



For more in-depth information on training for mountain sports please go to:  
[Uphillathlete.com](http://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/>

## Rainier Workout

### 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:

5x sit up

5x leg raise lower (<https://www.uphillathlete.com/how-to-do-core/> 3:11)

6x Windshield wiper (3 per side) (<https://www.uphillathlete.com/how-to-do-core/> 1:01)

rest 60 secs

3 rounds

Then:

5x push ups counter top, knees or toes.

5x door frame body row - grab door frame with hands pull and release body toward and away to make a body row movement.

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

rest 60 secs

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:

10x Jumping Jack

10x Air Squat

Rest 30 sec

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

10x Lunges in place - 5 per leg (<https://www.youtube.com/watch?v=QOVaHwm-Q6U&t=9s> 0:30)

rest 60 secs

10x Side Plank with a hip lower and lift (that's what you are counting 5 per side)

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

10x Squat Jumps (<https://www.youtube.com/watch?v=SDJIQq-BrCc>)

10x Burpees (<https://www.youtube.com/watch?v=dZgVxmf6jKA> )

Rest 60 seconds

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:

3x 30sec work /30sec rest Push Ups 3 min total

Then 1:00 rest

3x 30sec work /30sec rest Air Squats 3 min total  
(<https://www.youtube.com/watch?v=R0vJBTrzLac> 0:22)

Then 1:00 rest

3x 30sec work /30sec rest Sit Ups 3 min total

Then 1:00 rest

3x 30sec work /30sec rest Windshield Wiper 3 min total  
(<https://www.uphillathlete.com/how-to-do-core/> 1:01)

Then 1:00 rest

3x 30sec work /30sec rest Lunges in place 3 min total leg  
(<https://www.youtube.com/watch?v=QOVaHwm-Q6U&t=9s> 0:30)

Then 1:00 rest

3x 30sec work /30sec rest Bicycles on floor on back 3 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 Air Squat + 1x 10 sec squat hold on last repetition (at bottom of the squat)

30 sec rest

10x Air Squat + 1x 20 sec squat hold on last repetition (at bottom of the squat)

40 sec rest

20x Air Squat + 1x 30 sec squat hold on last repetition (at bottom of the squat)  
1min rest  
20x Air Squat + 1x40 sec squat hold on last repetition (at bottom of the squat)  
1:30 sec rest  
30x Air Squat + 1x60 sec squat hold on last repetition (at bottom of the squat)  
4:00 min rest

Then:

30 sec sit up  
30 sec rest  
30 sec mtn climber (<https://www.youtube.com/watch?v=zT-9L3CEcmk>)  
30 sec rest  
30 sec flutter kick (<https://www.youtube.com/watch?v=BIJQtdcCzeA> )  
1min rest  
30 sec Kayaker (russian twist) (<https://www.uphillathlete.com/how-to-do-core/> 2:31)  
30 sec rest  
30 sec plank  
30 sec rest  
30 sec side plank(30 sec per side) rest 10 sec between sides  
(<https://www.uphillathlete.com/how-to-do-core/> 5:20)

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 25 at one or any random combination you'd like.

25 Sit ups

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

25 Push Ups

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

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

25 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, you can you tube form on this.

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

10x Bird Dog Two point balance hands and knees (<https://www.uphillathlete.com/how-to-do-core/> 0:36)

10x Air Squat

10x Push up push up, counter top, knees or toes.

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

1min rest

10x Split Squat 5 per leg - foot on couch or bench

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

10x Bicycles (<https://www.youtube.com/watch?v=9FGilxCbdz8> )

10x Door Frame Row or Bent Over Row (water bottles)

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

10x Lunge in place - 5 per side. (<https://www.youtube.com/watch?v=QOVaHwm-Q6U&t=9s> 0:30)

10x Plank Shoulder touch - total count

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

10x SLSLDL 5x per leg does not need to be weighted, help balance

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

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)  
2 x 5 squat jump ( <https://www.youtube.com/watch?v=AzI5tkCzDcc> )

Then:

3x 30 sec side plank (15 sec per side)/ 30 sec rest - 3 min total  
1:00 min rest (<https://www.uphillathlete.com/how-to-do-core/> 5:20)

3x 30sec burpee/ 30 sec rest - 3 min total  
1 min rest (<https://www.youtube.com/watch?v=dZgVxmf6jKA> )

3x 30sec high knee jog in place/ 30 sec rest - 3 min total  
1 min rest

3x 30sec Dead Bug/ 30 sec rest - 3 min total  
1 min rest ([https://www.youtube.com/watch?v=g\\_BYB0R-4Ws](https://www.youtube.com/watch?v=g_BYB0R-4Ws) )

3x 30sec frog hop in place/ 30 sec rest - 3 min total  
1 min rest

3x 30sec mountain climber/ 30 sec rest - 3 min total  
1 min rest (<https://www.youtube.com/watch?v=zT-9L3CEcmk>)

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, 6x mtn climber (3 per leg) (<https://www.youtube.com/watch?v=zT-9L3CEcmk>)  
2x push up, 8x mtn climber (4 per leg)  
3x push up, 10x mtn climber

4x push up, 12x mtn climber  
5x push up, 14x mtn climber

Then: rest as necessary

5x Air Squat + 4x leg raise lower, hands under butt.

10x Air Squat + 6x leg raise lower, hands under butt.

10x Air Squat + 8x leg raise lower, hands under butt.

15x Air Squat + 10x leg raise lower, hands under butt.

15x Air Squat + 10x leg raise lower, hands under butt.

Cool Down with light mobility work