

Mountain Ready Phase 2 Training for EIA 2020

Mid November – January

4 sessions a week

- 2x Endurance 2 hours. Can be a mixture of sports.
- 1 x Strength working around 4x12 sets. Slightly heavier, building strength throughout the body with big movements.
- 1 x Interval – introducing high intensity bursts for intense climbs.
- Continue mobility and stretching for injury prevention

Strength

Warm up:

Dynamic movements

Agility – Lateral hops

Balance - S/L deadlifts with reach up

Hip Mobility – Hip open and close gates

4x12

Walking lunges

Side lunge DB up and down

KB Swing

TRX Body row

Alt shoulder press

Tricep dips

Plank marching

Russian twist

Scorpion

Cool down and stretches:

Full body stretch

5mins mobility with roller and trigger point ball

Interval

40 seconds work, 20 seconds rest, x5

Interval 1-

Burpee

Squat and press

Star jumps

High knees

Interval 2-

Lunge jumps

Squat thrusts

Bent over row

Plank jacks

A video is on my website demonstrating all the exercises in order, you can find it at <http://rsperformancetraining.co.uk/everest-in-the-alps/>

If anyone has any questions please don't hesitate to contact me on becky@rsperformancetraining.co.uk.



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