

RECOMMENDED WATER INTAKE

Hydration for athletes depends on variables like weather, altitude, athlete size and intensity and duration of exercise. Many professional organizations affiliated with athletics have general hydration guidelines. It is commonly recommended for athletes that water intake should be between 0.5 oz and 1.0 oz per pound of bodyweight per day.

RECOMMENDED NUTRITION

It is a good idea to use a Base Metabolic Rate (easily found online) to find the daily caloric needs for a sedentary individual. Add the estimated calories burned in a training session to that number to find the total number of calories needed to be consumed daily. Seek unprocessed foods when possible and avoid foods high in sugar and processed carbohydrate. Eat enough food to sustain training volume, but not enough to put on excess body fat.

RECOMMENDED SLEEP

Most average people require seven to eight hours of sleep. Athletes who are on a regular training schedule require more sleep for adequate recovery. Aim for eight hours of sleep per night or more to start and experiment with how workouts and energy levels feel by adding more sleep when possible.

MODERATE INTENSITY CARDIO (MIC)

Heart Rate of 150 BPM (25 beats in 10 seconds)

RESISTANCE CARDIO (RC)

- Heart Rate Between 130 BPM to 150 BPM (21 to 25 beats in 10 seconds)
- Resistance may include: light sled pull/drag, weight vest, weighted backpack, sandbag, ankle weights or carried weights, OR high resistance setting on cardio machine

INTERVAL CARDIO (IC)

- Fast Paced: Heart Rate above 150 BPM (25 beats in 10 seconds)
- Easy Paced: Heart Rate of 120 BPM to 140 BPM (20 to 24 beats in 10 seconds)
- Near maximal output level for Fast Paced and recovery level output for Easy Pace

CARDIO EXERCISES

Jump rope	Rowing
Biking	Burpees
Ladder drills	Running
Mountain climbers	
Sled drag	

STRENGTH EXERCISES

Sit ups	Box step ups
Planks	Lunges
Side planks	Squats
Pushups	Deadlift
Box jumps	Kettlebell swings

RECOVERY EXERCISES

Calf stretch	Single leg romanian deadlift
Quadricep stretch	Lunge stretch with reach
Hamstring stretch	Yoga
Elevated pigeon	
Windmill stretch	

14ER TRAINING PLAN

#HIKEA14ER

MERRELL®

WEEK 1

MIC: 20 to 30 min, 2x
IT: 20 min, 1x of 1 min high intensity, 1 min low intensity
RC: 20 to 25 min, 1x at low to moderate intensity
Upper Body: 30 to 60 min, 1x
Lower Body: 30 to 60 min, 1x
Recovery: 40 min walk, 1x

WEEK 2

MIC: 20 to 30 min, 2x
IT: 22 min, of 1 min high intensity, 1 min low intensity, 1x
RC: 20 to 25 min, 1x at low to moderate intensity
Upper Body: 30 to 60 min, 1x
Lower Body: 30 to 60 min, 1x
Recovery: 40 min walk, 1x

WEEK 3

MIC: 20 to 30 min, 2x
IT: 24 min, 1 min high intensity, 1 min low intensity, 1x
RC: 20 to 25 min, 1x at low to moderate intensity
Upper Body: 30 to 60 min, 1x
Lower Body: 30 to 60 min, 1x
Recovery: 45 min walk, 1x

WEEK 4

MIC: 20 to 30 min, 2x
IT: 26 min, 1 min high intensity, 1 min low intensity, 1x
RC: 20 to 25 min, 1x at low to moderate intensity
Upper Body: 30 to 60 min, 1x
Lower Body: 30 to 60 min, 1x
Recovery: 45 min walk, 1x

WEEK 5

MIC: 25 to 35 min, 2x
IT: 28 min, 1x of 1 min high intensity, 1 min low intensity
RC: 25 to 30 min, 1x at low to moderate intensity
Upper Body: 30 to 60 min, 1x
Lower Body: 30 to 60 min, 1x
Recovery: 50 min walk, 1x

WEEK 6

MIC: 25 to 35 min, 2x
IT: 30 min, 1 min high intensity, 1 min low intensity, 1x
RC: 25 to 35 min, 1x at low to moderate intensity
Upper Body: 30 to 60 min, 1x
Lower Body: 30 to 60 min, 1x
Recovery: 50 min walk, 1x

WEEK 7

MIC: 25 to 35 min, 2x
IT: 32 min, 2 min high intensity, 2 min low intensity, 1x
RC: 25 to 35 min, 1x at low to moderate intensity
Upper Body: 30 to 60 min, 1x
Lower Body: 30 to 60 min, 1x
Recovery: 50 min walk, 1x

WEEK 8

MIC: 30 to 35 min, 2x
IT: 32 min, 2 min high intensity, 2 min low intensity, 1x
RC: 25 to 35 min, 1x at low to moderate intensity
Upper Body: 30 to 60 min, 1x
Lower Body: 30 to 60 min, 1x
Recovery: 55 min walk, 1x

WEEK 9

MIC: 30 to 35 min, 2x
IT: 30 min, 1x of 1 min high intensity, 2 min low intensity
RC: 25 to 35 min, 1x at low to moderate intensity
Upper Body: 30 to 60 min, 1x
Lower Body: 30 to 60 min, 1x
Recovery: 60 min walk, 1x

WEEK 10

MIC: 35 to 40 min, 2x
IT: 32 min, 1x of 2 min high intensity, 2 min low intensity
RC: 30 to 40 min, 1x at low to moderate intensity
Upper Body: 30 to 60 min, 1x
Lower Body: 30 to 60 min, 1x
Recovery: 60 min walk, 1x

WEEK 11

MIC: 35 to 40 min, 2x
IT: 30 min, 1x of 1 min high intensity, 2 min low intensity
RC: 30 to 40 min, 1x at low to moderate intensity
Upper Body: 30 to 60 min, 1x
Lower Body: 30 to 60 min, 1x
Recovery: 70 min walk, 1x

WEEK 12: TAPER AND DELOAD

MIC: 20 to 30 min, 1x
Low to MIC: 30 min, 2x
Recovery: 60 min walk, 1x
Recovery: Rolling, Stretching, and Mobility: 30 min, 2x
NOTE: Remove weighted cardio and strength training during the taper and deloading week to reduce the risk of soreness or injury leading up to your hike.

MODERATE INTENSITY CARDIO (MIC)

RESISTANCE CARDIO (RC)

INTERVAL CARDIO (IC)