

Appalachian Yomp Strength and Conditioning Program





Helpful Tips and Reminders

- **Warm-up should be dynamic**
 - Short aerobic activity (i.e. jump rope, treadmill) followed by dynamic stretches (butt kicks, legs swings, etc.)
 - Move muscles through ranges of motion
 - Elevate heart rate while warming muscles
- **Select appropriate weight**
 - Weight should challenge you to complete the last set while maintaining proper form
 - Starting with body weight may be the appropriate option
 - Majority of the exercise can be done with unconventional weights, utilize what you have available
 - Stuffed duffle bags, dumbbells, kettle bells, barbells, kegs, logs
- **Maintain controlled tempo and proper form throughout lifts**
 - Neutral spine, good athletic stance, comfortable, “look good, feel good”
- **Don’t forget to breathe**
 - Inhale during eccentric portion (i.e. lowering the weight), exhale during concentric (lifting the weight)
- **Increase duration before intensity**
 - Work to complete entire YOMPs, workouts and cardio sessions before adjusting variables such as speed, weight, gear, etc.
- **Diet is important**
 - Make sure your caloric intake is appropriate for the amount of exercise you are doing
 - Carbs are not your enemy; you will need them for this type to program
- **When deciding to increase weight for next set/session**
 - On the last set of the exercise, complete 2 additional repetitions (if doing 10, complete 12). If you can successfully complete 12 on the last set for 2 sessions, increase the weight
- **Establish a daily routine that works for YOU**
 - Develop a schedule that incorporates the program without turning it into a chore
- **HAVE FUN!**
 - Get others involved, set goals, share your successes



Weeks 1-2

Strength Day 1 and Day 3

- 5 sets of 15 reps
 - Squats
 - Chest Press
 - Bent Over Rows
- 3 sets of 15 reps
 - Reverse Lunges
 - Seated Single Arm Shoulder Press
 - Pull-ups
 - Split Stance Lunge
 - Decline Push-ups
 - Single Arm Row
 - Single Leg Deadlift
 - Shrugs
 - Deadbugs (15 ea/side)
 - Kneeling Bird dogs (15 ea/side)
 - Flutter Kicks(15 ea/side)

*** 30 second rest between sets, 3 minute rest between exercise***

Cardio Day 1

- 30 minute run or walk

Strength Day 2

- 5 sets of 15
 - Deadlift
- 3 sets of 15
 - Incline Chest Press
 - Lateral Lunges
 - Reverse Grip Bent Over Row



- Close Grip Chest Press
- Sumo Squat
- Pullovers
- Bench Dips
- Bicep Curls
- Step ups
- Hip Bridges
- 3 sets with 30 Second holds
 - Front Plank
 - Side Planks

*** 30 second rest between sets, 3 minute rest between exercises***

Cardio Day 2:

- HIIT CYCLES: 30 sec/exercise, 1:30 rest between rounds, 3 rounds per cycle
 - Cycle 1: Suicides - Close-grip push-ups - Box Jumps
 - Cycle 2: Jump Rope - Ultimate Burpees - Hanging Knee Raises
- 20 minute hill climbs
 - 1:1 work to rest ratio

Cardio Day 3, YOMP DAY

- Bronze: 4 miles
- Silver: 8 miles week 1, 9.5 miles week 2
- Gold: 10 Miles week 1, 12 miles week 2



Week 3-4

Strength Day 1 and Day 3

- 3 sets of 15 reps, 2 sets of 12
 - Squats
 - Chest Press
 - Bent Over Rows
 - 2 sets of 15 reps, 1 set of 12
 - Reverse Lunges
 - Seated Single Arm Shoulder Press
 - Pull-ups
 - Split Stance Lunge
 - Decline Push-ups
 - Single Arm Row
 - Single Leg Deadlift
 - Shrugs
 - 3 Sets of 20 reps
 - Deadbugs (20 ea/side)
 - Kneeling Bird dogs (20 ea/side)
 - Flutter Kicks (20 ea/side)
- ***30 second rest between sets of 15, 10 minute rest between sets of 12, 3 minute rest between exercises***

Cardio Day 1

- 40 minute run or walk

Strength Day 2

- 3 sets of 15, 2 sets of 12 reps
 - Deadlift
- 2 sets of 15, 1 set of 12 reps
 - Incline Chest Press
 - Lateral Lunges



- Reverse Grip Bent Over Row
- Close Grip Chest Press
- Sumo Squat
- Pullovers
- Bench Dips
- Bicep Curls
- Step ups
- Hip Bridges
- 3 sets with 45 second holds
 - Front Plank
- 3 sets of 35 second holds
 - Side Planks

30 second rest between sets of 15, 10 minute rest between sets of 12, 3 minute rest between exercises

Cardio Day 2:

- HIIT CYCLES: 30 sec/exercise, 1:30 rest between rounds, 3 rounds per cycle
 - Cycle 1: Suicides - Burpees - Jump Squats
 - Cycle 2: Jump Rope - Alternating Jumping Lunges-- Mountain Climbers
- 20 minute hill climbs
 - 1:1 work to rest ratio
 - 1 minute climb:1 minute walking recovery

Cardio Day 3, YOMP DAY

- Bronze: 5 miles week 3, 6.5 week 4
- Silver: 11 miles week 3, 13 miles week 4
- Gold: 14 miles week 3, 16 miles week 4



Week 5-6

Strength Day 1 and Day 3

- 2 sets of 15 reps, 2 sets of 12, 1 set of 10 reps
 - Squats
 - Chest Press
 - Bent Over Rows
- 1 set of 15 reps, 1 set of 12 reps, 1 set of 10 reps
 - Reverse Lunges
 - Military Press
 - Pull-ups
 - Split Stance Lunge
 - Super Set;
 - Decline Push-ups
 - Single Arm Row
 - Single Leg Deadlift
 - High Pulls
- 3 Sets of 25 reps
 - Deadbugs (25 ea/side)
 - Kneeling Bird dogs (25 ea/side)
 - Flutter kicks (25 ea/side)

30 second rest between sets of 15, 1-minute rest between sets of 12, 75 second rest between sets of 10, Super Sets perform exercises back to back then 90 second rest between super sets 3 minute rest between exercise

Cardio Day 1

- 50 minute run

Strength Day 2

- 3 sets of 15, 2 sets of 12 reps
 - Deadlift



- 2 sets of 15, 1 set of 12 reps
 - Incline Chest Press
 - Lateral Lunges
 - Reverse Grip Bent Over Row
 - Close Grip Chest Press
 - Sumo Squat
 - Pullovers
 - Super Set
 - Bench Dips
 - Bicep Curls
 - Step ups
 - Hip Bridges
- 3 sets with 1 minute Second Holds
 - Front Plank
- 3 sets of 45 second holds
 - Side Planks
- ***30 second rest between sets of 15, 1-minute rest between sets of 12, 75 second rest between sets of 10, Super Sets perform exercises back to back then 90 second rest between super sets 3 minute rest between exercise***

Cardio Day 2:

- HIIT CYCLES: 30 sec/exercise, 1:30 rest between rounds, 3 rounds per cycle
 - Cycle 1: Suicides - Jumping Jacks - Push-up Jacks
 - Cycle 2: Jump Rope - High Knee Jumps - Spidermans
- 20 minute hill climbs
 - 2:1 work to rest ratio
 - 2 minute climb:1 minute walking recovery

Cardio Day 3, YOMP DAY

- Bronze: 8 miles week 5, 10 miles week 6
- Silver: 15 miles week 5, 17 miles week 6
- Gold: 19 miles week 5, 22.5 miles week 6



Week 7-8

Strength Day 1 and Day 3

- 1 set of 15 reps, 1 set of 12, 2 sets of 10 reps, 1 set of 8 reps
 - Squats
 - Chest Press
 - Bent Over Rows
- 1 set of 15 reps, 1 set of 12 reps, 1 set of 8 reps
 - Reverse Lunges
 - Military Press
 - Pull-ups
 - Split Stance Lunge
 - Super Set;
 - Decline Push-ups
 - Single Arm Row
 - Single Leg Deadlift
 - High Pulls
- 3 Sets of 30 reps
 - Deadbugs (30 ea/side)
 - Kneeling Bird dogs (30 ea/side)
 - Flutter kicks (30 ea/side)

30 second rest between sets of 15, 1-minute rest between sets of 12, 75 second rest between sets of 10, Super Sets perform exercises back to back then 90 second rest between super sets 3 minute rest between exercise

Cardio Day 1

- 60 minute run

Strength Day 2

- 1 set of 15 reps, 1 set of 12, 2 sets of 10 reps, 1 set of 8 reps
 - Deadlift
 - Thrusters



- 1 set of 15 reps, 1 set of 12 reps, 1 set of 8 reps
 - Incline Chest Press
 - Lateral Lunges
 - Reverse Grip Bent Over Row
 - Close Grip Chest Press
 - Sumo Squat
 - Pullovers
 - Super Set
 - Bench Dips
 - Bicep Curls
 - Step ups
 - Hip Bridges
- 3 sets with 75 second holds
 - Front Plank
- 3 sets of 60 second holds
 - Side Planks
- ***30 second rest between sets of 15, 1-minute rest between sets of 12, 75 second rest between sets of 10, Super Sets perform exercises back to back then 90 second rest between super sets 3 minute rest between exercise***

Cardio Day 2:

- HIIT CYCLES: 30 sec/exercise, 1:30 rest between rounds, 3 rounds per cycle
 - Cycle 1: Suicides - Lateral Hops - Power Push-ups
 - Cycle 2: Jump Rope- -Suicide Burpees - Power Knees
- 20 minute hill climbs
 - 2:1 work to rest ratio
 - 2 minute climb:1 minute walking recovery

Cardio Day 3, YOMP DAY

- Bronze: 12 miles week 7, 15 miles week 8
- Silver: 20 miles week 7, 23 miles week 8
- Gold: 25 miles week 7, 28 miles week 8