

MAY 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
7	8	9	10	11	12	13
Mother's Day 14	15	16	17	18	19	20
21 HIIT Level 1, active recovery, or rest*	22 Strength Workout 1 Squats Dead Lifts	23 HIIT Level 1	24 Strength Workout 2 Bench Press Pendlay Rows	25 HIIT Level 1	26 Strength Workout 3 OHP Chin/Pull-ups Arms	27 Easy Hike Recommended Trail: Bridge to Nowhere
28 HIIT Level 2, active recovery, or rest*	Memorial Day 29	30 HIIT Level 1	31 Strength Workout 1 Squats Dead Lifts			

HIIT, Level 1:
15 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.

JUNE 2017

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

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

HIIT, Level 3:
25 seconds high intensity
35 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 Difficult or Altitude Hike 1 Recommended Trail: Harwood & Baldy via Register Ridge
2 HIIT Level 4, active recovery, or rest*	3 Strength Workout 1 Squats Dead Lifts	Independence Day 4 HIIT Level 4	5 Strength Workout 2 Bench Press Pendlay Rows	6 HIIT Level 4	7 Strength Workout 3 OHP Chin/Pull-ups Arms	Difficult or Altitude Hike 8 Recommended Trail: San Bernardino Peak
9 HIIT Level 4, active recovery, or rest*	10 Strength Workout 1 Squats Dead Lifts	11 HIIT Level 4	12 Strength Workout 2 Bench Press Pendlay Rows	13 HIIT Level 4	14 Strength Workout 3 OHP Chin/Pull-ups Arms	15 Optional Intermediate Hike Recommended Trail: Bighorn Peak via Icehouse Canyon
16 HIIT Level 5, active recovery, or rest*	17 Strength Workout 1 Squats Dead Lifts	18 HIIT Level 5	19 Strength Workout 2 Bench Press Pendlay Rows	20 HIIT Level 5	21 Strength Workout 3 OHP Chin/Pull-ups Arms	22 Difficult or Altitude Hike Recommended Trails: Mt. Dana, White Mountain Peak or Mt. Langley (13k+ elevation)
23 HIIT Level 5, active recovery, or rest*	24 Strength Workout 1 Squats Dead Lifts	25 HIIT Level 5	26 Strength Workout 2 Bench Press Pendlay Rows	27 HIIT Level 5	28 Strength Workout 3 OHP Chin/Pull-ups Arms	29 Optional Difficult or Altitude Hike Recommended Trail: Baldy via North Backbone
30 HIIT Level 6, active recovery, or rest*	31 Strength Workout 1 Squats Dead Lifts					

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
		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 Difficult or Altitude Hike 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 Easy or Intermediate Hike 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
	← CARDIO and WEIGHT TRAINING DELOAD →					
20 Easy Early AM Acclimation Hike	21 MT. WHITNEY	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.