

# Hiker Performance & Injury Prevention Program

This 6-week Hiker Performance Program is designed to build lower body strength, core stability, and endurance to help you tackle challenging trails while preventing common hiking injuries. The program requires minimal equipment and can be done 2-3 times per week.

## Week 1

Warm-Up: Hip Circles, Walking Lunges, Calf Raises (5 min)

Main Set:

- Step-Ups: 3x12/leg
- Split Squats: 3x10/leg
- Side Plank: 3x30s/side
- Loaded Pack Carry: 3x40 meters

Conditioning: 10-15 min brisk hike or incline walk.

Cool-Down: Hamstring & quad stretches (5 min)

## Week 2

Warm-Up: Hip Circles, Walking Lunges, Calf Raises (5 min)

Main Set:

- Step-Ups: 3x12/leg
- Split Squats: 3x10/leg
- Side Plank: 3x30s/side
- Loaded Pack Carry: 3x40 meters

Conditioning: 10-15 min brisk hike or incline walk.

Cool-Down: Hamstring & quad stretches (5 min)

## Week 3

Warm-Up: Hip Circles, Walking Lunges, Calf Raises (5 min)

Main Set:

- Step-Ups: 3x12/leg
- Split Squats: 3x10/leg

- Side Plank: 3x30s/side
- Loaded Pack Carry: 3x40 meters

Conditioning: 10-15 min brisk hike or incline walk.

Cool-Down: Hamstring & quad stretches (5 min)

## Week 4

Warm-Up: Hip Circles, Walking Lunges, Calf Raises (5 min)

Main Set:

- Step-Ups: 3x12/leg
- Split Squats: 3x10/leg
- Side Plank: 3x30s/side
- Loaded Pack Carry: 3x40 meters

Conditioning: 10-15 min brisk hike or incline walk.

Cool-Down: Hamstring & quad stretches (5 min)

## Week 5

Warm-Up: Hip Circles, Walking Lunges, Calf Raises (5 min)

Main Set:

- Step-Ups: 3x12/leg
- Split Squats: 3x10/leg
- Side Plank: 3x30s/side
- Loaded Pack Carry: 3x40 meters

Conditioning: 10-15 min brisk hike or incline walk.

Cool-Down: Hamstring & quad stretches (5 min)

## Week 6

Warm-Up: Hip Circles, Walking Lunges, Calf Raises (5 min)

Main Set:

- Step-Ups: 3x12/leg
- Split Squats: 3x10/leg
- Side Plank: 3x30s/side
- Loaded Pack Carry: 3x40 meters

Conditioning: 10-15 min brisk hike or incline walk.

Cool-Down: Hamstring & quad stretches (5 min)