

Arise Training Guide



We've put together a suggested 8-week training guide you can use in the lead up to Arise. Remember - the duration, distances and weights are a guide. Please modify to suit your fitness level, start slowly, and listen to your body. The training program provided is a guide only, and not tailored to your unique needs. Always consult your regular health care provider before starting a new exercise program.

8 Week Calendar							
	MON	TUE	WED	THU	FRI	Saturday	Sunday
Week 1/8	REST	WALK	REST	WALK	REST	HIKE 2km Bush terrain Carry your pack 2kg Elevation <100m	REST Re-hydrate Sleep Stretch
		2km		2km			
		STRENGTH-MOBILITY-BALANCE 2 ROUNDS 2reps/s		STRENGTH-MOBILITY-BALANCE 2 ROUNDS 2reps/s			
Week 2/8	REST	WALK	REST	WALK	REST	HIKE 4km Bush terrain Carry your pack 4kg Elevation 100m	REST Re-hydrate Sleep Stretch
		2km		2km			
		STRENGTH-MOBILITY-BALANCE 4 ROUNDS 4reps/s		STRENGTH-MOBILITY-BALANCE 4 ROUNDS 4reps/s			
Week 3/8	REST	DYNAMIC STRETCHES	REST	WALK	REST	HIKE 6km Bush terrain Carry your pack 6kg Elevation >100m	REST Re-hydrate Sleep Stretch
		3km		3km			
		STRENGTH-MOBILITY-BALANCE 4 ROUNDS 6reps/s		STRENGTH-MOBILITY-BALANCE 4 ROUNDS 6reps/s			
Week 4/8	REST	WALK	REST	WALK	REST	HIKE 8km Carry your pack 8kg Elevation >100m	REST Re-hydrate Sleep Stretch
		4km		4km			
		STRENGTH-MOBILITY-BALANCE 4 ROUNDS 8reps/s		STRENGTH-MOBILITY-BALANCE 4 ROUNDS 8reps/s			
Week 5/8	REST	WALK	REST	WALK	REST	HIKE 10km Carry your pack 10kg Elevation >100m	REST Re-hydrate Sleep Stretch
		5km		5km			
		STRENGTH-MOBILITY-BALANCE 4 ROUNDS 10reps/s		STRENGTH-MOBILITY-BALANCE 4 ROUNDS 10reps/s			
Week 6/8	REST	WALK	REST	WALK	REST	HIKE 12km Carry your pack 12kg Elevation >100m	REST Re-hydrate Sleep Stretch
		6km		6km			
		STRENGTH-MOBILITY-BALANCE 4 ROUNDS 12reps/s		STRENGTH-MOBILITY-BALANCE 4 ROUNDS 12reps/s			
Week 7/8	REST	WALK	REST	WALK	REST	HIKE 8 km Carry your FULL pack Elevation >100m	REST Re-hydrate Sleep Stretch
		4km		4km			
		STRENGTH-MOBILITY-BALANCE 4 ROUNDS 8reps/s		STRENGTH-MOBILITY-BALANCE 4 ROUNDS 8reps/s			
Week 8/8	WALK	REST	WALK	REST	Arise		
	2-3km		2-3km				
	STRENGTH-MOBILITY-BALANCE 4 ROUNDS 6reps/s		STRENGTH-MOBILITY-BALANCE 4 ROUNDS 6reps/s				

8 Week Activity Breakdown				
	Walk	Strength-Mobility-Balance	Gentle Stretches	Hike
Resources:	<p>Ideas to fit into a busy schedule:</p> <ul style="list-style-type: none"> - Get off the bus / train a stop or two early. - Park a few streets away from school and walk in with the kids - Visit your local parkrun on a Saturday https://www.parkrun.com.au/ 	<p>This program is designed to be done BEFORE your 2 weekday shorter walks. It serves as a warmup. If you prefer to break it up, perform this program on 2 of your rest days, but not the days either side of your weekend hike. The program targets minimum Arise requirements and can be used as a guide to inform your programs.</p>	<p>Limit your total stretching time to 20min. Gentle stretches can be performed AFTER a walk or hike and on rest days. However, once a week will suffice.</p>	<p>Check out the links below for great hiking ideas around Brisbane:</p> <p>https://parks.desl.qld.gov.au/things-to-do/events-calendar</p> <p>https://parks.desl.qld.gov.au/things-to-do/activities/walking</p> <p>Check for park alerts before you set off:</p> <p>https://parks.desl.qld.gov.au/park-alerts</p>
Week 1/8	Option to carry your pack with up to 2kg during your walk	Arabesque Leg Swings, Front Plank, Left Side Plank, Right Side Plank, Glute Bridges, Inclined Pushup, 2kg Deep Sumo Squats, 2kg Shoulder Press	<p>Hold gentle stretches for 30s each. In addition, try dynamic versions where you move slowly through the range, keeping the muscle you are lengthening under constant low tension. Target muscles that feel any soreness from your long hike the day before.</p>	<p>Wear the trail shoes/boots, and socks you intend to wear for Arise. Choose trails with uneven terrain, gradients, some large step up and steep declines. Use the recommended elevation to guide you and help you improve strength, balance, and agility. Carry the pack you intend to use for Arise and follow the increasing load guide to help you get used to packing and carrying all your gear and water. The progressive loading will give you practice at arranging your items in the most comfortable and accessible way.</p>
Week 2/8	Option to carry your pack with up to 4kg during your walk	Arabesque Leg Swings, Front Plank, Left Side Plank, Right Side Plank, Glute Bridges, Inclined Pushup, 2kg Deep Sumo Squats, 2kg Shoulder Press		
Week 3/8	Option to carry your pack with up to 6kg during your walk	Arabesque Leg Swings, Front Plank, Left Side Plank, Right Side Plank, Glute Bridges, Inclined Pushup, 2-3kg Deep Sumo Squats, 2-3kg Shoulder Press		
Week 4/8	Option to carry your pack with up to 8kg during your walk	Arabesque Leg Swings, Front Plank, Left Side Plank, Right Side Plank, Glute Bridges, Inclined Pushup, 2-4kg Deep Sumo Squats, 2-4kg Shoulder Press		
Week 5/8	Option to carry your pack with up to 10kg during your walk	Arabesque Leg Swings, Front Plank, Left Side Plank, Right Side Plank, Glute Bridges, Inclined Pushup, 2-5kg Deep Sumo Squats, 2-5kg Shoulder Press		
Week 6/8	Option to carry your pack with up to 12kg during your walk	Arabesque Leg Swings, Front Plank, Left Side Plank, Right Side Plank, Glute Bridges, Inclined Pushup, 2-6kg Deep Sumo Squats, 2-6kg Shoulder Press		
Week 7/8	Option to carry your pack with up to 8kg during your walk	Arabesque Leg Swings, Front Plank, Left Side Plank, Right Side Plank, Glute Bridges, Inclined Pushup, 2-4kg Deep Sumo Squats, 2-4kg Shoulder Press		
Week 8/8	Option to carry your pack with up to 3kg during your walk	Arabesque Leg Swings, Front Plank, Left Side Plank, Right Side Plank, Glute Bridges, Inclined Pushup, 2-3kg Deep Sumo Squats, 2-3kg Shoulder Press		Arise