

# JUNE 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
				1	2	3	
4	5	6	7	8	9	10	
11	12	13	14	15	16	17	
<b>Father's Day</b> HIIT Level 1, active recovery, or rest*	18	19	20	21	22	23	24
	Strength Workout 1 Squats   Dead Lifts	HIIT Level 1	Strength Workout 2 Bench Press   Pendlay Rows	HIIT Level 1	Strength Workout 3 OHP   Chin/Pull-ups   Arms	<b>Easy or Intermediate Hike</b>  Recommended Trail: Black Mountain	
25	26	27	28	29	30		
HIIT Level 2, active recovery, or rest*	Strength Workout 1 Squats   Dead Lifts	HIIT Level 2	Strength Workout 2 Bench Press   Pendlay Rows	HIIT Level 2	Strength Workout 3 OHP   Chin/Pull-ups   Arms		

HIIT, Level 1:  
15 seconds high intensity  
45 seconds low intensity

HIIT, Level 2:  
20 seconds high intensity  
45 seconds low intensity

\* Recommend HIIT if no hike was completed the previous day. If sore from hiking, I recommend active recovery or taking the day off.

# JULY 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						Optional Easy or Intermediate Hike <b>1</b>  Recommended Trail: Bighorn Peak via Icehouse Canyon
<b>2</b>  HIIT Level 3, active recovery, or rest*	<b>3</b>  Strength Workout 1 Squats   Dead Lifts	<b>Independence Day 4</b>  HIIT Level 3	<b>5</b>  Strength Workout 2 Bench Press   Pendlay Rows	<b>6</b>  HIIT Level 3	<b>7</b>  Strength Workout 3 OHP   Chin/Pull-ups   Arms	<b>Intermediate Hike 8</b>  Recommended Trail: Baldy via Manker's Flat and Devil's Backbone (loop)
<b>9</b>  HIIT Level 4, active recovery, or rest*	<b>10</b>  Strength Workout 1 Squats   Dead Lifts	<b>11</b>  HIIT Level 4	<b>12</b>  Strength Workout 2 Bench Press   Pendlay Rows	<b>13</b>  HIIT Level 4	<b>14</b>  Strength Workout 3 OHP   Chin/Pull-ups   Arms	<b>15</b>  <b>Difficult or Altitude Hike</b>  Recommended Trail: San Bernardino Peak
<b>16</b>  HIIT Level 5, active recovery, or rest*	<b>17</b>  Strength Workout 1 Squats   Dead Lifts	<b>18</b>  HIIT Level 5	<b>19</b>  Strength Workout 2 Bench Press   Pendlay Rows	<b>20</b>  HIIT Level 5	<b>21</b>  Strength Workout 3 OHP   Chin/Pull-ups   Arms	<b>22</b>  <b>Difficult or Altitude Hike</b> Recommended Trails: Mt. Dana, White Mountain Peak or Mt. Langley (13k+ elevation)
<b>23</b>  HIIT Level 5, active recovery, or rest*	<b>24</b>  Strength Workout 1 Squats   Dead Lifts	<b>25</b>  HIIT Level 5	<b>26</b>  Strength Workout 2 Bench Press   Pendlay Rows	<b>27</b>  HIIT Level 5	<b>28</b>  Strength Workout 3 OHP   Chin/Pull-ups   Arms	<b>29</b>  Optional Difficult or Altitude Hike  Recommended Trail: Baldy via North Backbone
<b>30</b>	<b>31</b>  Strength Workout 1 Squats   Dead Lifts					

HIIT, Level 3:  
25 seconds high intensity  
35 seconds low intensity

HIIT, Level 4:  
30 seconds high intensity  
30 seconds low intensity

HIIT, Level 5:  
35 seconds high intensity  
25 seconds low intensity

\* Recommend HIIT if no hike was completed the previous day. If sore from hiking, I recommend active recovery or taking the day off.

# AUGUST 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
HIIT Level 6, active recovery, or rest*		1 HIIT Level 6	2 Strength Workout 2 Bench Press   Pendlay Rows	3 HIIT Level 6	4 Strength Workout 3 OHP   Chin/Pull-ups   Arms	5 <b>Difficult or Altitude Hike</b> Recommended Trail: San Gorgonio via Vivian Creek or Fish Creek
6 HIIT Level 6, active recovery, or rest*	7 Strength Workout 1 Squats   Dead Lifts	8 HIIT Level 6	9 Strength Workout 2 Bench Press   Pendlay Rows	10 HIIT Level 6	11 Strength Workout 3 OHP   Chin/Pull-ups   Arms	12 <b>Easy or Intermediate Hike</b> Recommended Trail: San Jacinto via PS Tramway
13 HIIT Level 6, active recovery, or rest*	14	15	16	17	18	19 Arrive in Lone Pine
	← <b>CARDIO and WEIGHT TRAINING DELOAD</b> →					
20 Easy Early AM Acclimation Hike	21 <b>MT. WHITNEY</b>	22	23	24	25	26
27	28	29	30	31		

HIIT, Level 6:  
40 seconds high intensity  
20 seconds low intensity

\* Recommend HIIT if no hike was completed the previous day. If sore from hiking, I recommend active recovery or taking the day off.