

3/6 Month Hike Program

Aim

The aim of this program is to prepare your body for hiking, carrying various weight, covering any distance, over any terrain. The program has been designed to target key areas which are involved with propelling the body forward while also improving your cardiovascular fitness, endurance, flexibility and strength.

How to Hike

Before we start this program we must understand the technique and method of hiking, incorporating all the correct muscle groups thus putting the least amount of stress/strain on the lower back and hamstring. This will give you the ability to hike carrying weight at any speed.

The Body composition

Head-Hold your head high, while looking forward and planning your route ahead. Keep your chin parallel to the ground. Don't look at the ground in front of your feet, this will bend your torso forward and put strain on your neck.

Shoulders-Move your shoulders naturally, while trying to keep them relaxed. Your shoulders will assist your arms to swing forward.

Back-Keep your back straight, not arched forward or backwards. Leaning forwards/Backwards will put pressure on your lower back and hamstrings.

Arms-Swing your arms freely and naturally with a slight bend in your elbow. The arm swing is important to assist propelling your body and feet forward. Swinging of the arm will also assist with the speed of forward momentum.

Stomach-Gently tighten the stomach muscles, this will assist with the balance and core stability over the uneven ground.

Hips-Lean slightly forward, this will help keep you balanced, compensating for the weight you have on your back. Keep your torso over your hips.

Stride-Natural stride forward so not to be over striding. Over reaching your stride will put tension on your hamstring and lower back. The trick to hiking is having **FAST TURNOVER OF FEET**.

Feet/Boot-Heel to toe. Stride forward landing with a square heel of your foot then roll forward onto the ball of the foot, raising the heel and pushing off with your big toe. Your back foot is propelling you forward pushing you off the ground. Your feet should never lift off the ground.

Up Hill- Shorten your stride while retaining a natural rhythm, slightly lean forward, this will help maintain your balance while taking the strain off the lower back and hamstrings. Don't over stride; this will put large amounts of strain on the hamstring. It's very important to have fast turnover of feet, this will propel you forward and drive your momentum up the hill. Try to keep your body at 90 degrees to the slope/hill you are climbing.

Down Hill-Going downhill puts more tension and strain on the body then going uphill, this is mainly because you're not in control and the weight is going forward. Keep your back straight don't lean back this will put you off balance and increase the strain on the lower back. A slight bend in the knee absorbs the shock to the feet/knee and hip. Place your foot flat on the ground this will offer you more surface to grip. Keep your body 90 degrees to the slope.

A proposed 3 and 6 month hiking program has been developed by OCS for perspective candidates. This program refers to Exercise Groups which are explained in detail below in the training program.

3 Month Training Program

Week	Sessions	Day	Activity/Exercise/Description	Remarks	Notes
1	3	M	Dynamic Warm-Up /4 Mile Run 8.30 Mile Pace/ Warm-Down Stretch .	PT Kit/Running Shoes.	
		W	Dynamic Warm-Up /Row Circuit 5 x 500 Meters working at 2.00 Min pace-5 x 300 Meters working at 1.40 Min pace-5 x 200Mtrs working at 1.00 Min pace and quicker/ Warm-Down Stretch .	PT Kit/Running Shoes. No access to Rowing Machine, conduct Sprints covering same distance with same amount of recovery time.	
		F	Dynamic Warm-Up / Strength Circuit 3 Sets-20 Reps on each Exercise 80% of Body Weight/ Warm-Down Stretch .	PT Kit/Running Shoes.	
2	4	M	Dynamic Warm-Up /8 Mile Run, 9 Min Mile Pace/ Warm-Down Stretch .	PT Kit /Running Shoes.	
		T	Dynamic Warm-Up / Stabilization Exercises 3 Sets-60 Secs each Exercise/ Core Strength Circuit 3 Sets-60 Secs each Exercise/ Warm-Down Stretch .	PT Kit/Running Shoes.	
		TH	Dynamic Warm-Up / Muscular Endurance Circuit 3 Sets-20 Reps/ Warm-Down Stretch .	PT Kit/Running Shoes. Quality of Exercise, concentrate on Form not speed.	
		F	Dynamic Warm-Up /4 Mile Run as Fast as possible/ Muscular Endurance Circuit 1 Set-20 Reps each Exercise/ Warm-Down Stretch .	PT Kit/Running Shoes. On completion of the run go straight into M/E Circuit.	
3	3	M	Dynamic Warm-Up /10 Mile Run, 9.30 Min Mile Pace/ Warm-Down Stretch .	PT Kit /Running Shoes.	
		W	Dynamic Warm-Up /5 x 880 Yard Sprints. 2 Minutes rest between sprints/ Core Strength Circuit 3 Sets-60 Sec on each Exercise/ Warm-Down Stretch .	PT Kit/Running shoes.	
		F	Dynamic Warm-Up / Muscular Endurance Circuit 3 Sets-20 Reps each Exercise/ Warm-Down Stretch .	Boots/Utes. Quality of Exercise concentrating on Form not Speed.	

3 Month Training Program

4	2	M	Dynamic Warm-Up/Pack Circuit 60lb 4 Sets-20 Reps on each Exercise/ Warm-Down Stretch .	concentrating on Form not Speed.	
		TH	Dynamic Warm-Up/Stabilization Exercises 3 Sets-60 Secs each Exercise/ Core Strength Circuit 3 Sets-60 Secs each Exercise/ Warm-Down Stretch .	PT Kit/Running Shoes.	
5	2	W	Dynamic Warm-Up/Row Circuit 5 x 500 Meters working at 2.00 Min pace-5 x 300 Meters working at 1.40 Min pace-5 x 200Mtrs working at 1.00 Min pace and quicker/ Warm-Down Stretch .	PT Kit/Running Shoes. No access to Rowing Machine, conduct Sprints covering same distance with same amount of recovery time.	
		F	Dynamic Warm-Up/Strength Circuit 3 Sets-20 Reps on each Exercise 95% of Body Weight/ Warm-Down Stretch .	Boots/Utes. Form over Speed. Full range of movement on Exercise.	
6	4	M	Dynamic Warm-Up/8 Mile Run , 9 Min Mile Pace/ Warm-Down Stretch .	PT Kit/Trainers.	
		T	Dynamic Warm-Up/Stabilization Exercises 3 Sets-60 Secs each Exercise/ Core Strength Circuit 3 Sets-60 Secs each Exercise/ Warm-Down Stretch .	PT Kit/Running Shoes.	
		TH	Dynamic Warm-Up/Row Circuit 5 x 500 Meters working at 2.00 Min pace-5 x 300 Meters working at 1.40 Min pace-5 x 200Mtrs working at 1.00 Min pace and quicker/ Warm-Down Stretch .	PT Kit/Running Shoes.	
		F	Dynamic Warm-Up/4 Mile Run as Fast as possible/ Warm-Down Stretch .	PT Kit/Running Shoes.	
7	3	M	Dynamic Warm-Up/8 Mile Run , 10 Min Mile Pace/ Warm-Down Stretch .	Boots/Utes.	
		W	Dynamic Warm-Up/Strength Circuit 3 Sets-20 Reps on each Exercise 95% of Body Weight/ Warm-Down Stretch .	PT Kit/Trainers.	
		F	Dynamic Warm-Up/Muscular Endurance Circuit 3 Sets-20 Reps each Exercise/ Warm-Down Stretch .	Boots/Utes.	
8	4	M	Dynamic Warm-Up/Pack Circuit 70lb 4 Sets-20 Reps on each Exercise/ Warm-Down Stretch .	Boots/Utes. Form over Speed. Full range of movement on Exercise.	
		T	Dynamic Warm-Up/Stabilization Exercises 3 Sets-60 Secs each Exercise/ Core Strength Circuit 3 Sets-60 Secs each Exercise/ Warm-Down Stretch .	PT Kit/Running Shoes.	
		TH	Dynamic Warm-Up/Stabilization Exercises 3 Sets-60 Secs each Exercise/ Core Strength Circuit 3 Sets-60 Secs each Exercise/ Warm-Down Stretch .	Boots/Utes.	
		F	Dynamic Warm-Up/8 Mile Run 9 Min Mile Pace/ Warm-Down Stretch .	Boots/Utes.	

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9	3	M	Dynamic Warm-Up /10 Mile Hike Carrying 60lb-3 Mile Per Hour Pace/ Warm-Down Stretch .	Boots/utes.	
		W	Dynamic Warm-Up /Row Circuit 5 x 500 Meters working at 2.00 Min pace-5 x 300 Meters working at 1.40 Min pace-5 x 200Mtrs working at 1.00 Min pace and quicker/ Warm-Down Stretch .	PT Kit/Running Shoes. No access to Rowing Machine, conduct Sprints covering same distance with same amount of recovery time.	
		F	Dynamic Warm-Up/Strength Circuit 3 Sets-20 Reps on each Exercise 95% of Body Weight/ Warm-Down Stretch .	PT Kit/Running Shoes.	
10	3	M	Dynamic Warm-Up /10 Mile Run, 10 Min Mile Pace/ Warm-Down Stretch .	Boots/Utes.	
		W	Dynamic Warm-Up/Stabilization Exercises 3 Sets-60 Secs each Exercise/ Core Strength Circuit 3 Sets-60 Secs each Exercise/ Warm-Down Stretch .	Boots/Utes.	
		F	Dynamic Warm-Up /Row Circuit 5 x 500 Meters working at 2.00 Min pace-5 x 300 Meters working at 1.40 Min pace-5 x 200Mtrs working at 1.00 Min pace and quicker/ Warm-Down Stretch .	PT Kit/Running Shoes.	
11	3	M	Dynamic Warm-Up /Hill Session 8 X Hill Sprints 60 Sec rest between Sprints/ Warm-Down Stretch .	Boots/Utes. 500 Meter Hill Section.	
		W	Dynamic Warm-Up /5 x 880 Yard Sprints. 2 Minutes rest between sprints/ Core Strength Circuit 3 Sets-60 Sec on each Exercise/ Warm-Down Stretch .	PT Kit/Running Shoes.	
		F	Dynamic Warm-Up/Muscular Endurance Circuit 3 Sets-20 Reps each Exercise/ Warm-Down Stretch .	PT Kit/Running Shoes.	
12	4	M	Dynamic Warm-Up/Pack Circuit 80lb 4 Sets-20 Reps on each Exercise/ Warm-Down Stretch .	Boots/Utes.	
		T	Dynamic Warm-Up/Stabilization Exercises 3 Sets-60 Secs each Exercise/ Core Strength Circuit 3 Sets-60 Secs each Exercise/ Warm-Down Stretch .	Boots/Utes.	
		TH	Dynamic Warm-Up/Stabilization Exercises 3 Sets-60 Secs each Exercise/ Core Strength Circuit 3 Sets-60 Secs each Exercise/ Warm-Down Stretch .	PT Kit/Running Shoes.	
		F	Dynamic Warm-Up /4 Mile Run 9 Min Mile Pace/ Warm-Down Stretch .	Boots.	

6 Month Training Program

Week	Sessions	Day	Activity/Exercise/Description	Remarks	Notes
1	3	M	Dynamic Warm-Up / 4 Mile Run at 9 Min Mile Pace on Flat to Undulating Ground/ Warm-Down Stretch .	PT Kit/Running Shoes.	
		W	Dynamic Warm-Up / Muscular Endurance Circuit 3 Sets-10 Reps on each exercise, One minute rest between each set/ Warm-Down Stretch .	PT Kit/Running Shoes. Quality of exercise over speed.	
		F	Dynamic Warm-Up / Stabilization Exercises 2 Sets 30 Seconds each exercise/ Core Strength Circuit 3 Sets-40 Seconds each exercise/ Warm-Down Stretch .	PT Kit/Running Shoes.	
2	4	M	Dynamic Warm-Up /4 Mile Run @ 9 Min Mile Pace, Last Mile to be Run as fast as possible/ Warm-Down Stretch .	PT Kit/Running Shoes.	
		T	Dynamic Warm-Up / Strength Circuit (Exercise Group 7) 3 Sets-10 Reps of each Exercise 80% of your body weight/ Warm-Down Stretch .	PT Kit/Running Shoes. Concentrate on Form whilst conducting exercises.	
		TH	Dynamic Warm-Up / Pack Circuit (Exercise Group 6) 40lb in Pack 3 Sets-20 Reps on each exercise/ Warm-Down Stretch .	Boots/Utes. Quality of exercise over Speed.	
		F	Dynamic Warm-Up / Stabilization Exercises 2 Sets-60 Sec each Exercise/ Core Strength Circuit 3 Sets-60 Sec/ Warm-Down Stretch .	PT Kit/Running Shoes.	
3	3	M	Dynamic Warm-Up / Strength Circuit 3 Sets-12 Reps each exercise 80% of your Body weight/ Warm-Down Stretch .	Pt Kit/Running Shoes.	
		W	Dynamic Warm-Up /5 Mile run @ 9 Min Mile Pace/ Warm-Down Stretch .	PT Kit/Running Shoes.	
		F	Dynamic Warm-Up / Muscular Endurance Circuit 3 Sets-15 Reps each exercise/ Warm-Down Stretch .	PT Kit/Running Shoes.	
4	4	M	Dynamic Warm-Up /5 Mile run @9 Min Mile Pace, Last Mile to be run as fast as possible/ Warm-Down Stretch .	PT Kit/Running Shoes.	
		T	Dynamic Warm-Up / Muscular Endurance Circuit 3 Sets-15 Reps each exercise/ Warm-Down Stretch .	PT Kit/Running Shoes.	
		TH	Dynamic Warm-Up / Pack Circuit 40lb in Pack 3 Sets-25 Reps on each exercise/ Warm-Down Stretch .	Boots/Utes.	
		F	Dynamic Warm-Up / Stabilization Exercise 3 Sets-60 Seconds each exercise/ Core Strength Circuit 3 Sets-60 Secs/ Warm-Down Stretch .	PT Kit/Running Shoes.	

6 Month Training Program

Week	Sessions	Day	Activity/Exercise/Description	Remarks	Notes
5	3	M	Dynamic Warm-Up /5 Mile Run 9 Min Mile Pace on Undulating Ground trying to incorporate some steep hills/ Warm-Down Stretch .	PT Kit/Running Shoes.	
		W	Dynamic Warm-Up/Strength Circuit 4 Sets-12 Reps each Exercise 80% of body weight/ Warm-Down Stretch .	PT Kit/Running Shoes.	
		F	Dynamic Warm-Up/Stabilization Exercise 3 Sets-40 Sec on each Exercise/ Core Strength Circuit 3 Sets-60 Secs on each exercise/ Warm-Down Stretch .	PT Kit/Running Shoes.	
6	4	M	Dynamic Warm-Up/Stabilization Exercises 3 Sets-40 Secs each Exercise/ Strength Circuit 4 Sets-45 Secs each Exercise/ Warm-Down Stretch .	PT Kit/Running shoes.	
		T	Dynamic Warm-Up /4 Mile Fartlek Run 2 Min Sprinting 2 Min recovery at 50% pace/ Warm-Down Stretch .	PT Kit/Running Shoes.	
		TH	Dynamic Warm-Up/Muscular Endurance Circuit 3 Sets-15 Reps each Exercise/ Warm-Down Stretch .	PT Kit/Running Shoes.	
		F	Dynamic Warm-Up/Pack Circuit 40lb 3 Sets-30 Reps each Exercise/ Warm-Down Stretch .	Boots/Utes.	
7	3	M	Dynamic Warm-Up/Muscular Endurance Circuit 3 Sets-17 Reps each Exercise/2x100m sprints between each Set/ Warm-Down Stretch .	PT Kit/Running Shoes.	
		W	Dynamic Warm-Up /5 Mile Run @ 8.30 Pace/ Warm-Down Stretch .	PT Kit/Running Shoes.	
		F	Dynamic Warm-Up/Stabilization Exercises 3 Sets-45 Sec each Exercise/ Core Strength Circuit 4 Sets-45 Secs each Exercise/ Warm-Down Stretch .	PT Kit/Running Shoes.	
8	3	M	Dynamic Warm-Up /6 Mile Hike Carrying 40lb 3 Mile Per Hour Pace/ Warm-Down Stretch .	Boots/Utes. Over Undulating Ground	
		T	Dynamic Warm-Up/Stabilization Exercise 's 3 Sets-60 Secs/ Core Strength Circuit 3Sets-60 Secs Each Exercise./ Warm-Down Stretch .	Boots/Utes.	
		TH	Dynamic Warm-Up /Row Circuit 5 x 300 meters working at 1.50 Min Average split times, 1 Minute gap between sets, 5 x 200 meters working at 1.50 Min Average with 1 Min gap between sets/ Warm-Down Stretch .	No access to Rowing Machine change period for Hill Sprints covering the same distance. 5 x 300Mtr/5x 200Mtr Sprints as fast as possible with 1 Min gap between Sprints. Running in Running Shoes and PT Kit.	

6 Month Training Program

Week	Sessions	Day	Activity/Exercise/Description	Remarks	Notes
9	3	M	Dynamic Warm-Up /8 Mile Hike Carrying 45lb-3 Mile Per Hour Pace/ Warm-Down Stretch .	Hike over undulating Ground, Boots/Utes.	
		W	Dynamic Warm-Up / Stabilization Exercises 4 Sets-45 Secs each Exercise/ Core Strength Circuit 4 Sets-45 Secs each Exercise/ Warm-Down Stretch .	Boots/Utes.	
		F	Dynamic Warm-Up /4 Mile Run 9 Min Mile Pace/ Warm-Down Stretch .	Run on Flat to Undulating Ground. Boots.	
10	3	M	Dynamic Warm-Up / Strength Circuit 4 Sets-15 Reps on each Exercise 85%Body Weight/ Warm-Down Stretch .	PT Kit/Running Shoes.	
		W	Dynamic Warm-Up /Row Circuit 8 x 500 Meters working at 2.00 Min pace and quicker, with 1 Min gap between Rows/ Warm-Down Stretch .	Pace yourself on the Row, don't go out to fast. No Access to Rowing Machine change period to Hill sprints covering same distance and rest.	
		F	Dynamic Warm-Up / Stabilization Circuit 4 Sets-45 Secs on each Exercise/ Core Strength Exercise s 4 Sets-60 Secs on each Exercise/ Warm-Down Stretch .	PT Kit/Running Shoes.	
11	3	M	Dynamic Warm-Up /4 Mile Fartlek Run 2 Min Sprint with 1.30 Recovery at 50% Pace/ Warm-Down Stretch .	PT Kit/Running Shoes.	
		W	Dynamic Warm-Up / Stabilization Exercises 4 Sets-45 Secs each Exercise/ Core Strength Circuit 4 Sets-45 Secs each Exercise/ Warm-Down Stretch .	PT Kit/Running Shoes.	
		F	Dynamic Warm-Up / Strength Circuit 3 Sets-20 Reps on each Exercise 85% of Body Weight/ Warm-Down Stretch .	30 Secs recovery between each Exercise.	
12	4	M	Dynamic Warm-Up /Row Circuit 10 x 300 Meters working at 1.50 Min pace and quicker with 1 Min gap between Rows/ Warm-Down Stretch .	PT Kit/Running Shoes.	
		T	Dynamic Warm-Up / Pack Circuit 45lb 3 Sets-20 Reps on each Exercise/ Warm-Down Stretch .	Boots/Utes.1 Min Rest between each set. Concentrate on Form and Quality of exercise.	
		TH	Dynamic Warm-Up / Stabilization Exercises 3 Sets-60 Secs each Exercise/ Core Strength Circuit 3 Sets-60 Secs each Exercise/ Warm-Down Stretch .	PT Kit/Running Shoes.	
		F	Dynamic Warm-Up /4 Mile Run as Fast as possible/ Warm-Down Stretch .	PT Kit/Running Shoes.	

6 Month Training Program

Week	Sessions	Day	Activity/Exercise/Description	Remarks	Notes
13	3	M	Dynamic Warm-Up /5 x 880 Yard Sprints. 2 Minutes rest between sprints/ Core Strength Circuit 3 Sets-60 Sec on each Exercise/ Warm-Down Stretch .	PT Kit/Running Shoes.	
		W	Dynamic Warm-Up / Pack Circuit 60lb 3 Sets-20 Reps on each Exercise/ Warm-Down Stretch .	Boots/Utes.	
		F	Dynamic Warm-Up /6 Mile Run, no slower than 54 Min/ Warm-Down Stretch .	PT Kit/Running Shoes.	
14	4	M	Dynamic Warm-Up /Pack Hill Session 55lb- 400 Meter Hill section 10 x Hill Fast Walk with 15 Reps Squats,1.30 rest between each Hill/ Warm-Down Stretch .	PT Kit/Running Shoes.	
		T	Dynamic Warm-Up / Strength Circuit 3 Sets-20 Reps on each Exercise 85% of Body Weight/ Warm-Down Stretch .	Boots/Utes.	
		TH	Dynamic Warm-Up / Stabilization Exercises 3 Sets-60 Secs each Exercise/ Core Strength Circuit 3 Sets-60 Secs each Exercise/ Warm-Down Stretch .	PT Kit/Running Shoes.	
		F	Dynamic Warm-Up /6 Mile Run, no slower than 60 Min/ Warm-Down Stretch .	PT Kit/Running Shoes.	
15	3	M	Dynamic Warm-Up / Strength Circuit 3 Sets-20 Reps on each Exercise 90% of Body Weight/ Warm-Down Stretch .	PT Kit/Running Shoes.	
		W	Dynamic Warm-Up /Pack Hill Session 55lb- 400 Meter Hill section 10 x Hill Fast Walk with 15 Reps Squats,1.30 rest between each Hill/ Warm-Down Stretch .	Boots/Utes.	
		F	Dynamic Warm-Up /Row Circuit 5 x 500 Meters working at 2.00 Min pace-5 x 300 Meters working at 1.40 Min pace-5 x 200Mtrs working at 1.00 Min pace and quicker/ Warm-Down Stretch .	PT Kit/Running Shoes. If no access to Rowing Machine conduct Sprints.	
16	4	M	Dynamic Warm-Up /5 x 880 Yard Sprints. 2 Minutes rest between sprints/ Core Strength Circuit 3 Sets-60 Sec on each Exercise/ Warm-Down Stretch .	PT Kit/Running shoes.	
		T	Dynamic Warm-Up / Strength Circuit 3 Sets-20 Reps on each Exercise 90% of Body Weight/ Warm-Down Stretch .	PT Kit/Running Shoes.	
		TH	Dynamic Warm-Up / Muscular Endurance Circuit 3 Sets-20 Reps each Exercise/ Warm-Down Stretch .	PT Kit/Running Shoes.	
		F	Dynamic Warm-Up /7 Mile Run, no slower than 9 Min Mile Pace/ Warm-Down Stretch .	PT Kit/Running Shoes.	

6 Month Training Program

Week	Sessions	Day	Activity/Exercise/Description	Remarks	Notes
17	3		Dynamic Warm-Up/Strength Circuit 3 Sets-20 Reps on each Exercise 95% of Body Weight/ Warm-Down Stretch .	PT Kit/Running Shoes.	
			Dynamic Warm-Up/Pack Hill Session 55lb- 400 Meter Hill section 10 x Hill Fast Walk with 15 Reps Squats,1.30 rest between each Hill/ Warm-Down Stretch	Boots/Utes.	
			Dynamic Warm-Up/7 Mile Run , no slower than 9 Min Mile Pace/ Warm-Down Stretch .	Boots/Utes.	
18	3		Dynamic Warm-Up/Pack Hill Session 55lb- 400 Mtr Hill section 10 x Hill Fast Walk with 15 Reps Squats,1.30 rest between each Hill/ Warm-Down Stretch .	Boots/Utes.	
			Dynamic Warm-Up/Stabilization Exercises 3 Sets-60 Secs each Exercise/ Core Strength Circuit 3 Sets-60 Secs each Exercise/ Warm-Down Stretch .	PT Kit/Running Shoes.	
			Dynamic Warm-Up/5 x 880 Yard Sprints . 2 Minutes rest between sprints/ Core Strength Circuit 3 Sets-60 Sec on each Exercise/ Warm-Down Stretch .	PT Kit/Running Shoes.	
19	3		Dynamic Warm-Up/Pack Circuit 60lb 4 Sets-20 Reps on each Exercise/ Warm-Down Stretch .	Boots/Utes.	
			Dynamic Warm-Up/Muscular Endurance Circuit 4 Sets-20 Reps each Exercise/ Warm-Down Stretch .	PT Kit/Running Shoes.	
			Dynamic Warm-Up/8 Mile Run , no slower than 9 Min Mile Pace/ Warm-Down Stretch .	PT Kit/Running Shoes.	
20	4		Dynamic Warm-Up/Row Circuit 5 x 500 Meters working at 2.00 Min pace-5 x 300 Meters working at 1.40 Min pace-5 x 200Mtrs working at 1.00 Min pace and quicker/ Warm-Down Stretch .	PT Kit/Running Shoes. No Rowing Machine conduct Sprints.	
			Dynamic Warm-Up/Stabilization Exercises 3 Sets-60 Secs each Exercise/ Core Strength Circuit 3 Sets-60 Secs each Exercise/ Warm-Down Stretch .	PT Kit/Running Shoes.	
			Dynamic Warm-Up/Muscular Endurance Circuit 4 Sets-20 Reps each Exercise/ Warm-Down Stretch .	Boots/Utes.	
			Dynamic Warm-Up/8 Mile Run , no slower than 9 Min Mile Pace/ Warm-Down Stretch .	Boots/Utes.	

6 Month Training Program

Week	Sessions	Day	Activity/Exercise/Description	Remarks	Notes
21	3		Dynamic Warm-Up /10 Mile Hike Carrying 60lb-3 Mile Per Hour Pace/ Warm-Down Stretch .	Boots/Utes.	
			Dynamic Warm-Up /Row Circuit 5 x 500 Meters working at 2.00 Min pace-5 x 300 Meters working at 1.40 Min pace-5 x 200Mtrs working at 1.00 Min pace and quicker/ Warm-Down Stretch .	PT Kit/Running Shoes. No Rowing Machine conduct Sprints.	
			Dynamic Warm-Up / Strength Circuit 3 Sets-20 Reps on each Exercise 95% of Body Weight/ Warm-Down Stretch .	PT Kit/Running Shoes.	
22	4		Dynamic Warm-Up /8 Mile Run, no slower than 9 Min Mile Pace/ Warm-Down Stretch .	Boots/Utes.	
			Dynamic Warm-Up / Stabilization Exercises 3 Sets-60 Secs each Exercise/ Core Strength Circuit 3 Sets-60 Secs each Exercise/ Warm-Down Stretch .	PT Kit/Running Shoes.	
			Dynamic Warm-Up /Row Circuit 5 x 500 Meters working at 2.00 Min pace-5 x 300 Meters working at 1.40 Min pace-5 x 200Mtrs working at 1.00 Min pace and quicker/ Warm-Down Stretch .	PT Kit/Running Shoes. If no access to Rowing Machine conduct Sprints.	
			Dynamic Warm-Up /4 Mile Run as Fast as possible/ Warm-Down Stretch .	PT Kit/Running Shoes.	
23	3		Dynamic Warm-Up /10 Mile Run, no slower than 9 Min Mile Pace/ Warm-Down Stretch .	Boots/Utes.	
			Dynamic Warm-Up /5 x 880 Yard Sprints. 2 Minutes rest between sprints/ Core Strength Circuit 3 Sets-60 Sec on each Exercise/ Warm-Down Stretch .	PT Kit/Running Shoes.	
			Dynamic Warm-Up / Muscular Endurance Circuit 3 Sets-20 Reps each Exercise/ Warm-Down Stretch .	PT Kit/Running Shoes.	
24	4		Dynamic Warm-Up / Pack Circuit 60lb 4 Sets-20 Reps on each Exercise/ Warm-Down Stretch .	Boots/Utes.	
			Dynamic Warm-Up / Stabilization Exercises 3 Sets-60 Secs each Exercise/ Core Strength Circuit 3 Sets-60 Secs each Exercise/ Warm-Down Stretch .	PT Kit/Running Shoes.	
			Dynamic Warm-Up / Stabilization Exercises 3 Sets-60 Secs each Exercise/ Core Strength Circuit 3 Sets-60 Secs each Exercise/ Warm-Down Stretch .	PT Kit/Running Shoes.	
			Dynamic Warm-Up /4 Mile Run 9 Min Mile Pace/ Warm-Down Stretch .	Boots.	

EXERCISES

Dynamic Warm ups

Conduct the Exercises in order, 10 Reps of each exercise.

- Lunge with a twist
- Knees to chest
- High kicks
- Hip stretch with a twist
- T Push-ups
- Jump squats
- Alternating lunges

See below for description for all the above dynamic warm up exercises.

Lunge with a twist- Lunge forward then drop the hips. Both legs should be at 90 degrees. With the hands in front of the chest, slowly twist towards the side you are lunging, this will give a more intense hip flexor stretch.

Knee to chest. This can be conducted walking forward or stationary. Bring the knee cap up to the chest, hugging your shin whilst stepping onto your tip toe with the opposite foot. This will also stretch the calf whilst making the stretch more intense.

High kicks-This can also be conducted walking forward or stationary. Place your left hand out then raise your right foot up, parallel to the ground touching the hand. Change over hands any leg, working both sides. Start at a height that is comfortable then raise the hand higher. High kicks warm up the hamstring and lower back.

Hip stretch with a twist- Start in the push up position and bring your right foot up to your right hand whilst keeping your hips down and lower back flat. Take your left hand, twist to your left while extending your arm and reaching toward the sky. Come back to the starting pushup position and repeat on the other side. This stretch will help open up the hip/glute and warm up the lower/middle back.

T-push-ups. A T-Push up is a great exercise to help warm-up your upper body, especially the shoulders, whilst also activating your entire core. Start out in the push-up position, and then lower yourself down towards the ground. As you push back up, extend your right arm toward the sky while keeping your left arm stable and your hips from moving down, or up. Bring your arm back to the starting position, do another push up, and then repeat with the left arm.

Jump squats. This can be conducted static or jumping forward. This is a great plyometric exercise for warming all of the body and preparing the body for exercise.

Stand up with your feet about shoulder width apart whilst holding your hands behind your head, or on your hips. Squat down until the hips are about parallel with the ground, then forcibly jump off the ground. Land softly and repeat the jump.

Alternating lunges

Standing with feet shoulder-width apart, take a large step forward, shifting your weight to your front leg whilst bending the rear knee and dropping the hips toward the ground. Keep your front shin vertical and your thigh parallel to the floor. Pause briefly, then step back to a standing position without dragging the front foot. Alternate with the other leg.

3 Month Program	6 Month Program	6 Month Program
Weeks 1-3	Weeks 1-4	Weeks 13-16
Weeks 4-8	Weeks 5-8	Weeks 17-20
Weeks 9-12	Weeks 9-12	Weeks 21-24

EXERCISES

Warm Down Stretching

Carry out each stretch holding for 30 seconds. The Stretches don't have to be conducted in order.

- Quadriceps stretch
- Standing hip stretch
- Inner thigh stretch
- Hamstring stretch
- Calf stretch
- Shoulder rolls
- Standing chest stretch and back extension
- Hamstring roll/using foal roller

See below for description for all of the above stretches.

Quadriceps stretch. Targets front of the thigh.

Stand tall with your abdominals pulled in, chest open, and shoulders pressed down away from your ears. Hold onto a stable surface for balance (tree, fence, etc.). Hold onto your right foot with your right hand, your knee should be pointing straight down. Your standing leg remains soft (don't lock out your knee). Repeat on the opposite leg.

Standing hip stretch. Targets hips and glutes

Hold onto a stable surface for support. Cross your right ankle over your left knee (as if you are sitting in a chair). Push your hips back, keeping your chest open, and your spine straight. You will feel the stretch through the right side of your hip. Repeat on the opposite side.

Inner thigh stretch. Targets the inside of your thigh

Stand with your feet wider than your shoulders. You can hold onto a stable surface for added support. Take a mini step forward with your right foot, lean into the right side by pushing your right hip back (your right knee should stay back over your toes). Your left leg stays straight, continue to drive down through the left side of your hip to increase the stretch through the left inner thigh. Repeat on the opposite side.

Hamstring stretch. Targets the back of the thigh.

Place your right foot on a higher surface where you can comfortably stretch your hamstrings, your left toes (on your standing leg) should be pointing forward. As you slowly lean forward and reach for your right foot, only go to the point where you feel the muscle stretch. You don't want to feel any pain, if your breathing gets shallow, you are probably pushing too far. Repeat on the opposite side.

Calf Stretch. Targets the back of the lower leg.

Stand facing a tree or other stable surface. Step back with your right foot, pressing your right heel down. Your toes should be pointing forward. The left knee bends, but position should feel comfortable. Repeat on the opposite side.

Shoulder rolls. Targets all the muscles of the shoulder

Stand tall, as if there was a string attached to the top of your head, and someone was pulling up on that string. Perform slow shoulder circles 10x forward, 10x back. To increase the range of motion, place hands on shoulders and draw big circles with the elbows each direction 10 times. Never push to the point of pain. **Standing chest stretch to back extension.** Targets the front of the upper body and spine mobility. Stand tall with your abdominals pulled in and knees soft. With your palms facing up, open up your arms as much as you can, keep pressing your shoulders down away from your ears. Hold position for about 20 seconds. From arms open, slowly raise arms overhead with your chest lifted, Keep contracting your abdominals to protect your lower back and your knees are soft. Hold this position for about 20 seconds and continue to breath into the extended position.

Hamstring rolls/using foam roller

Foam rolling exercises relax and lengthen muscles after a tough workout, soothing fatigue and flushing lactic acid from the muscles. The Foam roller can be used to stretch all major muscle groups.

Sit down on a foam roller placed just below your butt, perpendicular to the leg. Resting your body weight on the foam, use your hands and non-supported leg to crab-walk your body backward, rolling over the foam from butt to knee. Reverse direction and roll from knee to butt. Switch legs and repeat.

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Weeks 4-8	Weeks 5-8	Weeks 17-20
Weeks 9-12	Weeks 9-12	Weeks 21-24

EXERCISES

Stabilization Exercises

Repetitions are highlighted in the program; you don't have to conduct the Exercises in order as long as all 9 movements are achieved.

- Clock face lunge
- Side lunge
- One foot balance with med ball around the body
- Side Jumps
- Clock face jumps
- Bridge
- Single leg squats
- Jumping squats
- Bridge with single leg butt lift

See below for description for all the above Stabilization exercises.

Clock face lunge

Standing with feet shoulder width apart, lunge with the right leg first to the one o'clock position then back to the start position, repeating the movement all the way around to the 6 o'clock position. From there you will change to the left leg completing the movement round to the 12 o'clock. Next time round start with the left leg.

Side lunge

Starting with both feet shoulder width apart keeping your hips facing forward, moving the right leg first lunge to the right keeping the left leg straight and bending the right leg. This works the inner thigh. Repeat the movement to the left hand side. Keep the hips and the shoulders facing forward.

One foot balance with med ball moving around the body

Balancing on one foot with a slight bend in that knee, whilst holding onto a 5kg med ball. Pass the ball to either hand circulating the ball around the body. This will work the knee stabilizers and ankle.

Side Jumps

Starting with a shorter stance and a slight bend in both knees. Mark a center line, jump with both feet to either side, once landing jump to the other side repeating this movement. Concentrating on landing with both knees slightly bent and fixing the glutes and thigh.

Clock face jumps

Carrying out the same technique as above. Keeping your hips facing the 12 o'clock position, jump continuously around the clock face. Change direction after each rotation.

Bridge

Lying on your back with feet at shoulder width and as close to your glute as you can get them. Arms to the side with palms down. Drive your heels into the floor initiating the glutes and hamstrings. Finish position will be hips high with a straight body. This will work the core as well as the glutes and hamstrings.

Single leg squats

Transferring your weight onto either leg with a slight bend in that knee balancing on that leg. Squat down to 90 degrees, raising the over leg up towards the chest. Working the Quads and Glutes. Concentrate on the movement, moving slow whilst maintaining your balance.

Jump squats

Standing with feet at shoulder width apart. Squat down to 90 degrees, driving off the heels jump into the air. Landing flat footed with a bend in the knee. Repeat the exercise/movement once landed. This works the knee stabilizers as well as the Thigh and Glutes.

Bridge with single leg butt lift

Lie on your back on floor with hips and knees bent to 90 degrees with feet flat on floor and arms palm-down at sides, draw in abdominal muscles and maintain throughout exercise, lift one leg so that thigh is perpendicular to the floor and knee is bent to 90 degrees, slowly raise your butt off the floor by using your glutes and hamstrings until your torso is in line with thigh, hold for 3-5 seconds.

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EXERCISES

Core Strength and Conditioning Circuit

Number of repetition are highlighted in the program, you don't have to conduct the exercises in the order as long as all 11 movements are achieved.

- Side bridge/plank with single leg raise
- Prone bridging on elbows with single leg hip extension
- Plank/bridge hold with jumping jacks
- Hanging feet to bar
- Back lying leg raises
- Hanging knees to chest
- Back lying knees to chest
- V Sit-Ups
- Superman's
- Flutter kicks
- Scissor leg cross-overs
- Plank hold with alt knee to elbow

See below for description for all the above core strength and conditioning exercises.

Side bridge/plank with single leg raise

Lie on your side with your elbow underneath you; rise up so that you are resting on your one forearm/elbow and your foot, hold this position while lifting your hip/leg at your side up and down.

Prone bridging on elbows with single leg hip extension

Lie on your stomach with your forearms/elbows on mat, rise up so that you are resting on your forearms and toes, maintain abdominal draw in, your back should be completely straight, Now extend hip/leg upwards and hold, one leg at a time, alternate legs.

Plank hold with jumping jacks

Adopting the plank/bridge position maintaining a strong core. Keeping your back and legs straight jump both feet out to the side then back together. Repeat the exercise as fast as possible whilst maintaining a good form and strong Core.

Hanging feet to bar

Jumping up onto the pull up Bar with arms at shoulder width. Raise both legs touching the bar with your feet, moving your legs back down to the start position, repeat the movement. Control the body from swinging whilst initiating the core and utilizing the lower back.

Back lying leg raises

Lying on your back with your arms out and to the side, with your legs straight. Keeping both legs straight, raise them to 90 degrees whilst slightly elevating the head from the floor. This will initiate the core and hip flexors.

Hanging knees to chest

Adopting the same start position as feet to bar, this time raise both knees to the chest. Fix the core and lower back whilst raising the knees as high as possible. Lower the legs back down to the start position repeating the movement under control.

V sit-ups

Lying on your back with both arms straight above your head. Raise your Legs and arms at the same time so to meet in the middle, putting the body in a crunch position. Under control lower the arms and legs down to the start position, repeating the exercise whilst keep a good form.

Supermans

Lying face down with both legs straight and both Arms straight above the head. At the same time raise the Arms and Legs off the floor initiating the Core and Lower Back, under control lowering back down to the start position. Keep the Head in neutral position. Repeat this movement whilst keeping good form.

Flutter kicks

Lying on your back with both arms out to the side and legs straight, raised 6inch off the floor. Flutter kick the legs whilst keeping the legs off the floor, at the same time elevating the head. Initiating the core and hip flexors.

Scissor leg cross-overs

Back lying with Legs elevated 6 inch off the floor, arms on the floor to the side or across the chest. Open the legs out then crossing the legs over in a scissor like motion, whilst constantly keeping the legs elevated off the floor and slightly lifting the head initiating the core and lower back. Repeat the legs crossing over.

Plank/bridge hold with alternate knee to elbow

Lie on your stomach with your forearms/elbows on the floor; rise up so that you are resting on your forearms and toes; maintain abdominal draw in, your back should be completely straight, Now raise alternate Knee to elbow working the oblique, hold the position, return the leg back to the start position. Change legs and repeat on the other side.

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EXERCISES

Muscular Endurance Circuit

After each exercise you will carry out a movement, covering 15mtrs. The first time through the circuit you will conduct lunge walks covering 15Mtrs, where you will then conduct the next exercise on the list. You will conduct this movement after every exercise until you have completed all the exercises on the list. The second time through the circuit you will conduct spiderman crawls and the third and final time will be sprints.

- Alt lunges
- Bridge with arms across chest
- Burpee push ups
- Alt squat thrusts
- Spiderman push ups
- Step ups (18in Step)
- Knees to chest
- Alt side lunge
- Push ups
- Squat thrusts
- Gecko push ups

See below for description for all the above muscular endurance exercises.

Alternating lunges

Standing with feet shoulder width apart, take a large step forward, shifting your weight to your front leg whilst bending the rear knee and dropping the hips toward the ground. Keep your front shin vertical and your thigh parallel to the floor. Pause briefly, then step back to a standing position without dragging the front foot. Alternate with the other leg. Lunges work the hamstrings and glutes, which “apply the brakes as you hike downhill.

Bridge with arms across chest

Lie on your back with hips and knees bent to 90 degrees with feet flat on floor and arms across chest, draw in abdominal muscles and maintain throughout exercise, slowly raise your butt off the floor by using your glutes and hamstrings until your torso is in line with thighs, hold for 3-5 seconds.

Burpee push up

Standing with feet shoulder width apart, lower down bending the knees until the hands touch the floor. Shoot both legs to the rear at the same time adopting the push up position. Carry out a push up, shoot both legs back to the chest. With the heels flat on the floor explode into a squat jump landing flat on both feet. Repeat the exercise keeping the form.

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EXERCISES

Pack Circuit

The exercises listed below don't have to be conducted in order as long as all 9 movements are achieved.

Step height to be 18 Inch.

- Step ups
- Step down
- Side Steps
- Squats
- Squat walks-20 Meters
- Lunge walk-20 Meters
- Side lunge
- Single leg knee lift
- Wide stance squats

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Strength Circuit

The exercises listed below don't have to be conducted in order as long as all 9 movements are achieved. The technique for the Strength exercises are the same as those listed/highlighted in the above descriptions.

- Squats
- Dead lift
- Step ups
- Lunges
- Dorsal raise
- Crunches

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