

# ADVENTURE RACING STRENGTH TRAINING PLAN



**EQUIPMENT NEEDED:** Dumbbells and / or gym machines and / or resistance bands

**RECOMMENDED  
WARM UP:**

Run through the warmup list, top to bottom, 3x: Wall, bar, or incline pushups x 10 reps / Sit-to-stands x 10 reps / Bird Dogs (alternating) x 10 reps / Shoulder I, Y, T's x 10 reps each (unweighted or light weights, 2-5 lbs max). Please feel free to add any mobility exercises you enjoy, or like to do before lifting.

<b>EXERCISE:</b> SUGGESTED ALTERNATIVES:	<b># REPS</b>	<b>REST</b>	<b># SETS</b>
<b>SEATED LONG PULL</b> BENT OVER ROW, PULL UP/CHIN UP	6-8	1-2 MINUTES	3-4
<b>BENCH PRESS</b> DUMBBELL CHEST PRESS, PUSHUPS	6-8	1-2 MINUTES	3-4
<b>BACK SQUAT</b> GOBLET SQUAT, FRONT SQUAT	6-8	1-2 MINUTES	3-4
<b>RDL</b> SINGLE LEG RDL, STANDING CABLE PULL THROUGH	6-8	1-2 MINUTES	3-4
<b>FARMER CARRY</b> SUITCASE CARRY, WATER CARRY	10 PACES EACH DIRECTION, PER SIDE	1-2 MINUTES	3-4
<b>WEIGHTED DEAD BUG</b> RENEGADE ROW, ALTERNATING BIRD DOG	10-15 REPS PER SIDE	1-2 MINUTES	3-4
<b>KNEELING BAND TWIST</b> WOODCHOP, ALTERNATING BIRD DOG	10-15 REPS PER SIDE	1-2 MINUTES	3-4



## NOTES:

For detailed instructions on how to incorporate this workout into your adventure race training, please visit:  
<https://hartadventureracing.com/adventure-race-training-tips/>

**DISCLAIMER:** This workout was designed for educational purposes, and is not a prescribed training plan for any particular individual. Understand that when participating in strength training exercises, there is the possibility of physical injury. If you engage in this workout you agree that you do so at your own risk, are voluntarily participating in these activities, and assume all risk of injury to yourself. You should consult your physician or other health care professional before starting this or any other fitness program to determine if it is right for your needs. If you are not comfortable performing a movement, ask a trained fitness professional for in person help!