



**8 Week
Mountain Athlete Program**

Designed by Primal Performance

Primal

Warm Up

This is a general warm up that will get you ready for most anything. However, if you have a specific area that needs extra attention (i.e. returning from injury, rehabbing an injury or just chronically tight) our performance coaches would be happy to help you out and design something extra for you.

1

TO GET THE BLOOD MOVING

- 500m row or 3min run at 5% incline

2

DYNAMIC MOVEMENTS

- 20m side shuffle (each side)
- 20x (each) high knees, butt kicks, leg swings each leg, hops

3

MUSCLE ACTIVATION AND RANGE MOVEMENT

2 rounds of:

- 15 squats (hands on heads)
- 10 push-ups (2 seconds down 2 seconds up)
- 10 TRX rows
- 30s side plank (each side)
- 30s static hang from bar

Mountain Athlete Program

Week 1

Make sure to email your Primal Performance coaching team about major questions you have with the program. Refer to the Primal Performance exercise library on YouTube for videos of each movement. Never sacrifice form for more weight or more speed. That will come with time. We have always liked the motto "Slow is Smooth and Smooth is Fast"

	TYPE	STRENGTH	CONDITIONING / ACCESSORY	MIDLINE/MOBILITY
Monday	Strength	<ul style="list-style-type: none"> - 4x10 SL deadlift (each leg) - 4x10 Split stance KB press 2 Rounds: <ul style="list-style-type: none"> - 50 Hip hinges - 25 TRX rows (as tough as possible, multiple sets are ok) 	<ul style="list-style-type: none"> - 5x400m @ 8% incline as fast as possible - (2min active recovery) At end of 400m, do not stop. Keep treadmill moving at an easy pace.	3 Rounds: <ul style="list-style-type: none"> - 60s Low to high plank - 60s Farmer carry (it should be tough to make the full 60s)
Tuesday				Mobility
Wednesday	Strength	<ul style="list-style-type: none"> - 4x15 Box squat - 5x5 Pull-ups (5s eccentric phase only) - 4x10 KB Bulgarian split squat (KB held in opposite hand vs. leg that is squatting) - 4x10 Double arm KB row (super important to hip hinge and brace core) 	15min AMRAP: <ul style="list-style-type: none"> - 20 KB carcass lifts (pick KB or sandbag up and place it on anything this is chest height then put back on ground) - 20 KB goblet lunge - 20 Plank KB pull unders 	Tabata Russian twists
Thursday				Mobility
Friday	Strength	<ul style="list-style-type: none"> - 4x20 Med ball clean - 4x10 Seated max height vert jump (pause on bench after every rep) - 40x10 DB snatch (per side) - 4x60s Bear crawl 	5 Rounds: <ul style="list-style-type: none"> - 20 1/2 TGU (10 per side) - 25m Farmer walk - 20 KB swings - 25m Farmer walk 	
Saturday/Sunday		SATURDAY: <ul style="list-style-type: none"> - Step test (30min 40lb pack) - AMRAP step-ups (20mins) 	SUNDAY: <ul style="list-style-type: none"> - 60min Cardio (should be able to talk during the entire phase) 	