

Program for Molly McCahan - July-August 2015

ANTHROPOMETRICS and CLASSIFICATIONS	
<ul style="list-style-type: none"> Female – Age 23 Height = 5'5" Weight = 154 lbs. Body Comp = ~30% Resting Heart Rate = 59 bpm Waist girth = Hip girth = 	<p>Age adjusted Max Heart Rate = $220 - 23 = 197\text{bpm}$</p> <p><i>Target zones for Energy System Development:</i></p> <ul style="list-style-type: none"> Level 1 = 65% - 128 bpm – RPE 4-5 Level 2 = 75% - 148 bpm - RPE 5-7 Level 3 = 85% - 168 bpm - RPE 8-9 High intensity – brief intervals = 188bpm - RPE 9-10

❖ **Overall program goal is to prepare for hiking the John Muir Trail in the Sierra Nevada range of CA in September 2015.**

Associated SMART Goals:

- **Health –**
 - Continue positive nutrition habits through strategic consumption of high nutrient density vegetarian cuisine for 7 weeks starting June 25th.
- **Behavior –**
 - Participate in a combination of fun physical activities and strategic exercise every day for 1-6+ hours for 7 weeks starting June 25th.
- **Performance –**
 - Demonstrate the capacity to carry a 40# back pack and walk 1.5-2.5 mph for 6-8 hours /day at elevations above 5000 ft. comfortably by August 29th.

CV Fitness Tests	Measured Results
Balke Treadmill Test conducted on 6/22/15 VO2 max ~ 30.0 ml/kg/min (Average)	<ul style="list-style-type: none"> Molly is at about 8.5 Max MET capacity for walking. She can increase this capacity through training by about 20% in 6-8 weeks. This could reach 10.2 MET max by the end of August. Hiking with a 40 pound pack at 1.5-2.0 mph uphill is an 8-10 MET activity. For comfort, his should be no more than about 80-85% of her capacity. This would be equal to a 10-12 MET capacity.

General Strategies;

Progressive overload by increasing walking time, then intensity, then load; building to multiple consecutive days of hiking with load.

Active rest on off days; Aerobic conditioning daily, at least Level 1-2

Structure exercise daily when possible and strength training as able up to 2X per week (not too much if hiking a lot).

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Structural exercises and Stretching						
Assisted Crunch with band						
Plank with climber legs						
X-walk lateral						
Full reverse squat – parallel legs etc.						
Couch						
Frog						
Starfish						
Reverse Lunge w/ shoulder extension						
Training ideas – to be modified as adaptation and schedule allows. <i>Train on no more than 2 consecutive days. Allow active rest days at least 2 days per week. REST as needed- note RHR each morning. Hydrate well.</i>						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				6/25 REST from travel Walk Level 1-60' (3-4 miles) Stretch.	6/26 Structural & Walk Level – 75' Stretch	6/27 Free choice & Stretching
6/28 Free choice Level 1-2	6/29 Structure Running Drills (1/4) for 30' & Walk Level 1-2 for 2-3 miles Stretches	6/30 Free Choice Stretch	7/1 Structure Running Drills (1/4) for 30' & Walk Level 1-2 for 3 miles with 10# load Stretches	7/2 Structure Strength Stretch	7/3 Hike at least 4 miles with 10# load Stretch	7/4 Choice & Stretch
7/5 Hike or walk 5-6 miles with 10# load Stretch	7/6 Rest Choice Structure Stretch	7/7 Level 2 Choice – 60' Strength Stretch	7/8 Structure Hike Level 1-2 at least 6 miles 15# load Stretch	7/9 Rest Choice Stretch	7/10 Structure Strength Stretch Active recovery	7/11 Hike Level 1-3 15# in pack 5-6 miles Maybe overnight Or Free choice

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7/12 Free choice or Hike (see Sat.)	7/13 Structural exercises Level 2- 60 min Stretch	7/14 Free choice or Hike Level 1-3 6-7 miles with 17# load. Stretch	7/15 Structure Strength or Choice Stretch	7/16 Free choice Stretch	7/17 Structure Hike Level 2 20# 5-7 miles Stretch	7/18 Choice Stretch Or See 7/19
7/19 Structure Hike Level 1-3 With 20# At least 7 miles	7/20 Choice Active Rest Stretch	7/21 Structure Hike Level 1 25# for 5-8 miles Stretch	7/22 Active Rest Stretch	7/23 Structure Choice	7/24 Hike Level 1-3 with 25# for 8-10 mile (Overnight) Stretch	7/25 Hike Level 1-3 with 25# for 8-10 miles Stretch
7/26 Free choice Rest	7/27 Structure Strength Stretch or Choice	7/28 Hike – Level 1-2 With 30# 6-8 miles Stretch (Overnight?)	7/29 Return hike or Choice	7/30 Structure Strength Stretch	7/31 Hike – Level 1-3 with 30# 8-10 miles Or Choice Stretch	8/1 Return hike or Choice Structure Stretch
8/2 Rest Choice level 2 – 60 min	8/3 Structure Choice Stretch	8/4 HIKE Level 1-3 35 # for 6-10 Miles Stretch	8/5 Structural exercises Choice- Level 1-2 Or HIKE as per next days (total 4-5)	8/6 Structure Hike Level 1-3 with 40# - 10-12 miles Overnight Stretch	8/7 Hike Level 1-3 with 40# - 10-12 miles Overnight Stretch	8/8 Return Hike Level 1-3 with 35# - 10-12 miles Overnight
8/9 REST Structure Stretch	8/10 Hike Level 2-3 With 40# 8-15 miles Stretch	8/11 Rest Stretch Pack	8/12 Travel			8/15 Wedding in ME

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Principles and terms:

- Level 2 and 3 include interval walking which means walking at a fast pace for a short time, then walking at a normal pace. Timing is based on heart rate and gradually causes adaptation to work at a higher intensity at a lower heart rate. Level 2 is brief periods of high intensity between longer periods of normal walking or light jogging. Level 3 is periods of very high intensity interspersed between moderate intensity.
- Tempo walking (or “pacing”) means pushing yourself, but not so much that you’re spent before you finish the walk. Save something for a push to the finish.
- On long distance days, you should walk at a steady pace that is slightly faster than your normal pace. Aim for reaching your distance goal in the final 2 weeks of your training schedule.
- Cross-training—other exercises such as cycling, push-ups, weight training, or swimming—are vital to long distance walking, so always schedule 2 days of cross-training per week
- Begin each workout with a 10- to 15-minute warm-up period and end each session with a 5 to 10 minute cool down.
- Allow for active rest days (at least 2 per week) and get adequate rest (8 hours per night).

Keep a training log of what you do, how you feel physically and psychologically.

Create a set of positive affirmations that you can use for each and every day. e.g., “More and more, I am getting stronger and swifter”.