

TRAINING PLAN

Expedition Name / Date
Name
Date

6 Months Training Plan for 7000M - 8000M+ Expeditions

Description	Months	Months	Months	Day	Day	Day	Day	Day	Day	Day	Day	Training notes
	1	2 - 5	6	M	T	W	T	F	S	S		
FOUNDATION												
Lower-body - 5 kg Squats (2 sets 15 reps)	2X per Week											
Lower body - 5 kg Lunges (2 sets 10 reps each leg)	2X per Week											
Lower body - 5 kg Glute Bridge or other Glutes workouts (2 sets 15 reps)	2X per Week											
Core - chin ups, scissors, bicycle and leg raise (2 sets 20 reps)	2X per Week											
Core - Plank front (45 sec) side (30 sec) - (2 sets)	2X per Week											
Upper - pushups (2 sets 10/15 reps) Pull ups (3 sets 10/8/6 reps)	2X per Week											
Endurance Running - 5km	2X per Week											
Endurance Running - 10km long run	2X per Week											
Rest Day	1X per week											
Strength/Endurance (Aerobic + Muscular)												
Lower-body - 10/15 kg Squats (3 sets 25 reps)		2X per Week										
Lower body - 10/15 kg Lunges (3 sets 15 reps each leg)		2X per Week										
Lower body - 10/15 kg Glute Bridge or other Glutes workouts (2 sets 25 reps)		2X per Week										
Core - chin ups, scissors, bicycle and leg raise (3 sets 20 reps)		2X per Week										
Core - Plank front (1 min) side (45 sec) - (3 sets)		2X per Week										
Upper - pushups (3 sets 20 reps) Pull ups (3 sets 12/10/8 reps)		2X per Week										
Endurance Running - 10km		2X per Week										
Endurance Running - 16 km or Hike 10km with 20kgs backpack		1X per Week										
Endurance Running - 23Km (Half Marathon) or 20km hike with 20 kgs bag pack		1X Per month										
Rest Day		1X per Week										
Tapering												
Lower-body - 10/15 kg Squats (2 sets 20 reps)			2X per Week									
Lower body - 10/15 kg Lunges (2 sets 10 reps each leg)			2X per Week									
Lower body - 10/15 kg Glute Bridge or other Glutes workouts (2 sets 20 reps)			2X per Week									
Core - chin ups, scissors, bicycle and leg raise (2 sets 20 reps)			2X per Week									
Core - Plank front (1 min) side (45 sec) - (3 sets)			2X per Week									
Upper - pushups (2 sets 20 reps) Pull ups (2 sets 12/10/reps)			2X per Week									
Endurance Running - 10km			2X per Week									
Endurance Running - 16 km or Hike 10km with 20kgs bag pack			1X per Week									
Rest Day			1 X per Week									

Endurance 60% / Strength 40% (Training Volume)

Other Endurance activities: Cycling, rock climbing, bouldering, swimming, uphill skiing.

Strength and Muscular endurance activities: Other gym workout sessions focusing on muscle endurance and strength can be incorporated.

Rest and Recovery: 8 hours of sleep every day is recommended. Stretching sessions before and after each workout session. Incorporate Foam roll exercises once a week. Cold shower for muscle recovery. Yoga can also be implemented.

FOCUS. DISCIPLINE. DON'T GIVE UP. BELIEVE YOU CAN AND YOU ARE HALF WAY THERE

LIVE YOUR STORY