

Mountain Ready Phase 2 Training for EIA

Mid November – January

4 sessions a week

- 2 x Endurance 2 hours +
- 1 x Strength
- 1 x Interval – introducing high intensity bursts for intense climbs.
- Continue mobility and stretching

Strength

Warm up

Dynamic movements x 5 - squats, lunges, hinge and reach, arm circles forward & backward, rotations

Agility – Lateral hops x 10

Balance - S/L deadlifts with reach up x 5 each side

Hip Mobility – Laying leg circles x 5 clockwise and anti-clockwise each side

Set 1 - 4 x 8

Walking lunges each side

TRX body row

Plank marching x 24

Set 2 - 4 x 8

Romanian deadlift

Single leg step ups each side

Alt shoulder press each side

Set 3 - 4 x 8

Tricep dips on bench or bars

Russian twist x 24

Scorpion x 24

Cool down and stretches:

Full body stretch

5mins mobility with roller and trigger point ball

Interval session running or on bike

5 minutes gradual warm up

20 second hill sprint

40 seconds recovery

x 10

5 minutes recovery

30 second hill sprint

30 seconds recovery

x 10

5 minutes cool down