



*An Outreach of Wyoming
Catholic College*

COR Expeditions Participant Workout Plan

We are so excited to have you and want to make your trip with COR as fruitful as possible. The following is a workout plan that you can begin a few weeks before your trip with COR in order to make sure that you feel adequately prepared for your backcountry experience. Our main goal is to ensure that you have cardiovascular endurance and the necessary strength for carrying a 30-45 lb pack for the trip. If you are currently sedentary or inactive, we strongly suggest that you begin 8 weeks ahead of your trip and repeat this plan twice through in order to be properly prepared. If you are currently active, please use this plan in a way that challenges you (i.e., instead of carrying 10 lb on your walk in Week 2, carry 15, etc.)

Make sure that you adequately warm up and stretch before and after workouts in order to prevent injury. If you have not done some of these activities before, look for videos online to make sure you are using proper form (for example, make sure your knees do not extend forward of your ankles when doing squats). Here is a general layout for a good preparatory workout plan. Please adapt to what works best for you!

<u>WEEK</u>	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>	<u>SUNDAY</u>
1	Lower body strength workout	Walk 20 min.	Rest & stretch	Run 5 min easy 5 min moderate	Upper body strength workout	Walk 5 min Run 10 min Walk 5 min	Rest & stretch
2	Lower body strength workout	Walk 30 min with 10lb weight (vest or pack)	Rest & stretch	Run 5 min slow 5 min moderate 5 min quick	Upper body strength workout	Walk 5 min Run 10 min Walk 5 min	Cross train (bike or hike)
3	Lower body strength workout	Walk 30 min with 15 lb weight	Rest & stretch	Run 20 min, gradually increase effort	Upper body strength workout	Walk 5 min Run 20 min Walk 5 min	Cross train (bike or hike)
4	Upper body strength workout	Walk 30 min with 20 lb weight	Rest & stretch	Walk 5 min Run 20 min Walk 5 min	Lower body strength workout	Walk 5 min Run 20 min Walk 5 min	Cross train (bike or hike)

Lower Body Strength Workout (example):

circuit 1: repeat 2-3 times

1. 15 body weight squats
2. 12 step back lunges each leg
3. 30 mountain climbers
4. 15 hip bridge lifts laying on back

- **break 1 minute** -

circuit 2: repeat 2-3 times

1. 15 narrow squats
2. 15 leg ab raises
3. 24 curtsy lunges
4. 10 burpees

Upper Body Strength Workout (example):

circuit 1: repeat 2-3 times

1. 20 open to close plank t-rotation
2. 10 inchworm walk out
3. 15 pushups (can be done on knees)
4. 45 second leg jax in high plank hold

- **break 1 minute** -

circuit 2: repeat 2-3 times

1. 20 bird-dogs on knees
2. 16 commandos
3. 15 tricep dips
4. 45 second high plank hold

*If you are currently inactive, significantly overweight, or recovering from injury, COR strongly recommends consulting your doctor or health care professional before beginning any workout plan and following their medical advice.