

Wilderness Challenge 12-week Training Program

Below is a 12-week training program for the Wilderness Challenge. Since the Wilderness Challenge is such a unique event, there really is no basic training program to follow as there is with a 10K run or a marathon. Debbie Mirabello, Fitness Coordinator at Dam Neck, has created this program based on the Wilderness Challenge events. While the exercises came from “The Outdoor Athlete” by Courtenay and Doug Schurman, Debbie has compiled them in a progressive way over 12 weeks to get you ready for the Wilderness Challenge. Even if you do not use this guide, you may be able to get a few exercises that help out in an area that you want to improve. This program begins July 18. If you have any questions regarding this program please feel free to contact Debbie at debbie.mirabello@navy.mil.

Week 1

Monday

Cardio: 30-min tempo run (75-85% MHR)

Tuesday

Cardio: 30-min distance bike (65-75% MHR)

Strength Training:

For the following exercises rest approximately 60 seconds in between sets

Barbell Back Squat – 8-12 reps

Dumbbell overhead press (standing) – 8-12 reps

Complete above exercises, alternating between the two, for a total of two sets each

Dirt Digger: 8-12 reps

Push-up: 8-12 reps

Complete above exercises, alternating between the two, for a total of two sets each

* To perform a dirt digger, hold a dumbbell with both hands in front of your body, squat down, keeping chest up and back flat, weight in heels, stand and rotate to one side, keeping your eyes and torso following the weight as you raise the dumbbell to your shoulder. Alternate from side to side. (keep dumbbell close to body)

Dumbbell Shrug: 8-12 reps

One-arm dumbbell row: 8-12 reps, each side

Complete above exercises, alternating between the two, for a total of two sets each

Ball Leg Curl: 8-12 reps

Lat Pull-down: 8-12 reps

Complete above exercises, alternating between the two, for a total of two sets each

Medicine Ball Twist: 10-20 reps

Back Extension: 10-20 reps

Complete above exercises, alternating between the two, for a total of two sets each

Wednesday OFF

Thursday

45-min Distance Run (65-75% MHR)

Friday

Cardio: 30-min tempo bike (75-85% MHR)

Strength Training:

For the following exercises rest approximately 90 seconds in between sets

Lunge Step Up: 8-12 reps, each leg

Bench Press incline dumbbell: 8-12 reps

Complete above exercises, alternating between the two, for a total of three sets

Seated Row with Parallel Grip: 8-12 reps

Machine Leg Curl: 8-12 reps

Complete above exercises, alternating between the two, for a total of three sets

Bent-arm Pullover: 8-12 reps

Chin-up: 8-12 reps

Complete above exercises, alternating between the two, for a total of three sets

Decline Crunch: 8-12 reps

Standing Calf Raise: 8-12 reps

Complete above exercises, alternating between the two, for a total of three sets

Plank (on forearms or hands and toes): hold for 30 seconds

Bridge: 10-20 reps

Complete above exercises, alternating between the two, for a total of three sets

Saturday

45-min paddle (kayak or canoe)

*If no kayak or canoe is available, you can to perform a dry-paddling exercise: sit on a bench, put your legs together and hold a 5-10 pound body bar or dowel with light ankle weights on each end, and perform air-paddling movements on each side of the body. You can also split the workout time between this exercise and a versa-climber, elliptical machine, or upper body cycles (machines that allow you to train push and pull components of exercise simultaneously). Swimming laps could also be an effective exercise since it requires the upper-body and trunk stamina demanded by paddling.

Sunday OFF

Week 2

Monday

35-min tempo run (75-85% MHR)

15-min rowing (concept two indoor rower)

Tuesday

Cardio: 35-min distance bike (65-75% MHR)

Strength Training: Follow same program as Tuesday, week 1

Wednesday OFF

Thursday

50-min distance run (65-75% MHR)

Friday

Cardio: 33-min tempo bike (75-85% MHR)

Strength Training: Follow same workout plan as Thursday, week 1

Saturday

50-min paddle (kayak or canoe)

Sunday OFF

Week 3

Monday

40-min tempo run (75-85% MHR)

15-min row (concept two rower)

Tuesday

Cardio: 40-min distance bike (65-75% MHR)

Strength Training: Follow same workout plan as Tuesday, week 1

Wednesday OFF

Thursday

40-min tempo run (75-85% MHR)

Friday

Cardio: 36-min tempo bike (75-85% MHR)

Strength Training: Follow the same workout plan as Thursday, Week 1

Saturday

55-min paddle (kayak or canoe)

Sunday OFF

Week 4

Monday

40-min tempo run (75-85% MHR)

20-min row (concept two rower)

Tuesday

Cardio: 45-min distance bike (65-75% MHR)

Strength Training: Follow same workout plan as Tuesday, week 1

Wednesday OFF

Thursday

45-min tempo run (75-85% MHR)

Friday

Cardio: 40-min tempo bike (75-85% MHR)

Strength Training: Follow the same workout plan as Thursday, Week 1

Saturday

60-min paddle (kayak or canoe)

Sunday OFF

Week 5

Monday

Cardio: 45-min tempo run (75-85% MHR)

Strength Training:

For the following exercises rest approximately 60 seconds in between sets

Barbell Deadlift: 8-12 reps

Parallel Bar Dip: 8-12 reps

Complete above exercises, alternating between the two, for a total of three sets each

Backward Lunge: 8-12 reps

Bench Press (flat dumbbell): 8-12 reps

Complete above exercises, alternating between the two, for a total of three sets each

Step up: 8-12 reps, each leg

Pull-up: 8-12 reps

Complete above exercises, alternating between the two, for a total of three sets each

Dirt Digger: 8-12 reps, each side

External Rotation: 8-12 reps, each side

Complete above exercises, alternating between the two, for a total of three sets each

Straight-leg sit-up: 10-20 reps

Dumbbell overhead press standing: 8-12 reps

Complete above exercises, alternating between the two, for a total of three sets each

Reverse Torso Curl: 10-20 reps

Low Back Extension: 10-20 reps

Complete above exercises, alternating between the two, for a total of three sets each

Tuesday

30-min uphill bike (85-95% MHR)

Wednesday OFF

Thursday

30-min uphill run (85-95% MHR) outside or on treadmill with moderate incline

20-min rowing (concept two indoor rower)

Friday

Cardio: 45-min tempo bike (75-85% MHR)

Strength Training:

One-leg Bulgarian Squat: 8-12 reps, each side

One-arm dumbbell row: 8-12 reps, each side

Complete above exercises, alternating between the two, for a total of three sets each

Dumbbell Walking Lunge: 8-12 reps

Dumbbell Fly (flat): 8-12 reps

Complete above exercises, alternating between the two, for a total of three sets each

Dumbbell Overhead Press: 8-12 reps

One-leg Deadlift: 8-12 reps

Complete above exercises, alternating between the two, for a total of three sets each

Standing Calf Raise: 8-12 reps

Triceps Push-down: 8-12 reps

Complete above exercises, alternating between the two, for a total of three sets each

Wood Chopper: 8-12 reps, each side

Lying Dumbbell Triceps Extension: 8-12 reps

Complete above exercises, alternating between the two, for a total of three sets each

Lat Pull-down: 8-12 reps

Medicine Ball Twist: 10-20 reps

Complete above exercises, alternating between the two, for a total of three sets each

Reverse Torso Curl: 10-20 reps

Low-back Extension: 10-20 reps

Complete above exercises, alternating between the two, for a total of three sets each

Saturday

60-min paddle (kayak or canoe)

Sunday OFF

Week 6

Monday

Cardio: 50-min distance run (65-75% MHR)

Strength Training: Follow the same plan as Monday, Week 5

Tuesday

40-min uphill bike (85-95% MHR)

Wednesday OFF

Thursday

35-min uphill run (85-95% MHR) outside or incline treadmill

20-min rowing (concept two indoor rower)

Friday

Cardio: 50-min distance bike (65-75% MHR)

Strength Training: Follow the same workout plan as Friday, Week 5

Saturday

65-min paddle (kayak or canoe)

Sunday OFF

Week 7

Monday

Cardio: 55-min distance run (65-75% MHR)

Strength Training: Follow the same workout plan as Monday, Week 5

Tuesday

50-min tempo bike (75-85% MHR) or 60 min interval spin class

Wednesday OFF

Thursday

45-min tempo run (75-85% MHR)

25-min Row (concept two indoor rower)

Friday

Cardio: 60-min distance bike (65-75% MHR)

Strength Training: Follow the same workout plan as Friday, Week 5

Saturday

75-minute paddle (kayak or canoe)

Sunday OFF

Week 8

Monday

Cardio: 60-min distance run (65-75% MHR)

Strength Training: Follow the same workout plan as Monday, Week 5

Tuesday

45-min uphill bike (85-95% MHR)

Wednesday OFF

Thursday

45-min uphill run (85-95% MHR)

30-min row (concept two indoor rower)

Friday

Cardio: 70-min distance bike (65-75% MHR)

Strength Training: Follow the same workout plan as Friday, Week 5

Saturday

75-min paddle (kayak or canoe)

Sunday OFF

Week 9

Monday

Cardio: 65-min distance run (65-75% MHR)

Strength Training:

For the following exercises rest approximately 60 seconds in between sets

Backward Lunge: 8-12 reps

Chin-up: 8-12 reps

Complete above exercises, alternating between the two, for a total of three sets

Hamstring Pull-through: 8-12 reps

Parallel Bar Dip: 8-12 reps

Complete above exercises, alternating between the two, for a total of three sets

Seated Calf Raise: 8-12 reps

Bent-over Dumbbell Raise: 8-12 reps

Complete above exercises, alternating between the two, for a total of three sets

Wood Chopper: 8-12 reps

Lying Dumbbell Triceps Extension: 8-12 reps

Complete above exercises, alternating between the two, for a total of three sets

Straight-leg Sit-up: 10-20 reps

Dumbbell Overhead Press: 8-12 reps

Complete above exercises, alternating between the two, for a total of three sets

Lat Pull-down: 8-12 reps
Medicine Ball Twist: 10-20 reps
Complete above exercises, alternating between the two, for a total of three sets

Side Planks: Hold for 20-30 secs
Back Extension: 10-20 reps
Complete above exercises, alternating between the two, for a total of three sets

Tuesday

50-min tempo bike (75-85% MHR) or 60 min interval/hill spin class

Wednesday OFF

Thursday

50-min tempo run (75-85% MHR)
30-min row (concept two indoor rower)

Friday

Cardio: 75-min distance bike (65-75% MHR)

Strength Training:

Romanian Deadlift Dumbbells: 8-12 reps

Seated row: 8-12 reps

Complete above exercises, alternating between the two, for a total of three sets each.

Dumbbell Lunge (walking): 8-12 reps

Dumbbell Fly (flat): 8-12 reps

Complete above exercises, alternating between the two, for a total of three sets each

Dirt Digger: 8-12 reps, each side

External Rotation: 8-12 reps, each side

Complete above exercises, alternating between the two, for a total of three sets each

Standing Calf Raise: 8-12 reps

Triceps Push-down: 8-12 reps

Complete above exercises, alternating between the two, for a total of three sets each

Dumbbell Shrug: 8-12 reps

Reverse Torso Curl: 10-20 reps

Complete above exercises, alternating between the two, for a total of three sets each

Plank (on forearms or hands and toes): hold for 30 secs

Bridge: 10-20 reps

Complete above exercises, alternating between the two, for a total of three sets each

Saturday

80-min paddle (kayak or canoe)

Sunday OFF

Week 10

Monday

Cardio: 70-min distance run (65-75% MHR)

Strength Training: Follow the same program as Monday, Week 9

Tuesday

40 min uphill bike (85-95% MHR)

Wednesday OFF

Thursday

45-min uphill run (outside or incline treadmill) (85-95% MHR)

30-min Row (concept two indoor rower)

Friday

Cardio: 60-min distance bike (65-75% MHR)

Strength Training: Follow same workout plan as Friday, Week 9

Saturday

70-min paddle (kayak or canoe)

Sunday OFF

Week 11

Monday

Cardio: 60-min distance run (65-75% MHR)

Strength Training: Follow same workout plan as Monday, Week 9

Tuesday

45-min tempo bike (75-85% MHR) or 50-min interval/hill spin class

Wednesday OFF

Thursday

40-min tempo run (75-85% MHR)

20-min row (concept two indoor rower)

Friday

Cardio: 50-min distance bike (65-75% MHR)

Strength Training: Follow same workout plan as Friday, Week 9

Saturday

60-min paddle (kayak or canoe)

Sunday OFF

Week 12

Monday

Cardio: 30-min tempo bike (75-85% MHR)

Strength Training:

For the following exercises rest approximately 60 seconds in between sets

Lunge Step-Up: 8-12 reps

Bench Press Incline Dumbbells: 8-12 reps

Complete above exercises, alternating between the two, for a total of two sets

Seated row with parallel grips: 8-12 reps

Machine Leg Curl: 8-12 reps

Complete above exercises, alternating between the two, for a total of two sets

Straight-leg sit-up: 10-20 reps

Dumbbell Overhead Press: 8-12 reps

Complete above exercises, alternating between the two, for a total of two sets

Seated Calf Raise: 8-12 reps

Bent-over Dumbbell Raise: 8-12 reps

Complete above exercises, alternating between the two, for a total of two sets

Medicine Ball Twist: 10-20 reps

Back Extension: 10-20 reps

Complete above exercises, alternating between the two, for a total of two sets

Tuesday

30-min recovery run (65% MHR)

15-min row (indoor concept 2 rower)

Wednesday

30 min distance bike (65-75% MHR)

Thursday

Check-in (optional bike ride)

Friday - Wilderness Challenge!

Flexibility Exercises (hold each stretch for 15-30 seconds)

- Lying Trunk Rotation
- Downward Dog
- Straddle Hamstring Stretch
- Bench One-leg Hamstring Stretch
- Stair Calf Stretch
- Seated Gluteal Stretch
- Standing Quad Stretch
- Hip Flexor Stretch (on one knee)
- Tree Hug Stretch
- Trapezius Stretch
- Triceps Stretch
- Shoulder Stretch
- Chest Stretch
- Low Back Stretch (cat stretch, arch/flat back)

References: The Outdoor Athlete, by Courtenay Schurman and Doug Schurman