



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

[Uphillathlete.com](https://www.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/>

Everest

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:

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

30 sec easy jog in place

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

rest 30 secs

4 rounds

Then:

10x Burpees (<https://www.youtube.com/watch?v=dZgVxmf6jkA>)

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

4 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:

For Time:

20x Jumping Jack

20sec Plank

20x Air Squat

20sec plank

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

20sec plank

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

20sec plank

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>)

20sec plank

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

20sec plank

20x Burpees (<https://www.youtube.com/watch?v=dZgVxmf6jkA>)

3min rest

4 times through all

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:

5x 30sec work /30sec rest Push Ups 5 min total

Then 2:00 rest

5x 30sec work /30sec rest Air Squats 5 min total
(<https://www.youtube.com/watch?v=R0vJBTrzLac> 0:22)

Then 2:00 rest

5x 30 sec Sit Up/30 sec with straight leg elevate 6" off the floor -5 min total
2:00 rest

Then 2:00 rest

5x 30sec Windshield Wiper/30sec Flutter kick - 5min total
(<https://www.uphillathlete.com/how-to-do-core/> 1:01)

Then 2:00 rest

5x 30sec Lunges in place/30sec "rest" jog in place -5 min total
2:00 rest
(<https://www.youtube.com/watch?v=QOVaHwm-Q6U&t=9s> 0:30)

2:00 rest

5x 30sec Bicycles on floor on back/ 30sec Mountain Climbers -5 min total

Cool Down - with some light mobility

(<https://www.youtube.com/watch?v=9FGilxCbdz8>)

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

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 20 sec squat hold on last repetition
(<https://www.youtube.com/watch?v=QOVaHwm-Q6U&t=9s> 0:30)

20x Lunge in place (10 per leg) + 1x30 sec squat hold on last repetition

30x Lunge in place (15 per leg)+ 1x 40 sec squat hold on last repetition

40x Lunge in place (20 per leg)+ 1x50 sec squat hold on last repetition

50x Lunge in place (25 per leg)+ 1x60 sec squat hold on last repetition

3:00min

Then:

60 sec sit up

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

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

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

60 sec plank

60 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"

Complete this for time, all the Sit ups must be completed before moving on to the Lunges and so forth

75 Sit ups

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

75 Push Ups

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

and if you have a tree branch or playground equipment something to pull on

75x 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: For time, minimal rest only if form loss occurs.

30x Bird Dog Two point balance hands and knees (<https://www.uphillathlete.com/how-to-do-core/> 0:36)

30x Air Squat

30x Push up

30x Mtn Climber (40/20 per leg) (<https://www.youtube.com/watch?v=zT-9L3CEcmk>)

30x Split Squat 10 per leg - foot on couch or bench

(<https://www.youtube.com/watch?v=2C-uNgKwPLE&t=1s> 0:58)

30x Bicycles (<https://www.youtube.com/watch?v=9FGilxCbdz8>)

30x Door Frame Row or Bent Over Row (water bottles)

30x Windshield Wiper - 5 per side (<https://www.uphillathlete.com/how-to-do-core/> 1:01)

30x Lunge in place - 5 per side. (<https://www.youtube.com/watch?v=QOVaHwm-Q6U&t=9s> 0:30)

30x Plank Shoulder touch - total count

(<https://www.youtube.com/watch?v=ztpXZm7Dv80> 1:30)

30x SLSLDL 10x per leg does not need to be weighted, help balance

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

2x 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:

6x 30 sec side plank (30 sec per side)/ 30 sec rest -
1:00 min rest (<https://www.uphillathlete.com/how-to-do-core/> 5:20)

6x 30sec burpee/ 30 sec rest -
1 min rest (<https://www.youtube.com/watch?v=dZgVxmf6jka>)

5x 30sec high knee jog in place/ 30 sec rest – 5 min total
1 min rest

5x 30sec Dead Bug / 30 sec rest - 5min total
1 min rest (https://www.youtube.com/watch?v=g_BYB0R-4Ws)

5x 30sec frog hop in place/ 30 sec rest - 5min total
1 min rest

5x 30sec mountain climber/ 30 sec rest - 5 min total
1 min rest (<https://www.youtube.com/watch?v=zT-9L3CEcmk>)

5x 30 body row or bent over row/ 30 sec rest – 5 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, 20x mtn climber (10 per leg)

3x push up, 30x mtn climber

4x push up, 30x mtn climber

5x push up, 40x mtn climber

6x push up, 40x mtn climber

7x push up, 50x mtn climber

8x push up, 60x 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 8 then back down to 1.

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