

Rebecca Kennedy's HiLit Tracker

Week 3, Day 5 | 30 min Hiking Bootcamp

WARMUP	
5 MIN BRISK WALKING PACE @ 5%	SPEED: _____
	INCLINE: _____

BLOCK 1 - STRENGTH			
	SET 1	SET 2	SET 3
PUSHUPS	Reps: _____	Reps: _____	Reps: _____
HANG CLEAN	Reps: _____	Reps: _____	Reps: _____
	Load: _____	Load: _____	Load: _____
THRUSTER	Reps: _____	Reps: _____	Reps: _____
	Load: _____	Load: _____	Load: _____

BLOCK 1 - HIKE	
60 SECOND BRISK WALK	SPEED: _____
30 SECOND POWER WALK	SPEED: _____
60 SECOND BRISK WALK	SPEED: _____
60 SECOND POWER WALK	SPEED: _____
60 SECOND BRISK WALK	SPEED: _____
90 SECOND POWER WALK	SPEED: _____
60 SECOND BRISK WALK	SPEED: _____
120 SECOND POWER WALK	SPEED: _____

BLOCK 2 - STRENGTH			
	SET 1	SET 2	SET 3
CHEST TO FLOOR + SQUAT THRUST	Reps: _____	Reps: _____	
2 DUMBBELL SWING	Reps: _____	Reps: _____	Reps: _____
	Load: _____	Load: _____	Load: _____
DOUBLE DUMBBELL SNATCH	Reps: _____	Reps: _____	Reps: _____
	Load: _____	Load: _____	Load: _____



FINAL TREAD OUTPUT: _____
FINAL TREAD ELEVATION GAIN: _____

