



# ALPENGLÖW

EXPEDITIONS

12-WEEK MOUNTAINEERING  
TRAINING PROGRAM

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# BACKGROUND:

How the 12-Week Mountaineering Training Program came to be.

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Alpenglow is not in the business of dragging clients up any mountain. We believe that the experience is richer when you make a momentous summit achievement in your own right. Not to mention, when it comes to expeditions, training and preparation are the only factors that you can control. We wanted to provide our clients with a comprehensive training plan to get them to the top of their dream objectives.

And so in collaboration with our Personal Trainer, Lynette Talbott from Billy Goat Swift, we developed the 12-Week Mountaineering Training Program. With gradual progressions, expedition-specific exercises, a complimentary trip discovery call with Griffin, and a complimentary personal training call with Lynette once you sign up for a trip, we will help you stand on top of giants. **Let's get started.**



# A NOTE FROM OUR TRAINER:

This is a specifically designed 12-week Cardiovascular and Muscular Strength & Endurance Training program based on the demands of a summit climb.

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Summit days will involve long pushes uphill. As you can imagine, the steepness of the terrain will tax the lungs and legs. You will train 5 days/week for a total of 60 training sessions. This training program can be completed in a commercial gym, with basic free weight equipment and cardiovascular training methods. Please note this plan does not take into account personal injuries, issues, needs, or previous training status. This plan is the bare minimum training requirement for an overnight expedition, completion of this plan will make your on-mountain experience more enjoyable and potentially easier. **Every training client signed up for an international expedition is able to receive a 1-hour phone consultation** to discuss your training plans for your climb with Alpenglow Staff Trainer, Lynette Talbott. Please email Lynette directly to set up a phone consultation: [lynette@billygoatswift.com](mailto:lynette@billygoatswift.com)

Please consult a physician before starting any type of physical training program, especially if you have been inactive. You are responsible for your own safety when working out and training. Only you know the limits of your body!



# FAQ'S:

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**How long should the training sessions take?** Generally around 60 minutes. **What if I can't keep up with the training schedule?** If for any reason you can't keep a Monday-Saturday training schedule, do not skip a session. Rather, complete all the training sessions in succession. **What if I've never trained in a gym before?** This training program is designed so that a certified personal trainer can pick up the packet at your local gym who may not be aware of the demands of mountain climbing but can be there for quality and form of the strength exercises. If you do not have a gym in your local area, please consult our Alpenglow Staff Trainer to work out accommodations specific to your needs. **I have a restricted schedule. How can I get all the training time in?** Your success on a climbing trip starts months prior to making the commitment. As a guide, I have seen many folks show up at the trailhead without training at all for the planned trip. The only element of mountaineering that can be controlled is training and preparation. Hard work and dedication to training will add depth to your mountaineering success. **What if I have more questions?** Custom Training Plans and on-site consultation training are available for an additional cost. Please inquire during your complimentary phone consultation. Email [lynette@billygoatswift.com](mailto:lynette@billygoatswift.com) to get set up.

# GOALS:

Which expedition would you like to train for? Let's get you on the books!

There are many factors involved in choosing which big objective you'd like to train for:

- How much time can you take off?
- What technical skills do you have?
- Do you have high altitude experience?
- What is your fitness level?

If you have any questions, we recommend thoroughly exploring our website and reaching out to Griffin for your complimentary one-on-one call so he can explain the detailed differences and help you choose the perfect expedition for you!

**Contact: [griffin@alpenglowexpeditions.com](mailto:griffin@alpenglowexpeditions.com)**

**Or you can schedule a call on his calendar [here!](#)**

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# WHAT YOU'LL NEED ACCESS TO:

Here are the tools you need access to in order to complete our 12-Week Training Plan. If you are an international expedition client and don't have access to any of these components, please reach out to [lynette@billygoatswift.com](mailto:lynette@billygoatswift.com) for a free personalized consultation.

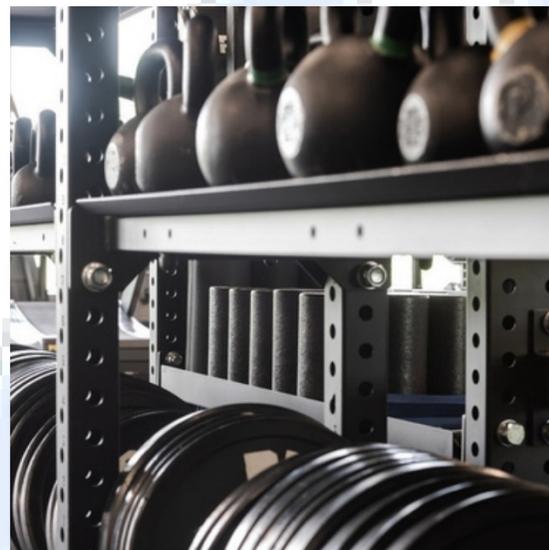
## Cardio

Gym cardio machines are a great way to simulate and control different variables of a mountain such as incline and speed. We recommend using an incline treadmill or stair master as they mimic the physical demands of your expedition the most.



## Strength Training

Most commercial gyms will have the equipment you need to complete this plan.



## Outdoors

There is an outdoor component to training to get you used to variable terrain, incline, and carrying weight on your back. Even if you don't live near mountains, you can train on stadium stairs or fire escapes.



# A NOTE FROM ADRIAN BALLINGER:

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"So you're starting to train for an expedition?! Awesome, that's such an exciting time. I've found that the biggest motivator for my training is picturing myself standing at the summit, looking down at what I've just climbed knowing that all of the months of hard work, the training sessions that I didn't want to do but forced myself to complete, and the intention that I put in my preparation got me to this moment. Trust me, the training that you put in now will lead you to success on the mountain. The more you train, the more fun you'll have! So get after it!"

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# TRAINING WEEK 1

## SESSION 1

**Warm Up:**  
15 min treadmill incline walking

**Strength:**  
Lat Pulldowns 3x15  
Hamstring Curls 3x10  
Seated Rows 3x15  
Glute Bridges 3x15  
Bicep Curls 3x 10 ea  
Machine Leg Press 3x15  
Pushups 3x10  
Calf Raises 3x20

## SESSION 2

**Warm Up:**  
10 Squats  
10 Lunges  
5 Pushups  
Repeat 3x

**Cardio:**  
30 minutes stair master or incline treadmill walking

## SESSION 3

**Warm Up:**  
15 min treadmill incline walking

**Strength Training:**  
Hamstring Curls 3x10  
Glute Bridges 3x15  
Machine Leg Pres 3x15  
Calf Raises 3x20

**Core** Front Plank 30 sec holds Bicycle Cruches x 20 Leg Lowering x10 ea leg Repeat 3x

## SESSION 4

**Warm Up:**  
Wall Sit Hold 1 minute  
Alternating Step UPs 40x  
Kneeling Chops 10x  
Repeat 3x

**Strength Training**  
Lat Pulldowns 3x15  
Seated Rows 3x15  
Bicep Curls 3x 10 ea Pushups 3x10

**Core**  
Front Plank 30 sec holds Bicycle Cruches x 20  
Leg Lowering x10 ea leg  
Repeat 3x

## SESSION 5

**Hike 2 hours, no backpack**



# TRAINING WEEK 2

## SESSION 1

**Warm Up:**  
15 min treadmill incline walking

**Strength Training:**  
Lat Pulldowns 3x15  
Hamstring Curls 3x10  
Seated Rows 3x15  
Glute Bridges 3x15  
Bicep Curls 3x 10 ea  
Machine Leg Press 3x15  
Pushups 3x10  
Calf Raises 3x20

## SESSION 2

**Warm Up:**  
10 Squats  
10 Lunges  
5 Pushups  
Repeat 3x

**Cardio:**  
45 minutes stair master  
or incline treadmill walking

## SESSION 3

**Warm Up:**  
10 Squats  
10 Lunges  
5 Pushups  
Repeat 3x

**Strength Training:**  
Lat Pulldowns 3x15  
Seated Rows 3x15  
Bicep Curls 3x 10 ea  
Pushups 3x10

**Core**  
Front Plank 30 sec holds  
Bicycle Cruches x 20  
Leg Lowering x10 ea leg  
Repeat 3x

## SESSION 4

**Warm Up:**  
15 min treadmill incline walking

**Strength Training:**  
Lat Pulldowns 3x15  
Hamstring Curls 3x10  
Seated Rows 3x15  
Glute Bridges 3x15  
Bicep Curls 3x 10 ea  
Machine Leg Press 3x15  
Pushups 3x10  
Calf Raises 3x20

## SESSION 5

**Hike 2 hours, 20 lb. pack**



# TRAINING WEEK 3

## SESSION 1

**Warm Up:**  
15 min treadmill incline walking

**Strength Training:** Lat Pulldowns 3x15  
Hamstring Curls 3x10  
Seated Rows 3x15 Glute Bridges 3x15 Bicep Curls 3x 10 ea Machine Leg Press 3x15 Pushups 3x10 Calf Raises 3x20

## SESSION 2

**Warm Up:**  
10 Squats  
10 Lunges  
5 Pushups  
Repeat 3x

**Cardio:**  
45 minutes stair master or incline treadmill walking

## SESSION 3

**Warm Up:**  
10 Squats  
10 Lunges  
5 Pushups  
Repeat 3x

**Strength Training:**  
Lat Pulldowns 3x15  
Seated Rows 3x15  
Bicep Curls 3x 10 ea  
Pushups 3x10

**Core**  
Front Plank 30 sec holds  
Bicycle Cruches x 20  
Leg Lowering x10 ea leg  
Repeat 3x

## SESSION 4

**Warm Up:**  
15 min treadmill incline walking

**Strength Training:** Lat Pulldowns 3x15  
Hamstring Curls 3x10  
Seated Rows 3x15 Glute Bridges 3x15 Bicep Curls 3x 10 ea Machine Leg Press 3x15 Pushups 3x10 Calf Raises 3x20

**Core**  
Front Plank 30 sec holds  
Bicycle Cruches x 20  
Leg Lowering x10 ea leg  
Repeat 3x

## SESSION 5

**Hike 2 hours, 20 lb. backpack**



# TRAINING WEEK 4

## SESSION 1

### Warm Up:

15 min treadmill incline walking

### Strength Training:

Assisted Pull-ups 3x10  
Lunge Step Ups -1 minute each leg  
Bent Over Rows x15 ea  
Reverse Step Ups - 1 minute each side ea  
Single Leg Press 3x10 ea  
leg Deltoid Flys 3x10

### Core

Med Ball Twist 3x10 Mtn Climbers 3x20  
Kneeling Rollout 3x10  
Side Plank 30 sec ea side

## SESSION 2

### Warm Up:

10 Squats  
10 Lunges  
5 Pushups  
Repeat 3x

### Cardio:

30 min stair climbing

## SESSION 3

### Warm Up:

10 Squats  
10 Lunges  
5 Pushups  
Repeat 3x

### Strength Training:

Lat Pulldowns 3x15  
Seated Rows 3x15  
Bicep Curls 3x 10 ea  
Pushups 3x10  
Deltoid Flys 3x10  
Chest Press 3x10  
Tricep Extensions 3x10

### Core

Front Plank 30 sec holds  
Bicycle Cruches x 20  
Leg Lowering x10 ea leg  
Repeat 3x

## SESSION 4

### Warm Up:

10 Squats  
10 Lunges  
5 Pushups  
Repeat 3x

### Cardio:

45 minute bike

### Core

Med Ball Twist 3x10 Mtn Climbers 3x20  
Kneeling Rollout 3x10  
Side Plank 30 sec ea side

## SESSION 5

**Hike 2000ft elevation gain, with 20 lb. pack**



# TRAINING WEEK 5

## SESSION 1

**Warm Up:**  
15 min treadmill incline walking

**Strength Training:**  
Assisted Pull-ups 3x10  
Lunge Step Ups -1 minute each leg  
Bent Over Rows x15 ea  
Reverse Step Ups - 1 minute each side ea  
Single Leg Press 3x10 ea  
leg Deltoid Flys 3x10

**Core**  
Med Ball Twist 3x10 Mtn Climbers 3x20  
Kneeling Rollout 3x10  
Side Plank 30 sec ea side

## SESSION 2

**Warm Up:**  
10 Squats  
10 Lunges  
5 Pushups  
Repeat 3x

**Cardio:**  
45 min stair master or incline treadmill walking

## SESSION 3

**Warm Up:**  
10 Squats  
10 Lunges  
5 Pushups  
Repeat 3x

**Strength Training:**  
Lat Pulldowns 3x15  
Seated Rows 3x15  
Bicep Curls 3x 10 ea  
Pushups 3x10  
Deltoid Flys 3x10  
Chest Press 3x10  
Tricep Extensions 3x10

**Core**  
Front Plank 30 sec holds  
Bicycle Cruches x 20  
Leg Lowering x10 ea leg  
Repeat 3x

## SESSION 4

**Warm Up:**  
10 Squats  
10 Lunges  
5 Pushups  
Repeat 3x

**Cardio:**  
20 min stairs  
25 min bike

**Core**  
Med Ball Twist 3x10 Mtn Climbers 3x20  
Kneeling Rollout 3x10  
Side Plank 30 sec ea side

## SESSION 5

**Hike 2 hours with a 30 lb. pack**



# TRAINING WEEK 6

## SESSION 1

**Warm Up:**  
15 min treadmill incline walking

**Strength Training:**  
Assisted Pull-ups 3x10  
Lunge Step Ups -1 minute each leg  
Bent Over Rows 3x15 ea  
Reverse Step Ups - 1 minute each side ea  
Single Leg Press 3x10 ea  
leg Deltoid Flys 3x10

**Core**  
Med Ball Twist 3x10 Mtn Climbers 3x20  
Kneeling Rollout 3x10  
Side Plank 30 sec ea side

## SESSION 2

**Warm Up:**  
10 Squats  
10 Lunges  
5 Pushups  
Repeat 3x

**Cardio:**  
30 min stair climbing  
15 min bicycle

## SESSION 3

**Warm Up:**  
10 Squats  
10 Lunges  
5 Pushups  
Repeat 3x

**Strength Training:**  
Hamstring Curls 3x10  
Glute Bridges 3x15  
Machine Leg Press 3x15  
Calf Raises 3x20  
Lunge Step Ups -1 minute ea leg  
Single Leg Press 3x10 ea leg

**Core**  
Front Plank 30 sec holds  
Bicycle Cruches x 20  
Leg Lowering x10 ea leg  
Repeat 3x

## SESSION 4

**Warm Up:**  
10 Squats  
10 Lunges  
5 Pushups  
Repeat 3x

**Cardio:**  
20 min stairs  
25 min running

**Core**  
Med Ball Twist 3x10 Mtn Climbers 3x20  
Kneeling Rollout 3x10  
Side Plank 30 sec ea side

## SESSION 5

**Hike 2000ft elevation gain, with 20 lb. pack**



# TRAINING WEEK 7

## SESSION 1

**Warm Up:**  
15 min treadmill incline walking

**Strength Training:**  
Back Squats 3x15  
Step Ups x40 ea leg  
Single Leg Press 3x10 ea leg  
Hamstring Curls 3x15 ea leg  
Reverse Lunges 3x15 ea leg

**Core**  
Ball Reverse Curl ups 3x15  
V-Sit Holds 3x 30 second  
Ball Front Plank 3x30 sec

## SESSION 2

**Warm Up:**  
10 Squats  
10 Lunges  
5 Pushups  
Repeat 3x

**Cardio:**  
1 hour stair master or incline treadmill walking

## SESSION 3

**Warm Up:**  
10 Squats  
10 Lunges  
5 Pushups  
Repeat 3x

**Strength Training:**  
Lat Pulldowns 3x15  
Seated Rows 3x15  
Bicep Curls 3x 10 ea  
Pushups 3x10  
Deltoid Flys 3x10  
Chest Press 3x10  
Tricep Extensions 3x10

**Core**  
Front Plank 30 sec holds  
Bicycle Cruches x 20  
Leg Lowering x10 ea leg  
Repeat 3x

## SESSION 4

**Warm Up:**  
10 Squats  
10 Lunges  
5 Pushups  
Repeat 3x

**Cardio:**  
20 min stairs  
25 min running

**Core**  
Med Ball Twist 3x10 Mtn Climbers 3x20  
Kneeling Rollout 3x10  
Side Plank 30 sec ea side

## SESSION 5

**Hike 2.5 hrs with 3,000ft elevation gain**



# TRAINING WEEK 8

## SESSION 1

**Warm Up:**  
15 min treadmill incline walking, 8-15% Grade

**Strength Training:** Back Squats 3x15 Step Ups 3x40 ea leg Single Leg Press 3x10 ea leg Hamstring Curls 3x15 ea Reverse Lunges 3x15 ea leg

**Core**  
Ball Reverse Curl ups 3x15  
V-Sit Holds 3x 30 second  
Ball Front Plank 3x30 sec

## SESSION 2

**Warm Up:**  
10 Squats  
10 Lunges  
5 Pushups  
Repeat 3x

**Cardio:**  
1 hour stair master or incline treadmill walking

## SESSION 3

**Warm Up:**  
10 Squats  
10 Lunges  
5 Pushups  
Repeat 3x

**Strength Training:**  
Hamstring Curls 3x10  
Glute Bridges 3x15  
Machine Leg Press 3x15  
Calf Raises 3x20  
Lunge Step Ups -1 minute ea leg  
Single Leg Press 3x10 ea leg

**Core**  
Front Plank 30 sec holds  
Bicycle Cruches x 20  
Leg Lowering x10 ea leg  
Repeat 3x

## SESSION 4

**Warm Up:**  
10 Squats  
10 Lunges  
5 Pushups  
Repeat 3x

**Cardio:**  
30 min stairs  
30 min running

**Core**  
Med Ball Twist 3x10 Mtn Climbers 3x20  
Kneeling Rollout 3x10  
Side Plank 30 sec ea side

## SESSION 5

**Hike 3,000ft elevation gain. Determine how much weight you expect to carry on your expedition and start to carry that amount.**



# TRAINING WEEK 9

## SESSION 1

### Warm Up:

15 min treadmill incline walking

### Strength Training:

Back Squats 3x15  
Step Ups x40 ea leg  
Single Leg Press 3x10 ea leg  
Hamstring Curls 3x15 ea leg  
Reverse Lunges 3x15 ea leg

### Core

Ball Reverse Curl ups 3x15  
V-Sit Holds 3x 30 second  
Ball Front Plank 3x30 sec

## SESSION 2

### Warm Up:

10 Squats  
10 Lunges  
5 Pushups  
Repeat 3x

### Cardio:

1 hour stair master or incline treadmill walking

## SESSION 3

### Warm Up:

10 Squats  
10 Lunges  
5 Pushups  
Repeat 3x

### Strength Training:

Hamstring Curls 3x10  
Glute Bridges 3x15  
Machine Leg Press 3x15  
Calf Raises 3x20  
Deltoid Flys 3x10  
Chest Press 3x10  
Tricep Extensions 3x10

### Core

Front Plank 30 sec holds  
Bicycle Crunches x 20  
Leg Lowering x10 ea leg  
Repeat 3x

## SESSION 4

### Warm Up:

10 Squats  
10 Lunges  
5 Pushups  
Repeat 3x

### Cardio:

30 min stairs  
30 min running

### Core

Med Ball Twist 3x10 Mtn Climbers 3x20  
Kneeling Rollout 3x10  
Side Plank 30 sec ea side

## SESSION 5

Depending on pace and elevation gain, you should now be able to hike for 4-6 hours with a backpack weight that you will carry on your trip.



# TRAINING WEEK 10

## SESSION 1

### Warm Up:

15 min treadmill incline walking

### Strength Training:

Back Squats 3x15  
Step Ups x40 ea leg  
Single Leg Press 3x10 ea leg  
Hamstring Curls x15 ea leg  
Reverse Lunges x15 ea leg  
Assisted Pullups 3x15  
Pushups 3x10  
Seated Rows 3x15

### Core

Ball Reverse Curl ups 3x15  
V-Sit Holds 3x30 sec  
Ball Front Plank 3x30 sec

## SESSION 2

### Warm Up:

10 Squats  
10 Lunges  
5 Pushups  
Repeat 3x

### Cardio:

1 hour stair master or incline treadmill walking

## SESSION 3

### Warm Up:

10 Squats  
10 Lunges  
5 Pushups  
Repeat 3x

### Strength Training:

Hamstring Curls 3x10  
Glute Bridges 3x15  
Machine Leg Press 3x15  
Calf Raises 3x20  
Single Leg Press 3x10 ea leg  
Deltoid Flys 3x10  
Chest Press 3x10  
Tricep Extensions 3x10

### Core

Front Plank 30 sec holds  
Bicycle Cruches x 20  
Leg Lowering x10 ea leg  
Repeat 3x

## SESSION 4

### Warm Up:

10 Squats  
10 Lunges  
5 Pushups  
Repeat 3x

### Cardio:

45 min stairs  
30 min running

### Core

Med Ball Twist 3x10 Mtn Climbers 3x20  
Kneeling Rollout 3x10  
Side Plank 30 sec ea side

## SESSION 5

Depending on pace and elevation gain, you should now be able to hike for 4-6 hours with a backpack weight that you will carry on your trip.



# TRAINING WEEK 11

## SESSION 1

Warm Up:  
15 min treadmill incline walking

Strength Training:  
Back Squats 3x15  
Step Ups x40 ea leg  
Single Leg Press 3x10 ea leg  
Hamstring Curls x15 ea leg  
Reverse Lunges x15 ea leg  
Assisted Pullups 3x15  
Pushups 3x10  
Seated Rows 3x15

Core  
Ball Reverse Curl ups 3x15  
V-Sit Holds 3x30 sec  
Ball Front Plank 3x30 sec

## SESSION 2

Warm Up:  
10 Squats  
10 Lunges  
5 Pushups  
Repeat 3x

Cardio:  
1 hour stair master or incline treadmill walking

## SESSION 3

Warm Up:  
10 Squats  
10 Lunges  
5 Pushups  
Repeat 3x

Strength Training:  
Hamstring Curls 3x10  
Glute Bridges 3x15  
Machine Leg Press 3x15  
Calf Raises 3x20  
Deltoid Flys 3x10  
Chest Press 3x10  
Tricep Extensions 3x10

Core  
Front Plank 30 sec holds  
Bicycle Cruches x 20  
Leg Lowering x10 ea leg  
Repeat 3x

## SESSION 4

Warm Up:  
10 Squats  
10 Lunges  
5 Pushups  
Repeat 3x

Cardio:  
45 min stairs  
30 min running

Core  
Med Ball Twist 3x10 Mtn Climbers 3x20  
Kneeling Rollout 3x10  
Side Plank 30 sec ea side

## SESSION 5

Depending on pace and elevation gain, you should now be able to hike for 4-6 hours with a backpack weight that you will carry on your trip.



# TRAINING WEEK 12

## SESSION 1

### Warm Up:

15 min treadmill incline walking

### Strength Training:

Back Squats 3x15  
Step Ups x40 ea leg  
Single Leg Press 3x10 ea leg  
Hamstring Curls x15 ea leg  
Reverse Lunges x15 ea leg  
Deltoid Flys 3x10  
Chest Press 3x10  
Tricep Extensions 3x10

### Core

Ball Reverse Curl ups 3x15  
V-Sit Holds 3x30 sec  
Ball Front Plank 3x30 sec

## SESSION 2

### Warm Up:

10 Squats  
10 Lunges  
5 Pushups  
Repeat 3x

### Cardio:

1 hour stair master or incline treadmill walking

## SESSION 3

### Warm Up:

10 Squats  
10 Lunges  
5 Pushups  
Repeat 3x

### Strength Training:

Assisted Pull-ups 3x15  
Pushups 3x10  
Seated Rows 3x15  
Hamstring Curls 3x10  
Glute Bridges 3x15  
Machine Leg Press 3x15  
Calf Raises 3x20

### Core

Front Plank 30 sec holds  
Bicycle Cruches x 20  
Leg Lowering x10 ea leg  
Repeat 3x

## SESSION 4

### Warm Up:

10 Squats  
10 Lunges  
5 Pushups  
Repeat 3x

### Cardio:

45 min stairs  
30 min running

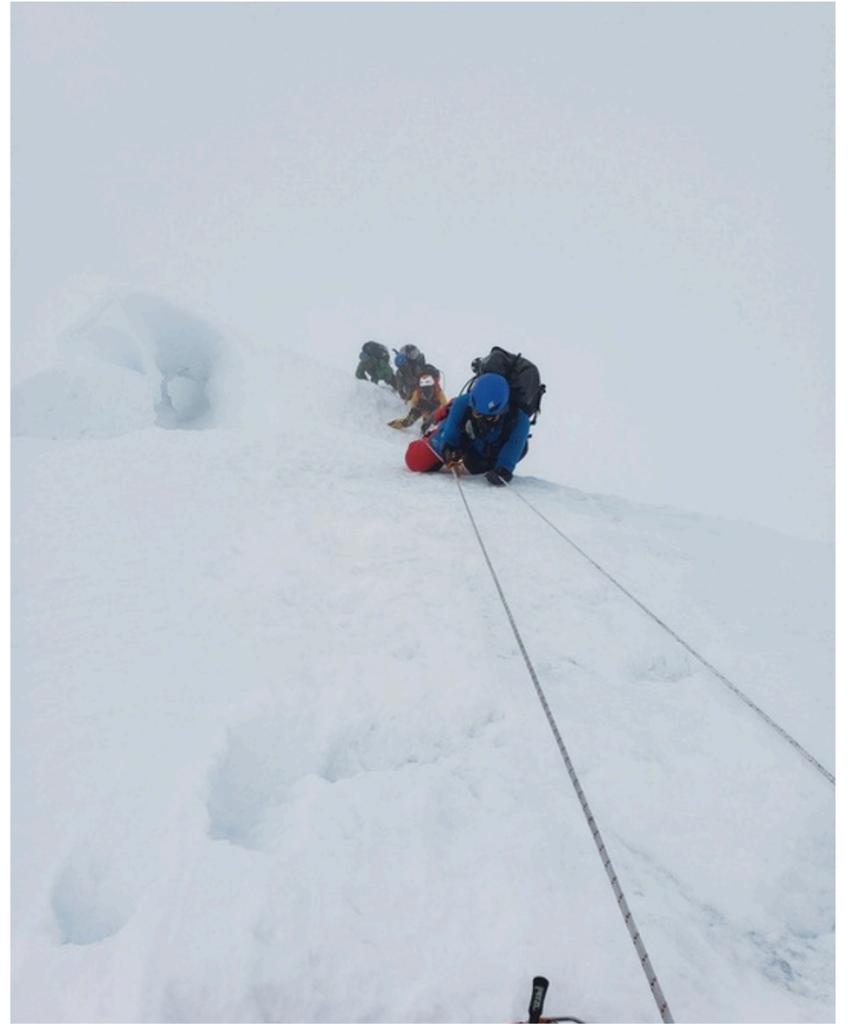
### Core

Med Ball Twist 3x10  
Mtn Climbers 3x20  
Kneeling Rollout 3x10  
Side Plank 30 sec ea side

## SESSION 5

Depending on pace and elevation gain, you should now be able to hike for 4-6 hours with a backpack weight that you will carry on your trip.





# EXPEDITION TIME

Congratulations! Your hard work and dedication will pay off on the way to the summit.

We look forward to celebrating at the top with you!

