

Rebecca Kennedy's HiLit Tracker

Week 4, Day 5 | 45 min Hiking Bootcamp

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

BLOCK 1 - HIKE	
30 SECOND INCLINE UP - EASY	SPEED: _____
4 MINUTE POWER WALK	SPEED: _____
30 SECOND RECOVERY	SPEED: _____

BLOCK 2 - CONDITIONING	SET 1	SET 2	SET 3	SET 4	SET 5
HUMAN MAKERS (EMOM) LOAD: 2 MDB	Reps: _____ / 3-4	Reps: _____ / 3-4	Reps: _____ / 3-4	Reps: _____ / 3-4	Reps: _____ / 3-4
	Load: _____	Load: _____	Load: _____	Load: _____	Load: _____

BLOCK 2 - HIKE	
30 SECOND INCLINE UP - EASY	SPEED: _____
4 MINUTE POWER WALK	SPEED: _____
30 SECOND RECOVERY	SPEED: _____

BLOCK 3 - CONDITIONING	SET 1	SET 2	SET 3	SET 4	SET 5
DEVILS PRESS (EMOM) LOAD: 2 MDB	Reps: _____ / 3-4	Reps: _____ / 3-4	Reps: _____ / 3-4	Reps: _____ / 3-4	Reps: _____ / 3-4
	Load: _____	Load: _____	Load: _____	Load: _____	Load: _____

BLOCK 3 - HIKE	
30 SECOND INCLINE UP - EASY	SPEED: _____
4 MINUTE POWER WALK	SPEED: _____
30 SECOND RECOVERY	SPEED: _____



FINAL TREAD OUTPUT: _____
FINAL TREAD ELEVATION GAIN: _____

