

Sally's 12-Week HIKE-ABILITY Training Schedule

Week	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	Day 1 Course Lessons	Day 2 Course Lessons + Assessments	Day 3 Lessons + Assessments + 20-30 min. Cardio	Day 4 Course Lessons + Assessments	Day 5 Course Lessons + 20-30 min. Cardio	Day 6 Course Lessons + Assessments	Cardio 20-30 min.
2	Rest Day + Course Lessons	Activation Exercises + Mobility	Cardio 30 min. + Core + Balance	Activation Exercises + Mobility	Cardio 20-30 min. + Core + Balance	Activation Exercises + Mobility	Cardio 30 min.
3	Rest Day + Course Lessons	Activation Exercises + Mobility	Cardio 30 min. + Core + Balance	Activation Exercises + Mobility	Cardio 30 min. + Core + Balance	Activation Exercises + Mobility	Cardio 30 min.
4	Rest Day + Course Lessons + New Phase	Strength Workout #1 (Phase 2 Exercises)	Cardio + Core + Balance	Cardio + Core + Balance	Strength Workout #2 (Phase 2 Exercises)		Cardio (Hike)
5	Rest Day + Course Lessons	Strength Workout #1	Cardio + Core + Balance	Cardio + Core + Balance	Strength Workout #2		Cardio (Hike)
6	Rest Day + Course Lessons	Strength Workout #1	Cardio + Core + Balance	Cardio + Core + Balance	Strength Workout #2		Cardio (Hike)
7	Rest Day + Course Lessons	Strength Workout #1	Cardio + Core + Balance	Cardio + Core + Balance	Strength Workout #2		Cardio (Hike)
8	Rest Day + Course Lessons De-load Week	Strength Workout #1	Cardio + Core + Balance	Cardio + Core + Balance	Strength Workout #2		Cardio (Hike)
9	Rest Day + Course Lessons + New Phase	Strength Workout #1 (Phase 3 Exercises)	Cardio + Core + Balance	Cardio + Core + Balance	Strength Workout #2 (Phase 3 Exercises)		Cardio (Hike)
10	Rest Day + Course Lessons	Strength Workout #1	Cardio + Core + Balance	Cardio + Core + Balance	Strength Workout #2		Cardio (Hike)
11	Rest Day + Course Lessons + Reassessments	Strength Workout #1	HIIT + Core + Balance	Rest Day	Strength Workout #2	Cardio + Core + Balance	Cardio (Hike)
12	Rest Day + Course Lessons	Strength Workout #1	HIIT + Core + Balance	Rest Day	Strength Workout #2	Cardio + Core + Balance	Cardio (Hike)