - 4min total

1 min rest

4x 30sec mountain climber/ 30 sec rest - 4 min total

1 min rest (<https://www.youtube.com/watch?v=zT-9L3CEcmk>)

4x 30 body row or bent over row/ 30 sec rest - 4 min total

1 min (<https://www.youtube.com/watch?v=QFq5jdwWwX4> 0:22)

Cool down with light mobility work

Workout #8:

Warm up with 10min of walking, light jog, heavy house work like vacuuming, wrestling with kids, zumba video, you get the idea; get your heart rate up a bit and get warm.

Then:

2 x 8 shoulder opener, with belt, ski pole, yoga strap, jump rope, towel
(<https://www.uphillathlete.com/shoulder-mobility/> 1:33)

2 x 5 push up, counter top, knees or toes.

3 x 5 air squats or sit to stands - imagine that wall is in front of you
(<https://www.youtube.com/watch?v=R0vJBTrzLac> 0:22)

Then: rest as necessary

1x push up, 10x mtn climber (5 per leg) (<https://www.youtube.com/watch?v=zT-9L3CEcmk>)

2x push up, 16x mtn climber (10 per leg)

3x push up, 20x mtn climber

4x push up, 26x mtn climber

5x push up, 30x mtn climber

Then: no rest

1 - 10 squat ladder - hold 15 secs after each set at the bottom of the squat.

It will look like this

1 squats + 15 sec squat hold

2 squats + 15 sec squat hold

3 squats + 15 sec squat hold all the way to 6

If you have a partner you can alternating squatting and holding for fun.

Then:

3 min rest

Finish with: 8x 20 secs fluter kicks/10 sec rest

(<https://www.youtube.com/watch?v=BIJQtdcCzeA>)

Cool Down with light mobility work