

MOUNT RORAIMA

TRAINING GUIDE

DAY 1

3 sets Reps / Weight Notes:

Exercise	Reps	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
Weighted Step-Ups	10 reps/leg								
Bulgarian Split Squat (Quad Bias)	10 reps/leg								
Reverse Nordics	8 slow reps								
Glute Bridges	15 reps								
Leg Lowers	15 reps								
Bear Hold	30 secs								

Knee Strength Add-on: 3 sets, with a 5 minute warm up of backwards walking with resistance.

Eccentric Lowers with Heels Raised	10 reps/leg								
Tibialis Raises	20 reps								

DAY 2

3 sets Reps / Weight Notes:

Exercise	Reps	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
Standing Hip Flexor Raises	10 reps/leg								
Banded Crab Walks	10 steps each way								
Towel Scrunches	10 reps/foot								
Barefoot Balance Drills	30 sec/leg								
Russian Twists	15/side								

Mobility Add-on: Hip Mobility Routine

DAY 3

Recovery

- Easy walk/hike
- Gentle stretching
- Foam rolling

DAY 4

3 sets Reps / Weight Notes:

Exercise	Reps	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
Slow Step-Downs	10 reps/leg								
Negative Split Squats	10 reps/leg								
Nordic Hamstring Curls	8 reps								
Eccentric Calf Lowers	10 reps/leg								
Single-Leg Bridge Holds	30 sec/leg								
Bear Hold with Shoulder Taps	30 secs								

Knee Strength Add-on: 3 sets, with a 5 minute warm up of backwards walking with resistance.

Eccentric Lowers with Heels Raised	10 reps/leg								
Tibialis Raises	20 reps								

DAY 5

3 sets Reps / Weight Notes:

Exercise	Reps	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
Weighted Step-Ups	10 reps/leg								
Lateral Lunges	10 reps/leg								
Standing Hip Flexor Raises	10 reps/leg								
Bulgarian Split Squat (Glute)	10 reps/leg								
Barefoot Balance Drill	30 sec/leg								

Core Finisher 1 set Reps / Weight Notes:

Russian Twists	30/side								
Leg Lowers	15 reps								
Bear Hold	45 sec								

DAY 6/7

Recovery or Training Hike

Training Hike Log	Distance	Elevation