

Grand Canyon Rim to Rim Training Plan

Definitions:

Mini Leg Blaster

- 10x Air Squats
- 5x Lunges -each leg
- 5x Jumping Lunges- each leg
- 5x Jump Squat

Leg Blaster

- 20x air squats +
- 20x in-place lunges (10x each leg) +
- 20x jumping lunges (10x each leg) +
- 10x squat jumps

Rim to Rim - Week 1

SESSION 1 OBJ:Downhill Leg Strength (Eccentric), Chassis Integrity, Calf Strength Endurance

Warm Up

1. 3 Rounds
 - 10x Squats
 - 5x Walking Lunges
 - 5x Burpees
 - Instep Stretch
 - Lat + Pec Stretch

Training

1. 10 Rounds
 - Mini Leg Blaster
 - 3/6x Push Ups
 - Rest 30 Seconds
2. 12-Minute Grind
 - 4x Sandbag Getup - 40/60# - Alternate Shoulders Each Round
 - 2x Sandbag Cross Clean - 40/60#
 - 5x Sandbag Cross Cleans = 5x each direction, or 10x total
 - 8x Sandbag Good Morning - 40/60#
3. "Grind" = work through the exercises in this circuit steadily, not frantically, for the prescribed time. Pace yourself, but don't stop to rest.
4. 3 Rounds
 - 20 second rapid calf raise

- 10 second hold in up position
- 20 second rapid calf raise
- 10 second hold in up position
- Rest 30 Seconds between rounds
- 5. Click below to see an example
 - Calf Raise Intervals
- 6. 2 Rounds
 - HUG - Hip Mobility Drill

SESSION 2 OBJ: Uphill Endurance

Warm Up

1. 3 Rounds
 - 5x Walking Lunges
 - 10x Step Ups - 16-18" Box or Bench
 - 5x Hand Release Push Ups
 - Instep Stretch

Training

1. 1 Round
 - 600x Step Ups - 30# Backpack, 16-18" bench, Moderate Pace. "Moderate Pace" = Comfortable, but not easy
2. 1 Round
 - Foam Roll Legs, Low Back

SESSION 3 OBJ: Recovery Run

Training

1. Run 4 Miles, Easy Pace. "Easy" = you can speak in full sentences while moving

SESSION 4 OBJ: Downhill Leg Strength (Eccentric), Chassis Integrity, Calf Strength

Endurance

Warm Up

1. 3 Rounds
 - 10x Squats
 - 5x Walking Lunges
 - 5x Burpees
 - Instep Stretch
 - Lat + Pec Stretch

Training

1. 10 Rounds
 - Mini Leg Blaster

- 3/6x Push Ups
- Rest 30 Seconds
- 2. 12 Minute Grind
 - 4x Sandbag Toss + Chase - 40/60#
 - 4x Backwards Sandbag Drag - 40/60#
 - 15/15 Standing Founder
- 3. "Grind" = work through the exercises in this circuit steadily, not frantically, for the prescribed time. Pace yourself, but don't stop to rest.
- 4. 3 Rounds
 - 20 second rapid calf raise
 - 10 second hold in up position
 - 20 second rapid calf raise
 - 10 second hold in up position
 - Rest 30 Seconds between rounds
- 5. Click below to see an example
 - Calf Raise Intervals
- 6. 2 Rounds
 - HUG - Hip Mobility Drill

SESSION 5 OBJ: Uphill Endurance

Warm Up

1. 3 Rounds
 - 5x Walking Lunges
 - 10x Step Ups - 16-18" Box or Bench
 - 5x Hand Release Push Ups
 - Instep Stretch

Training

1. 1 Round
 - 600x Step Ups - 30# Backpack, 16-18" bench, Moderate Pace. "Moderate Pace" = Comfortable, but not easy
2. 1 Round
 - Foam Roll Legs, Low Back

SESSION 6 OBJ: Endurance - Rucking

Training

1. Ruck 8 Miles @ 30#, Moderate Pace, Hilly course if possible. "Moderate" = Comfortable but not easy

Rim to Rim - Week 2

SESSION 7 OBJ: Downhill Leg Strength (Eccentric), Chassis Integrity, Calf Strength Endurance

Warm Up

1. 3 Rounds
 - 10x Squats
 - 5x Walking Lunges
 - 5x Burpees
 - Instep Stretch
 - Lat + Pec Stretch

Training

1. 2 Rounds
 - Leg Blaster
 - 3/6x Push Ups
 - Rest 30 Seconds
2. 6 Rounds
 - Mini Leg Blaster
 - 3/6x Push Ups
 - Rest 30 Seconds
3. 12-Minute Grind
 - 5x Sandbag Getup - 40/60# - Alternate Shoulders Each Round
 - 3x Sandbag Cross Clean - 40/60#
 - 10x Sandbag Good Morning - 40/60#
4. "Grind" = work through the exercises in this circuit steadily, not frantically, for the prescribed time. Pace yourself, but don't stop to rest.
5. 4 Rounds
 - 20 second rapid calf raise
 - 10 second hold in up position
 - 20 second rapid calf raise
 - 10 second hold in up position
 - Rest 30 Seconds between rounds
6. Click below to see an example
 - Calf Raise Intervals
7. 2 Rounds
 - HUG - Hip Mobility Drill

SESSION 8 OBJ: Uphill Endurance

Warm Up

1. 3 Rounds
 - 5x Walking Lunges
 - 10x Step Ups - 16-18" Box or Bench
 - 5x Hand Release Push Ups
 - Instep Stretch

Training

1. 1 Round
 - 800x Step Ups - 30# Backpack, 16-18" bench, Moderate Pace. "Moderate Pace" = Comfortable, but not easy
2. 1 Round
 - Foam Roll Legs, Low Back

SESSION 9 OBJ:Recovery Run

Training

1. Run 4 Miles, Easy Pace. "Easy" = you can speak in full sentences while moving

SESSION 10 OBJ:Downhill Leg Strength (Eccentric), Chassis Integrity, Calf Strength

Endurance

Warm Up

1. 3 Rounds
 - 10x Squats
 - 5x Walking Lunges
 - 5x Burpees
 - Instep Stretch
 - Lat + Pec Stretch

Training

1. 2 Rounds
 - Leg Blaster
 - 3/6x Push Ups
 - Rest 30 Seconds
2. 6 Rounds
 - Mini Leg Blaster
 - 3/6x Push Ups
 - Rest 30 Seconds
3. 15 Minute Grind
 - 5x Sandbag Toss + Chase - 40/60#
 - 5x Backwards Sandbag Drag - 40/60#
 - 20/20 Standing Founder
4. "Grind" = work through the exercises in this circuit steadily, not frantically, for the prescribed time. Pace yourself, but don't stop to rest.
5. 4 Rounds
 - 20 second rapid calf raise
 - 10 second hold in up position
 - 20 second rapid calf raise
 - 10 second hold in up position

- Rest 30 Seconds between rounds
- 6. Click below to see an example
 - Calf Raise Intervals
- 7. 2 Rounds
 - HUG - Hip Mobility Drill

SESSION 11 OBJ:Uphill Endurance

Warm Up

1. 3 Rounds
 - 5x Walking Lunges
 - 10x Step Ups - 16-18" Box or Bench
 - 5x Hand Release Push Ups
 - Instep Stretch

Training

1. 1 Round
 - 800x Step Ups - 30# Backpack, 16-18" bench, Moderate Pace
2. "Moderate Pace" = Comfortable, but not easy
3. 1 Round
 - Foam Roll Legs, Low Back

SESSION 12 OBJ:Endurance - Rucking

Training

1. Ruck 10 Miles @ 30#, Moderate Pace, Hilly course if possible. "Moderate" = Comfortable but not easy

Rim to Rim - Week 3

SESSION 13 OBJ:Downhill Leg Strength (Eccentric), Chassis Integrity, Calf Strength Endurance

Warm Up

1. 3 Rounds
 - 10x Squats
 - 5x Walking Lunges
 - 5x Burpees
 - Instep Stretch
 - Lat + Pec Stretch

Training

1. 3 Rounds
 - Leg Blaster
 - 4/8x Push Ups

- Rest 30 Seconds
- 2. 4 Rounds
 - Mini Leg Blaster
 - 3/6x Hand Release Push Ups
 - Rest 30 Seconds
- 3. 15-Minute Grind
 - 2x Sandbag Getup & Run - 40/60# - Alternate Shoulders Each Round
 - 3x Sandbag Cross Clean - 40/60#
 - 10x Sandbag Good Morning - 40/60#
- 4. "Grind" = work through the exercises in this circuit steadily, not frantically, for the prescribed time. Pace yourself, but don't stop to rest.
- 5. 5 Rounds
 - 20 second rapid calf raise
 - 10 second hold in up position
 - 20 second rapid calf raise
 - 10 second hold in up position
 - Rest 30 Seconds between rounds
- 6. Click below to see an example
 - Calf Raise Intervals
- 7. 2 Rounds
 - Pigeon Stretch
 - Lat + Pec Stretch

SESSION 14 OBJ: Uphill Endurance

Warm Up

- 1. 3 Rounds
 - 5x Walking Lunges
 - 10x Step Ups - 16-18" Box or Bench
 - 5x Hand Release Push Ups
 - Instep Stretch

Training

- 1. 1 Round
 - 1,000x Step Ups - 30# Backpack, 16-18" bench, Moderate Pace. "Moderate Pace" = Comfortable, but not easy
- 2. 2 Rounds
 - Toe Touch Complex
 - Hip Flexor Stretch

SESSION 15 OBJ: Recovery Run

Training

- Run 5 Miles, Easy Pace. "Easy" = you can speak in full sentences while moving

SESSION 16 OBJ:Downhill Leg Strength (Eccentric), Chassis Integrity, Calf Strength Endurance

Warm Up

1. 3 Rounds
 - 10x Squats
 - 5x Walking Lunges
 - 5x Burpees
 - Instep Stretch
 - Lat + Pec Stretch

Training

1. 3 Rounds
 - Leg Blaster
 - 4/8x Push Ups
 - Rest 30 Seconds
2. 4 Rounds
 - Mini Leg Blaster
 - 3/6x Hand Release Push Ups
 - Rest 30 Seconds
3. 15 Minute Grind
 - 5x Sandbag Twist & Toss - @ 40/60
 - 30 Second Sandbag Zercher Carry - @ 40/60
 - 10x Face Down Back Extension
4. "Grind" = work through the exercises in this circuit steadily, not frantically, for the prescribed time. Pace yourself but don't stop to rest.
5. 5 Rounds
 - 20 second rapid calf raise
 - 10 second hold in up position
 - 20 second rapid calf raise
 - 10 second hold in up position
 - Rest 30 Seconds between rounds
6. Click below to see an example
 - Calf Raise Intervals
7. 2 Rounds
 - Pigeon Stretch
 - Lat + Pec Stretch

SESSION 17 OBJ:Uphill Endurance

Warm Up

1. 3 Rounds
 - 5x Walking Lunges
 - 10x Step Ups - 16-18" Box or Bench

- 5x Hand Release Push Ups
- Instep Stretch

Training

1. 1 Round
 - 1,000x Step Ups - 30# Backpack, 16-18" bench, Moderate Pace. "Moderate Pace" = Comfortable, but not easy
2. 2 Rounds
 - Toe Touch Complex
 - Hip Flexor Stretch

SESSION 18 OBJ:Endurance - Rucking

Training

- Ruck 10 Miles - @ 30#, Moderate Pace, Hilly course if possible. "Moderate" = Comfortable but not easy

Rim to Rim - Week 4

SESSION 19 OBJ:Downhill Leg Strength (Eccentric), Chassis Integrity, Calf Strength Endurance

Warm Up

1. 3 Rounds
 - 10x Squats
 - 5x Walking Lunges
 - 5x Burpees
 - Instep Stretch
 - Lat + Pec Stretch

Training

1. 4 Rounds
 - Leg Blaster
 - 3/6x Hand Release Push Ups
 - Rest 30 Seconds
2. 2 Rounds
 - Mini Leg Blaster
 - 3/6x Hand Release Push Ups
 - Rest 30 Seconds
3. 18-Minute Grind
 - 2x Sandbag Getup & Run - 40/60# - Alternate Shoulders Each Round
 - 3x Sandbag Cross Clean - 40/60#
 - 10x Sandbag Good Morning - 40/60#
4. "Grind" = work through the exercises in this circuit steadily, not frantically, for the prescribed time. Pace yourself, but don't stop to rest.

5. 6 Rounds
 - 20 second rapid calf raise
 - 10 second hold in up position
 - 20 second rapid calf raise
 - 10 second hold in up position
 - Rest 30 Seconds between rounds
6. Click below to see an example
 - Calf Raise Intervals
7. 2 Rounds
 - Pigeon Stretch
 - Lat + Pec Stretch

SESSION 20 OBJ: Uphill Endurance

Warm Up

1. 3 Rounds
 - 5x Walking Lunges
 - 10x Step Ups - 16-18" Box or Bench
 - 5x Hand Release Push Ups
 - Instep Stretch

Training

1. 1 Round
 - 600x Step Ups - 30# Backpack, 16-18" bench, Moderate Pace
 - Run 400m
 - 600x Step Ups - 30# Backpack, 16-18" bench, Moderate Pace
2. "Moderate Pace" = Comfortable, but not easy
3. 2 Rounds
 - Toe Touch Complex
 - Hip Flexor Stretch

SESSION 21 OBJ: Recovery Run

Training

1. Run 5 Miles, Easy Pace. "Easy" = you can speak in full sentences while moving

SESSION 22 OBJ: Downhill Leg Strength (Eccentric), Chassis Integrity, Calf Strength Endurance

Warm Up

1. 3 Rounds
 - 10x Squats
 - 5x Walking Lunges
 - 5x Burpees
 - Instep Stretch

- Lat + Pec Stretch

Training

1. 4 Rounds
 - Leg Blaster
 - 3/6x Hand Release Push Ups
 - Rest 30 Seconds
2. 2 Rounds
 - Mini Leg Blaster
 - 3/6x Hand Release Push Ups
 - Rest 30 Seconds
3. 18 Minute Grind
 - 5x Sandbag Twist & Toss - @ 40/60
 - 30 Second Sandbag Zercher Carry - @ 40/60
 - 10x Face Down Back Extension
4. "Grind" = work through the exercises in this circuit steadily, not frantically, for the prescribed time. Pace yourself but don't stop to rest.
5. 6 Rounds
 - 20 second rapid calf raise
 - 10 second hold in up position
 - 20 second rapid calf raise
 - 10 second hold in up position
 - Rest 30 Seconds between rounds
6. Click below to see an example
 - Calf Raise Intervals
7. 2 Rounds
 - Pigeon Stretch
 - Lat + Pec Stretch

SESSION 23 OBJ: Uphill Endurance

Warm Up

1. 3 Rounds
 - 5x Walking Lunges
 - 10x Step Ups - 16-18" Box or Bench
 - 5x Hand Release Push Ups
 - Instep Stretch

Training

1. 1 Round
 - 700x Step Ups - 30# Backpack, 16-18" bench, Moderate Pace
 - Run 400m
 - 700x Step Ups - 30# Backpack, 16-18" bench, Moderate Pace

2. "Moderate Pace" = Comfortable, but not easy
3. 2 Rounds
 - Toe Touch Complex
 - Hip Flexor Stretch

SESSION 24 OBJ:Endurance - Rucking Training

1. Ruck 12 Miles @ 30#, Moderate Pace, Hilly course if possible. "Moderate" = Comfortable but not easy

Rim to Rim - Week 5

SESSION 25 OBJ:Downhill Leg Strength (Eccentric), Chassis Integrity, Calf Strength Endurance, Endurance

Today's session is long, and it's okay to split into 2 sessions, AM and PM. You can do the run in the evening/PM if needed.

Warm Up

1. 3 Rounds
 - 10x Squats
 - 5x Walking Lunges
 - 5x Burpees
 - Instep Stretch
 - Lat + Pec Stretch

Training

1. 5 Rounds
 - Leg Blaster
 - 3/5x Alligator Push Ups
 - Rest 30 Seconds
2. 18-Minute Grind
 - 5x Sandbag Getup - 40/60# - Alternate Shoulders Each Round
 - 2x Sandbag Clean & Run - 40/60#
 - 10x Eos
3. "Grind" = work through the exercises in this circuit steadily, not frantically, for the prescribed time. Pace yourself, but don't stop to rest.
4. 6 Rounds
 - 20 second rapid calf raise
 - 10 second hold in up position
 - 20 second rapid calf raise
 - 10 second hold in up position
 - Rest 30 Seconds between rounds
5. Click below to see an example
 - Calf Raise Intervals

6. 1 Round
 - Run 3 Miles, Moderate Pace.
7. Moderate = Comfortable but not easy.
8. 2 Rounds
 - HUG - Hip Mobility Drill

SESSION 26 OBJ: Uphill Endurance

Warm Up

1. 3 Rounds
 - 5x Walking Lunges
 - 10x Step Ups - 16-18" Box or Bench
 - 5x Hand Release Push Ups
 - Instep Stretch

Training

1. 1 Round
 - 700x Step Ups - 30# Backpack, 16-18" bench, Moderate Pace
 - Run 400m
 - 700x Step Ups - 30# Backpack, 16-18" bench, Moderate Pace
2. "Moderate Pace" = Comfortable, but not easy
3. 2 Rounds
 - Instep Complex

SESSION 27 OBJ: Recovery Run

Training

1. Run 6 Miles, Easy Pace. "Easy" = you can speak in full sentences while moving.

SESSION 28 OBJ: Downhill Leg Strength (Eccentric), Chassis Integrity, Calf Strength Endurance, Moderate Run

Today's session is long, and it's okay to split into 2 sessions, AM and PM. You can do the run in the evening/PM if needed.

Warm Up

1. 3 Rounds
 - 10x Squats
 - 5x Walking Lunges
 - 5x Burpees
 - Instep Stretch
 - Lat + Pec Stretch

Training

1. 5 Rounds

- Leg Blaster
- 3/5x Alligator Push Ups
- Rest 30 Seconds
- 2. 20 Minute Grind
 - 3x Sandbag Mr. Spectacular - @ 40/60#
 - 3x Sandbag Cross Clean - @ 40/60#
 - 30 Second Sandbag Bear Hug Walk - 40-60#
- 3. "Grind" = work through the exercises in this circuit steadily, not frantically, for the prescribed time. Pace yourself, but don't stop to rest.
- 4. 7 Rounds
 - 20 second rapid calf raise
 - 10 second hold in up position
 - 20 second rapid calf raise
 - 10 second hold in up position
 - Rest 30 Seconds between rounds
- 5. Click below to see an example
 - Calf Raise Intervals
- 6. 1 Round
 - Run 3 Miles, Moderate Pace.
- 7. Moderate = Comfortable but not easy.
- 8. 2 Rounds
 - HUG - Hip Mobility Drill

SESSION 29 OBJ: Uphill Endurance

Warm Up

- 1. 3 Rounds
 - 5x Walking Lunges
 - 10x Step Ups - 16-18" Box or Bench
 - 5x Hand Release Push Ups
 - Instep Stretch

Training

- 1. 1 Round
 - 800x Step Ups - 30# Backpack, 16-18" bench, Moderate Pace
 - Run 400m
 - 800x Step Ups - 30# Backpack, 16-18" bench, Moderate Pace
- 2. "Moderate Pace" = Comfortable, but not easy
- 3. 2 Rounds
 - Instep Complex

SESSION 30 OBJ: Endurance - Rucking

Training

1. Ruck 13 Miles @ 30#, Moderate Pace, Hilly course if possible. "Moderate" = Comfortable but not easy.

Rim to Rim - Week 6

Monday - Session 31 OBJ:Downhill Leg Strength (Eccentric), Chassis Integrity, Calf Strength Endurance, Moderate Run

Today's session is long, and it's okay to split into 2 sessions, AM and PM. You can do the run in the evening/PM if needed.

Warm Up

1. 3 Rounds
 - 10x Squats
 - 5x Walking Lunges
 - 5x Burpees
 - Instep Stretch
 - Lat + Pec Stretch

Training

1. 5 Rounds
 - Leg Blaster
 - 3/5x Alligator Push Ups
 - Rest 30 Seconds
2. 20-Minute Grind
 - 5x Sandbag Getup - 40/60# - Alternate Shoulders Each Round
 - 2x Sandbag Clean & Run - 40/60#
 - 10x Eos
3. "Grind" = work through the exercises in this circuit steadily, not frantically, for the prescribed time. Pace yourself, but don't stop to rest.
4. 7 Rounds
 - 20 second rapid calf raise
 - 10 second hold in up position
 - 20 second rapid calf raise
 - 10 second hold in up position
 - Rest 30 Seconds between rounds
5. Click below to see an example
 - Calf Raise Intervals
6. 1 Round
 - Run 3 Miles, Moderate Pace.
7. Moderate = Comfortable but not easy.
8. 2 Rounds
 - HUG - Hip Mobility Drill

Tuesday - Session 32 OBJ:Uphill Endurance

Warm Up

1. 3 Rounds
 - 5x Walking Lunges
 - 10x Step Ups - 16-18" Box or Bench
 - 5x Hand Release Push Ups
 - Instep Stretch

Training

1. 1 Round
 - 800x Step Ups - 30# Backpack, 16-18" bench, Moderate Pace
 - Run 400m
 - 800x Step Ups - 30# Backpack, 16-18" bench, Moderate Pace
2. "Moderate Pace" = Comfortable, but not easy
3. 2 Rounds
 - Instep Complex

Wednesday - Session 33 OBJ:Recovery Run

Training

1. Run 6 Miles, Easy Pace. "Easy" = you can speak in full sentences while moving

Thursday - Session 34 OBJ:Downhill Leg Strength (Eccentric), Chassis Integrity, Calf Strength Endurance, Moderate Pace Run

Today's session is long, and it's okay to split into 2 sessions, AM and PM. You can do the run in the evening/PM if needed.

Warm Up

1. 3 Rounds
 - 10x Squats
 - 5x Walking Lunges
 - 5x Burpees
 - Instep Stretch
 - Lat + Pec Stretch

Training

1. 5 Rounds
 - Leg Blaster
 - 3/5x Alligator Push Ups
 - Rest 30 Seconds
2. 20 Minute Grind
 - 3x Sandbag Mr. Spectacular - @ 40/60#
 - 3x Sandbag Cross Clean - @ 40/60#
 - 30 Second Sandbag Bear Hug Walk - 40-60#
3. "Grind" = work through the exercises in this circuit steadily, not frantically, for the prescribed time. Pace yourself, but don't stop to rest.

4. 7 Rounds
 - 20 second rapid calf raise
 - 10 second hold in up position
 - 20 second rapid calf raise
 - 10 second hold in up position
 - Rest 30 Seconds between rounds
5. Click below to see an example
 - Calf Raise Intervals
6. 1 Round
 - Run 3 Miles, Moderate Pace.
7. Moderate = Comfortable but not easy.
8. 2 Rounds
 - HUG - Hip Mobility Drill

Friday - Session 35 OBJ: Uphill Endurance
Warm Up

1. 3 Rounds
 - 5x Walking Lunges
 - 10x Step Ups - 16-18" Box or Bench
 - 5x Hand Release Push Ups
 - Instep Stretch

Training

1. 1 Round
 - 900x Step Ups - 30# Backpack, 16-18" bench, Moderate Pace
 - Run 400m
 - 900x Step Ups - 30# Backpack, 16-18" bench, Moderate Pace
2. "Moderate Pace" = Comfortable, but not easy
3. 2 Rounds
 - Instep Complex

Saturday - Session 36 OBJ: Endurance - Rucking
Training

1. Ruck 14 Miles @ 30#, Moderate Pace, Hilly course if possible. "Moderate" = Comfortable but not easy

Rim to Rim - Week 7

SESSION 37 OBJ: Downhill Leg Strength (Eccentric), Chassis Integrity, Calf Strength
Endurance, Moderate Pace Run

Today's session is long, and it's okay to split into 2 sessions, AM and PM. You can do the run in the evening/PM if needed.

Warm Up

1. 3 Rounds
 - 10x Squats
 - 5x Walking Lunges
 - 5x Burpees
 - Instep Stretch
 - Lat + Pec Stretch

Training

1. 6 Rounds
 - Leg Blaster
 - 2/4x Clapping Push Ups
 - Rest 30 Seconds
2. 20-Minute Grind
 - 3x Sandbag Clean + Squat & Run - 40/60#
 - 10x Toes-to-sky
3. "Grind" = work through the exercises in this circuit steadily, not frantically, for the prescribed time. Pace yourself, but don't stop to rest.
4. 8 Rounds
 - 20 second rapid calf raise
 - 10 second hold in up position
 - 20 second rapid calf raise
 - 10 second hold in up position
 - Rest 30 Seconds between rounds
5. Click below to see an example
 - Calf Raise Intervals
6. 1 Round
 - Run 3 Miles, Moderate Pace.
7. Moderate = Comfortable but not easy.
8. 1 Rounds
 - Foam Roll Back

SESSION 38 OBJ: Uphill Endurance

Warm Up

1. 3 Rounds
 - 5x Walking Lunges
 - 10x Step Ups - 16-18" Box or Bench
 - 5x Hand Release Push Ups
 - Instep Stretch

Training

1. 1 Round
 - 900x Step Ups - 30# Backpack, 16-18" bench, Moderate Pace

- Run 400m
- 900x Step Ups - 30# Backpack, 16-18" bench, Moderate Pace
- 2. "Moderate Pace" = Comfortable, but not easy
- 3. 1 Round
 - Foam Roll Legs, Low Back

SESSION 39 OBJ:Recovery Run Training

1. Run 7 Miles, Easy Pace. "Easy" = you can speak in full sentences while moving

SESSION 40 OBJ:Downhill Leg Strength (Eccentric), Chassis Integrity, Calf Strength Endurance, Moderate Pace Run

Today's session is long, and it's okay to split into 2 sessions, AM and PM. You can do the run in the evening/PM if needed.

Warm Up

1. 3 Rounds
 - 10x Squats
 - 5x Walking Lunges
 - 5x Burpees
 - Instep Stretch
 - Lat + Pec Stretch

Training

1. 6 Rounds
 - Leg Blaster
 - 2/4x Clapping Push Ups
 - Rest 30 Seconds
2. 20 Minute Grind
 - 10x Sandbag Good Mornings - 40/60#
 - 30/30-Second Sandbag Shoulder Carry - 40/60#. 30 Seconds Right Shoulder, then 30 second left shoulder.
 - 5x Sandbag Getup - 40/60#. Alternate shoulders each round.
3. Grind = work through the exercises in this circuit steadily, not frantically, for the prescribed time. Pace yourself, but don't stop to rest.
4. 8 Rounds
 - 20 second rapid calf raise
 - 10 second hold in up position
 - 20 second rapid calf raise
 - 10 second hold in up position
 - Rest 30 Seconds between rounds
5. Click below to see an example
 - Calf Raise Intervals

6. 1 Round
 - Run 3 Miles, Moderate Pace.
7. Moderate = Comfortable but not easy.
8. 1 Rounds
 - Foam Roll Back

SESSION 41 OBJ:Uphill Endurance

Warm Up

1. 3 Rounds
 - 5x Walking Lunges
 - 10x Step Ups - 16-18" Box or Bench
 - 5x Hand Release Push Ups
 - Instep Stretch

Training

1. 1 Round
 - 1,000x Step Ups - 30# Backpack, 16-18" bench, Moderate Pace
 - Run 400m
 - 1,000x Step Ups - 30# Backpack, 16-18" bench, Moderate Pace
2. "Moderate Pace" = Comfortable, but not easy
3. 1 Round
 - Foam Roll Legs, Low Back

SESSION 42 OBJ:Endurance - Rucking

Training

1. Ruck 15 Miles
 - Ruck 15 Miles - 30#, Moderate Pace, Hilly course if possible.
2. "Moderate" = Comfortable but not easy

Rim to Rim - Week 8

SESSION 43 OBJ:Downhill Leg Strength (Eccentric), Chassis Integrity, Calf Strength Endurance, Moderate Pace Run

Today's session is long, and it's okay to split into 2 sessions, AM and PM. You can do the run in the evening/PM if needed.

Warm Up

1. 3 Rounds
 - 10x Squats
 - 5x Walking Lunges
 - 5x Burpees
 - Instep Stretch
 - Lat + Pec Stretch

Training

1. 7 Rounds
 - Leg Blaster
 - 3/5x Clapping Push Ups
 - Rest 30 Seconds
2. 20-Minute Grind
 - 3x Sandbag Clean + Squat & Run - 40/60#
 - 10x Toes-to-sky
3. "Grind" = work through the exercises in this circuit steadily, not frantically, for the prescribed time. Pace yourself, but don't stop to rest.
4. 8 Rounds
 - 20 second rapid calf raise
 - 10 second hold in up position
 - 20 second rapid calf raise
 - 10 second hold in up position
 - Rest 30 Seconds between rounds
5. Click below to see an example
 - Calf Raise Intervals
6. 1 Round
 - Run 3 Miles, Moderate Pace.
7. Moderate = Comfortable but not easy.
8. 1 Rounds
 - Foam Roll Back

SESSION 44 OBJ: Uphill Endurance

Warm Up

1. 3 Rounds
 - 5x Walking Lunges
 - 10x Step Ups - 16-18" Box or Bench
 - 5x Hand Release Push Ups
 - Instep Stretch

Training

1. 1 Round
 - 1,000x Step Ups - 30# Backpack, 16-18" bench, Moderate Pace
 - Run 400m
 - 1,000x Step Ups - 30# Backpack, 16-18" bench, Moderate Pace
2. "Moderate Pace" = Comfortable, but not easy
3. 1 Round
 - Foam Roll Legs, Low Back

SESSION 45 OBJ: Recovery Run

Training

1. Run 7 Miles, Easy Pace. "Easy" = you can speak in full sentences while moving

SESSION 46 OBJ:Chassis Integrity

Warm Up

1. 3 Rounds
 - 10x Squats
 - 5x Walking Lunges
 - 5x Burpees
 - Instep Stretch
 - Lat + Pec Stretch

Training

1. 20 Minute Grind
 - 10x Sandbag Good Mornings - 40/60#
 - 30/30-Second Sandbag Shoulder Carry - 40/60#. 30 Seconds Right Shoulder, then 30 second left shoulder.
 - 5x Sandbag Getup - 40/60#. Alternate shoulders each round.
2. Grind = work through the exercises in this circuit steadily, not frantically, for the prescribed time. Pace yourself, but don't stop to rest.

SESSION 47 OBJ:Recovery Run

Training

1. Run 3 Miles, Easy Pace. "Easy" = you can speak in full sentences while moving

SESSION 48 OBJ:TOTAL REST