

1914-1918
TRIBUTE

**STRETCHER
CHALLENGE**



PREPARATION GUIDE



All participants should seek medical advice prior to starting any exercise program.

This program is used as a guide and individuals should modify duration intensity and type of exercise based upon current fitness, level of ability and any previous injury.

It is advised to seek professional guidance where possible on exercise technique.

Walking for the preparation guide should be done with external weight in a backpack or suitable load carriage pack with the following loads:

- Weeks 1 - 5 with 10kg worth of weight.
- Week 6 - 10 with 12 kg worth of weight.
- Weeks 11 - 15 with 15kg worth of weight.

Conditioning circuit involves intervals, resistance exercise and body weight movements.

Intervals - Can be done on any stationary cardio machine other than treadmill running to reduce on feet volume.



	Day	Date	Activity	Duration	Intensity
Week 1	Mon	5-Feb	Easy Run	20 minutes	Easy
	Tue	6-Feb	Strength	60 Minutes	Moderate
	Wed	7-Feb	Conditioning Circuit	30 Minutes	Hard
	Thu	8-Feb	Strength	60 Minutes	Moderate
	Fri	9-Feb	Walk	45 Minutes	Moderate
	Sat	10-Feb	Rest		
	Sun	11-Feb	Rest		
Week 2	Mon	12-Feb	Easy Run	25 minutes	Easy
	Tue	13-Feb	Strength	60 Minutes	Moderate
	Wed	14-Feb	Walk	45 Minutes	Moderate
	Thu	15-Feb	Strength	60 Minutes	Moderate
	Fri	16-Feb	Conditioning Circuit	30 Minutes	Hard
	Sat	17-Feb	Walk	60 Minutes	Easy
	Sun	18-Feb	Rest		
Week 3	Mon	19-Feb	Easy Run	30 minutes	Easy
	Tue	20-Feb	Strength	60 Minutes	Moderate
	Wed	21-Feb	Conditioning Circuit	30 Minutes	Hard
	Thu	22-Feb	Strength	60 Minutes	Moderate
	Fri	23-Feb	Walk	60 minutes	Moderate
	Sat	24-Feb	Rest		
	Sun	25-Feb	Rest		
Week 4	Mon	26-Feb	Easy Run	30 minutes	Easy
	Tue	27-Feb	Strength	60 Minutes	Moderate
	Wed	28-Feb	Walk	60 Minutes	Moderate
	Thu	1-Mar	Strength	60 Minutes	Moderate
	Fri	2-Mar	Conditioning Circuit	30 Minutes	Hard
	Sat	3-Mar	Walk	90 Minutes	Easy
	Sun	4-Mar	Rest		
Week 5	Mon	5-Mar	Easy Run	25 minutes	Easy
	Tue	6-Mar	Strength	60 Minutes	Moderate
	Wed	7-Mar	Rest		
	Thu	8-Mar	Strength	60 Minutes	Moderate
	Fri	9-Mar	Walk	60 Minutes	Easy
	Sat	10-Mar	Rest		
	Sun	11-Mar	Rest		



	Day	Date	Activity	Duration	Intensity
Week 6	Mon	12-Mar	Easy Run	30 Minutes	Easy
	Tue	13-Mar	Strength	60 Minutes	Moderate
	Wed	14-Mar	Conditioning Circuit	30 Minutes	Hard
	Thu	15-Mar	Strength	60 Minutes	Moderate
	Fri	16-Mar	Walk	60 Minutes	Moderate
	Sat	17-Mar	Rest		
	Sun	18-Mar	Rest		
Week 7	Mon	19-Mar	Easy Run	35 Minutes	Easy
	Tue	20-Mar	Strength	60 Minutes	Moderate
	Wed	21-Mar	Walk	60 Minutes	Moderate
	Thu	22-Mar	Strength	60 Minutes	Moderate
	Fri	23-Mar	Conditioning Circuit	30 Minutes	Hard
	Sat	24-Mar	Walk	120 Minutes	Easy
	Sun	25-Mar	Rest		
Week 8	Mon	26-Mar	Easy Run	40 Minutes	Easy
	Tue	27-Mar	Strength	60 Minutes	Moderate
	Wed	28-Mar	Conditioning Circuit	30 Minutes	Hard
	Thu	29-Mar	Strength	60 Minutes	Moderate
	Fri	30-Mar	Walk	60 Minutes	Moderate
	Sat	31-Mar	Rest		
	Sun	1-Apr	Rest		
Week 9	Mon	2-Apr	Easy Run	40 Minutes	Easy
	Tue	3-Apr	Strength	60 Minutes	Moderate
	Wed	4-Apr	Walk	60 Minutes	Moderate
	Thu	5-Apr	Strength	60 Minutes	Moderate
	Fri	6-Apr	Conditioning Circuit	30 Minutes	Hard
	Sat	7-Apr	Walk	150 Minutes	Easy
	Sun	8-Apr	Rest		
Week 10	Mon	9-Apr	Easy Run	35 Minutes	Easy
	Tue	10-Apr	Strength	60 Minutes	Moderate
	Wed	11-Apr	Rest		
	Thu	12-Apr	Strength	60 Minutes	Moderate
	Fri	13-Apr	Walk	60 Minutes	Easy
	Sat	14-Apr	Rest		
	Sun	15-Apr	Rest		



	Day	Date	Activity	Duration	Intensity
Week 11	Mon	16-Apr	Easy Run	40 Minutes	Easy
	Tue	17-Apr	Strength	60 Minutes	Moderate
	Wed	18-Apr	Conditioning Circuit	30 Minutes	Hard
	Thu	19-Apr	Strength	60 Minutes	Moderate
	Fri	20-Apr	Walk	90 Minutes	Moderate
	Sat	21-Apr	Rest		
	Sun	22-Apr	Rest		
Week 12	Mon	23-Apr	Easy Run	40 Minutes	Easy
	Tue	24-Apr	Strength	60 Minutes	Moderate
	Wed	25-Apr	Walk	90 Minutes	Moderate
	Thu	26-Apr	Strength	60 Minutes	Moderate
	Fri	27-Apr	Conditioning Circuit	30 Minutes	Hard
	Sat	28-Apr	Walk	180 Minutes	Easy
	Sun	29-Apr	Rest		
Week 13	Mon	30-Apr	Easy Run	45 Minutes	Easy
	Tue	1-May	Strength	60 Minutes	Moderate
	Wed	2-May	Conditioning Circuit	30 Minutes	Hard
	Thu	3-May	Strength	60 Minutes	Moderate
	Fri	4-May	Walk	90 Minutes	Moderate
	Sat	5-May	Rest		
	Sun	6-May	Rest		
Week 14	Mon	7-May	Easy Run	45 Minutes	Easy
	Tue	8-May	Strength	60 Minutes	Moderate
	Wed	9-May	Walk	90 Minutes	Moderate
	Thu	10-May	Strength	60 Minutes	Moderate
	Fri	11-May	Conditioning Circuit	30 Minutes	Hard
	Sat	12-May	Walk	210 Minutes	Easy
	Sun	13-May	Rest		
Week 15	Mon	14-May	Easy Run	30 Minutes	Easy
	Tue	15-May	Strength	60 Minutes	Moderate
	Wed	16-May	Rest		
	Thu	17-May	Strength	60 Minutes	Moderate
	Fri	18-May	Rest		
	Sat	19-May	Rest		
	Sun	20-May	Stretcher Carry		Hard

Conditioning Circuit (Weeks 11 - 14)					
Activity	Work	Rest	Reps	Time	Elapsed
Intervals	20 sec's	10 sec's	8	4 mins	4 Mins
Rest 90 Sec's					5:30 Mins
Circuit (work through 3 times, 1 min rest between sets)					
Farmers Carry	90 Sec's				
Plank	1 Min				
Farmers Carry	90 Sec's				
Sit Ups	1 min				
Farmers Carry	90 Sec's				
Plank	1 Min			24:30 Mins	30 Min's

Disclaimer. This information is a guide only and is not intended as medical advice. The Participant is solely responsible for modifying the Stretcher Program in accordance with their current level of fitness, level of ability and any previous injuries. The Participant acknowledges that there are inherent risks associated with the activities relating to the Stretcher Program, and assumes all risks associated with participating in such activities. The Participant hereby agrees to release Wandering Warriors from any and all claims for any injury or damage in any way connected with the Participant's participation in this activity unless such injury or damage arises from the sole negligence of Wandering Warriors.

