

2024 RIM TO RIM TRAINING PLAN

| WEEKS TO CLIMB | DATE | MONDAY INTERVALS | TUESDAY LEGS + CORE + CARDIO | WEDNESDAY ACTIVE RECOVERY | THURSDAY AEROBIC BASE BUILDING | FRIDAY UPPER BODY + CORE | SATURDAY HIKE DAY | SUNDAY REST/ SABBATH |
|----------------|-------|---|--------------------------------|---------------------------|---------------------------------|---------------------------|--|----------------------|
| 26 | 04.22 | 10-MIN INTERVALS BIKE, ROW, RUN, ETC. (10 SEC HARD/SPRINT, 50 SEC RECOVERY) | 20' LEGS, 10' CORE, 15' CARDIO | RECOVERY + STRETCH | 15' STAIR CLIMB | 15' UPPER BODY + 10' CORE | FITNESS ASSESSMENT #1 FOLLOW INSTRUCTIONS IN PLAYBOOK & DOCUMENT YOUR RESULTS | REST |
| 25 | 04.29 | 10-MIN INTERVALS BIKE, ROW, RUN, ETC. (10 SEC HARD/SPRINT, 50 SEC RECOVERY) | 25' LEGS, 10' CORE, 15' CARDIO | RECOVERY + STRETCH | 1.5 MILES (RUN, ROW, HIKE, ETC) | 15' UPPER BODY + 10' CORE | 30 MIN STAIRS/HIKE | REST |
| 24 | 05.06 | 10-MIN INTERVALS BIKE, ROW, RUN, ETC. (10 SEC HARD/SPRINT, 50 SEC RECOVERY) | 30' LEGS, 10' CORE, 20' CARDIO | RECOVERY + STRETCH | 20' STAIR CLIMB | 20' UPPER BODY + 10' CORE | 30 MIN STAIRS/HIKE | REST |
| 23 | 05.13 | 15-MIN INTERVALS BIKE, ROW, RUN, ETC. (10 SEC HARD/SPRINT, 50 SEC RECOVERY) | 30' LEGS, 10' CORE, 20' CARDIO | RECOVERY + STRETCH | 2 MILES (RUN, ROW, HIKE, ETC) | 20' UPPER BODY + 10' CORE | 35 MIN STAIRS/HIKE | REST |
| 22 | 05.20 | 15-MIN INTERVALS BIKE, ROW, RUN, ETC. (10 SEC HARD/SPRINT, 50 SEC RECOVERY) | 35' LEGS, 10' CORE, 20' CARDIO | RECOVERY + STRETCH | 25' STAIR CLIMB | 25' UPPER BODY + 15' CORE | 35 MIN STAIRS/HIKE | REST |
| 21 | 05.27 | 20-MIN INTERVALS BIKE, ROW, RUN, ETC. (10 SEC HARD/SPRINT, 50 SEC RECOVERY) | 35' LEGS, 10' CORE, 20' CARDIO | RECOVERY + STRETCH | 2.5 MILES (RUN, ROW, HIKE, ETC) | 25' UPPER BODY + 15' CORE | 40 MIN STAIRS/HIKE | REST |
| 20 | 06.03 | 400M SPRINT, 800M RECOVER BIKE, ROW, RUN, ETC. | 45' LEGS, 10' CORE, 20' CARDIO | RECOVERY + STRETCH | 30' STAIR CLIMB | 30' UPPER BODY + 15' CORE | 40' STAIRS/HIKE | REST |
| 19 | 06.10 | 400M SPRINT, 800M RECOVER BIKE, ROW, RUN, ETC. | 45' LEGS, 10' CORE, 25' CARDIO | RECOVERY + STRETCH | 3 MILES (RUN, ROW, HIKE, ETC) | 30' UPPER BODY + 15' CORE | 45' STAIRS/HIKE | REST |
| 18 | 06.17 | 3 YASSO 800S (OR BIKE, ROW, POWER HIKE- PUSH HARD FOR 1/2 MILE, RECOVER 1/4 MILE) | 45' LEGS, 15' CORE, 25' CARDIO | RECOVERY + STRETCH | 40' STAIR CLIMB | 35' UPPER BODY + 15' CORE | *45' STAIRS/HIKE W/ BACKPACK | REST |
| 17 | 06.24 | 3 YASSO 800S (OR BIKE, ROW, POWER HIKE- PUSH HARD FOR 1/2 MILE, RECOVER 1/4 MILE) | 45' LEGS, 15' CORE, 25' CARDIO | RECOVERY + STRETCH | 6K (RUN, ROW, HIKE, ETC) | 30' UPPER BODY + 15' CORE | 50 MIN STAIRS/HIKE W/ BACKPACK | REST |
| 16 | 07.01 | 4 YASSO 800S (OR BIKE, ROW, POWER HIKE- PUSH HARD FOR 1/2 MILE, RECOVER 1/4 MILE) | 45' LEGS, 15' CORE, 25' CARDIO | RECOVERY + STRETCH | 40' STAIR CLIMB | 30' UPPER BODY + 15' CORE | FITNESS ASSESSMENT #2 FOLLOW INSTRUCTIONS IN PLAYBOOK & DOCUMENT YOUR RESULTS | REST |
| 15 | 07.08 | 4 YASSO 800S (OR BIKE, ROW, POWER HIKE- PUSH HARD FOR 1/2 MILE, RECOVER 1/4 MILE) | 45' LEGS, 15' CORE, 25' CARDIO | RECOVERY + STRETCH | 6K (RUN, ROW, HIKE, ETC) | 30' UPPER BODY + 15' CORE | 1:15 HR STAIRS/HIKE W/ BACKPACK | REST |
| 14 | 07.15 | 4 YASSO 800S (OR BIKE, ROW, POWER HIKE- PUSH HARD FOR 1/2 MILE, RECOVER 1/4 MILE) | 45' LEGS, 15' CORE, 25' CARDIO | RECOVERY + STRETCH | 40' STAIR CLIMB | 30' UPPER BODY + 15' CORE | 1:30 HR STAIRS/HIKE W/ BACKPACK | REST |
| 13 | 07.22 | 4 YASSO 800S (OR *BIKE, ROW, POWER HIKE- PUSH HARD FOR 1/2 MILE, RECOVER 1/4 MILE) | 45' LEGS, 15' CORE, 25' CARDIO | RECOVERY + STRETCH | 6K (RUN, ROW, HIKE, ETC) | 30' UPPER BODY + 15' CORE | 1:45 HR STAIRS/HIKE W/ BACKPACK | REST |

*NOTE: This week (and moving forward) be sure to start using your backpack w/ 5-10 lbs for Saturday's Hike!

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|------------------|-------|--|---------------------------------------|---------------------------|------------------------------------|---------------------------|---|----------------------|--|
| 12 | 07.29 | 5 YASSO 800S (OR *BIKE, ROW, POWER HIKE- PUSH HARD FOR 1/2 MILE, RECOVER 1/4 MILE) | 45' LEGS, 10' CORE, 20' CARDIO | RECOVERY + STRETCH | 6K (RUN, ROW, HIKE, ETC) | 30' UPPER BODY + 15' CORE | 2:00 HR STAIRS/HIKE W/ BACKPACK | REST | |
| 11 | 08.05 | 5 YASSO 800S (OR *BIKE, ROW, POWER HIKE- PUSH HARD FOR 1/2 MILE, RECOVER 1/4 MILE) | 45' LEGS, 10' CORE, 20' CARDIO | RECOVERY + STRETCH | 6K (RUN, ROW, HIKE, ETC) | 30' UPPER BODY + 15' CORE | 2:15 HR STAIRS/HIKE W/ BACKPACK | REST | |
| 10 | 08.12 | 6 YASSO 800S (OR *BIKE, ROW, POWER HIKE- PUSH HARD FOR 1/2 MILE, RECOVER 1/4 MILE) | 45' LEGS, 10' CORE, 20' CARDIO | RECOVERY + STRETCH | 6K (RUN, ROW, HIKE, ETC) | 30' UPPER BODY + 15' CORE | 2:15 HR STAIRS/HIKE W/ BACKPACK | REST | |
| 9 | 08.19 | 6 YASSO 800S (OR *BIKE, ROW, POWER HIKE- PUSH HARD FOR 1/2 MILE, RECOVER 1/4 MILE) | 45' LEGS, 10' CORE, 20' CARDIO | RECOVERY + STRETCH | 6K (RUN, ROW, HIKE, ETC) | 30' UPPER BODY + 15' CORE | 2:45 HR STAIRS/HIKE W/ BACKPACK | REST | |
| 8 | 08.26 | 7 YASSO 800S (OR *BIKE, ROW, POWER HIKE- PUSH HARD FOR 1/2 MILE, RECOVER 1/4 MILE) | 45' LEGS, 10' CORE, 20' CARDIO | RECOVERY + STRETCH | 6K (RUN, ROW, HIKE, ETC) | 30' UPPER BODY + 15' CORE | 3:00 HR STAIRS/HIKE W/ BACKPACK | REST | |
| 7 | 09.02 | 7 YASSO 800S (OR *BIKE, ROW, POWER HIKE- PUSH HARD FOR 1/2 MILE, RECOVER 1/4 MILE) | 45' LEGS, 10' CORE, 20' CARDIO | RECOVERY + STRETCH | 6K (RUN, ROW, HIKE, ETC) | 30' UPPER BODY + 15' CORE | 4:00 HR STAIRS/HIKE W/ BACKPACK | REST | |
| 6 | 09.09 | 8 YASSO 800S (OR *BIKE, ROW, POWER HIKE- PUSH HARD FOR 1/2 MILE, RECOVER 1/4 MILE) | 45' LEGS, 10' CORE, 20' CARDIO | RECOVERY + STRETCH | 6K (RUN, ROW, HIKE, ETC) | 30' UPPER BODY + 15' CORE | FITNESS ASSESSMENT #3 FOLLOW INSTRUCTIONS IN PLAYBOOK & DOCUMENT YOUR RESULTS | REST | |
| 5 | 09.16 | 8 YASSO 800S (OR *BIKE, ROW, POWER HIKE- PUSH HARD FOR 1/2 MILE, RECOVER 1/4 MILE) | 45' LEGS, 10' CORE, 25' CARDIO | RECOVERY + STRETCH | 6K (RUN, ROW, HIKE, ETC) | 30' UPPER BODY + 15' CORE | 5:00 HR STAIRS/HIKE W/ BACKPACK | REST | |
| 4 | 09.23 | 8 YASSO 800S (OR *BIKE, ROW, POWER HIKE- PUSH HARD FOR 1/2 MILE, RECOVER 1/4 MILE) | 45' LEGS, 15' CORE, 25' CARDIO | RECOVERY + STRETCH | 6K (RUN, ROW, HIKE, ETC) | 30' UPPER BODY + 15' CORE | 6:00 HR STAIRS/HIKE W/ BACKPACK | REST | |
| 3 | 09.30 | 6 YASSO 800S (OR *BIKE, ROW, POWER HIKE- PUSH HARD FOR 1/2 MILE, RECOVER 1/4 MILE) | 45' LEGS, 15' CORE, 25' CARDIO | RECOVERY + STRETCH | 6K (RUN, ROW, HIKE, ETC) | 30' UPPER BODY + 15' CORE | 4:30 HR STAIRS/HIKE W/ BACKPACK | REST | |
| 2 | 10.07 | 5 YASSO 800S (OR *BIKE, ROW, POWER HIKE- PUSH HARD FOR 1/2 MILE, RECOVER 1/4 MILE) | 45' LEGS, 15' CORE, 25' CARDIO | RECOVERY + STRETCH | 6K (RUN, ROW, HIKE, ETC) | 30' UPPER BODY + 15' CORE | 3:00 HR STAIRS/HIKE W/ BACKPACK | REST | |
| HIKE WEEK | 10/14 | GRAND CANYON ADVENTURE! | | | | | | | |