

My Transformational Adventure

By following this structured 6-week curriculum, individuals will develop the necessary physical, mental, and emotional skills to confidently tackle adventure activities while minimizing the risk of injury. Each week builds on the previous one, ensuring a comprehensive and progressive approach to becoming adventure fit.

Week 1: Primal Movement Patterns

WHAT:

Learn and practice primal movement patterns such as crawling, squatting, and lunging.

Success Principles: Maintain proper form, engage the core, and move fluidly.

WHY:

These foundational movements improve overall mobility, strength, and coordination, crucial for adventure activities.

Consequences: Neglecting these movements can lead to imbalances and increase the risk of injury.

HOW:

Start with a 10-minute daily routine:

2 minutes of crawling

3 minutes of squatting

5 minutes of lunging

Focus on form: keep the back straight during squats, maintain hip and shoulder alignment during crawling, and ensure knee alignment in lunges.

NOW:

Perform the 10-minute primal movement routine daily for the next week.

Lesson 1: Introduction to Primal Movement Patterns

WHAT:

Understand the basics of primal movement patterns, including crawling, squatting, and lunging.

Success Principles: Focus on proper form, maintain core engagement, and ensure fluid movement.

WHY:

Primal movements are foundational for overall mobility, strength, and coordination, essential for adventure activities.

Consequences: Neglecting these movements can result in imbalances and increased injury risk.

HOW:

Steps:

1. Explanation of each movement pattern.
2. Demonstration of proper form and common mistakes to avoid.
3. Tips for engaging the core and maintaining alignment.

NOW:

Practice each movement (crawling, squatting, lunging) for 2 minutes each, focusing on form and engagement.

Lesson 2: Mastering the Crawl

WHAT:

Detailed breakdown of crawling techniques, emphasizing different variations (forward, backward, lateral).

Success Principles: Keep hips and shoulders aligned, engage the core, and maintain a steady pace.

WHY:

Crawling improves core strength, coordination, and stability, crucial for navigating uneven terrains.

Consequences: Poor technique can lead to strain on the lower back and shoulders.

HOW:

Steps:

1. Start in a tabletop position, ensuring wrists under shoulders and knees under hips.
2. Lift knees slightly off the ground, engaging the core.
3. Move opposite hand and foot forward in a controlled manner.
4. Demonstrate variations and progressions.

NOW:

Perform 3 sets of 1-minute crawling drills, resting 30 seconds between sets.

Lesson 3: Perfecting the Squat

WHAT:

Overview: Instruction on proper squat form, including bodyweight squats and progressions to weighted squats.

Success Principles: Keep the chest up, weight in the heels, and knees tracking over toes.

WHY:

Squats enhance leg strength, hip mobility, and balance, vital for climbing and lifting.

Consequences: Incorrect form can lead to knee and lower back injuries.

HOW:

Steps:

1. Stand with feet shoulder-width apart, toes slightly turned out.
2. Lower hips back and down as if sitting in a chair, keeping chest up and knees tracking over toes.
3. Return to standing by pushing through the heels.
4. Show progressions using weights.

NOW:

Perform 3 sets of 10 bodyweight squats, focusing on form and control.

Lesson 4: Lunging with Precision

WHAT:

Comprehensive guide to lunging techniques, including forward, reverse, and lateral lunges.

Success Principles: Maintain a straight back, ensure knee alignment, and engage the core.

WHY:

Lunges improve lower body strength, balance, and flexibility, essential for hiking and running on uneven surfaces.

Consequences: Poor lunge technique can cause knee and hip strain.

HOW:

Steps:

1. Start standing tall, take a step forward with one leg, lowering hips until both knees are at 90-degree angles.
2. Ensure the front knee does not go past the toes and the back knee hovers above the ground.
3. Push back to the starting position.
4. Demonstrate variations and progressions.

NOW:

Perform 3 sets of 10 lunges (5 each leg), focusing on knee alignment and core engagement.

Lesson 5: Combining Primal Movements into a Routine

WHAT:

Create a daily 10-minute routine combining crawling, squatting, and lunging.

Success Principles: Ensure smooth transitions between movements, maintain proper form throughout, and focus on breath control.

WHY:

A routine combining these movements ensures a balanced approach to improving overall functional fitness.

Consequences: Without a structured routine, it's easy to neglect certain movements, leading to imbalances.

HOW:

Steps:

1. Start with 2 minutes of crawling (1 minute forward, 1 minute backward).
2. Follow with 3 minutes of bodyweight squats.
3. Finish with 5 minutes of lunges (forward, reverse, and lateral).
4. Provide modifications for different fitness levels.

NOW:

Follow the 10-minute primal movement routine daily, adjusting as needed for fitness level and progression.

This detailed breakdown ensures that clients understand the importance of each primal movement pattern and have clear steps to practice and perfect them. Each lesson builds upon the previous one, providing a comprehensive approach to mastering Week 1's focus.

Week 2: Functional Strength Training

WHAT:

Integrate functional strength training exercises such as deadlifts, kettlebell swings, and pull-ups.

Success Principles: Prioritize compound movements, use proper technique, and progressively increase resistance.

WHY:

Functional strength training builds the muscles needed for carrying gear, climbing, and enduring long hikes.

Consequences: Without it, you may lack the necessary strength and stamina for challenging adventures.

HOW:

Schedule 3 strength sessions this week:

Day 1 – deadlifts and kettlebell swings

Day 3 – pull-ups and push-ups

Day 5 – a combination of all.

Focus on form: Use moderate weights and focus on controlled movements.

NOW:

Plan and execute three 30-minute functional strength training sessions this week.

Lesson 1: Introduction to Functional Strength Training

WHAT:

Understand the basics of functional strength training, focusing on exercises that mimic real-life movements.

Success Principles: Prioritize compound movements, use proper technique, and progressively increase resistance.

WHY:

Functional strength training builds the muscles needed for carrying gear, climbing, and enduring long hikes.

Consequences: Without it, you may lack the necessary strength and stamina for challenging adventures.

HOW:

Steps:

1. Explanation of functional strength exercises (deadlifts, kettlebell swings, pull-ups).
2. Demonstration of proper form and common mistakes to avoid.
3. Tips for progressive overload and recovery.

NOW:

Perform a 10-minute warm-up routine including dynamic stretches to prepare for strength training.

Lesson 2: Mastering the Deadlift**WHAT:**

Detailed instruction on performing deadlifts, emphasizing proper form and technique.

Success Principles: Maintain a straight back, engage the core, and lift with the legs.

WHY:

Deadlifts strengthen the posterior chain, crucial for lifting and carrying heavy objects.

Consequences: Poor form can lead to lower back injuries.

HOW:

Steps:

1. Stand with feet hip-width apart, barbell over mid-foot.
2. Bend at the hips and knees, grasp the bar with hands just outside the knees.
3. Engage the core, straighten the back, and lift the bar by extending the hips and knees.
4. Lower the bar with control, maintaining a straight back.

NOW:

Perform 3 sets of 8 deadlifts with moderate weight, focusing on form.

Lesson 3: Kettlebell Swings for Power and Endurance**WHAT:**

Instruction on executing kettlebell swings, highlighting hip hinge mechanics.

Success Principles: Use hip drive, keep the back neutral, and engage the core.

WHY:

Kettlebell swings enhance power, endurance, and cardiovascular fitness, essential for adventure activities.

Consequences: Improper technique can cause lower back strain.

HOW:

Steps:

1. Stand with feet shoulder-width apart, kettlebell between the feet.
2. Hinge at the hips, grasp the kettlebell, and swing it back between the legs.
3. Thrust hips forward to swing the kettlebell up to chest height.
4. Control the swing back down and repeat.

NOW:

Perform 3 sets of 15 kettlebell swings, focusing on hip drive and control.

Lesson 4: Building Upper Body Strength with Pull-Ups**WHAT:**

Techniques for performing pull-ups, including progressions for different fitness levels.

Success Principles: Engage the back and arms, avoid swinging, and use full range of motion.

WHY:

Pull-ups strengthen the upper body, crucial for climbing and pulling movements in adventure sports.

Consequences: Lack of upper body strength can limit ability to perform essential tasks.

HOW:

Steps:

1. Grip the pull-up bar with hands shoulder-width apart.
2. Hang with arms fully extended and engage the core.
3. Pull the body up until the chin is above the bar.
4. Lower with control to full extension.

NOW:

Perform 3 sets of pull-ups, aiming for maximum reps per set. Use assistance bands if necessary.

Lesson 5: Creating a Functional Strength Routine

WHAT:

Develop a balanced strength training routine incorporating deadlifts, kettlebell swings, and pull-ups.

Success Principles: Combine different exercises, focus on form, and ensure adequate rest.

WHY:

A well-rounded routine ensures balanced strength development and reduces injury risk.

Consequences: Neglecting balanced training can lead to muscle imbalances and overuse injuries.

HOW:

Steps:

1. Schedule 3 strength sessions per week.
2. Day 1: Deadlifts and kettlebell swings.
3. Day 3: Pull-ups and push-ups.
4. Day 5: Combination of all exercises.
5. Include warm-up and cool-down in each session.

NOW:

Plan your week with three 30-minute functional strength training sessions, following the outlined structure.

Week 3: Mobility and Flexibility

WHAT:

Focus on enhancing mobility and flexibility through yoga and dynamic stretching.

Success Principles: Consistent practice, hold stretches for at least 30 seconds and avoid bouncing.

WHY:

Improved flexibility reduces the risk of injuries and enhances performance in activities requiring a wide range of motion.

Consequences: Poor mobility can lead to muscle tightness and joint issues.

HOW:

Incorporate a 20-minute daily yoga routine focusing on hamstrings, hips, shoulders, and back.

Focus on form: Use dynamic stretches before workouts and static stretches post-workout.

NOW:

Follow a 20-minute yoga video daily for the next week.

Lesson 1: Importance of Mobility and Flexibility

WHAT:

Understand the significance of mobility and flexibility for overall fitness and adventure readiness.

Success Principles: Consistent practice, hold stretches for at least 30 seconds and avoid bouncing.

WHY:

Improved flexibility reduces the risk of injuries and enhances performance in activities requiring a wide range of motion.

Consequences: Poor mobility can lead to muscle tightness and joint issues.

HOW:

Steps:

1. Explanation of dynamic and static stretching.
2. Demonstration of key stretches for hamstrings, hips, shoulders, and back.
3. Tips for integrating stretches into daily routine.

NOW:

Incorporate a 10-minute stretching routine into your daily schedule.

Lesson 2: Yoga for Mobility

WHAT:

Introduction to yoga poses that enhance mobility and flexibility.

Success Principles: Focus on breath control, maintain proper alignment, and progress gradually.

WHY:

Yoga improves flexibility, balance, and mental focus, essential for adventure sports.

Consequences: Neglecting yoga can lead to reduced mobility and increased stress levels.

HOW:

Steps:

1. Demonstration of key yoga poses (e.g., Downward Dog, Warrior II, Pigeon Pose).
2. Explanation of breath control and alignment.
3. Tips for modifying poses based on flexibility level.

NOW:

Follow a 20-minute yoga video daily, focusing on the demonstrated poses.

Lesson 3: Dynamic Stretching for Pre-Workout

WHAT:

Techniques for dynamic stretching to prepare the body for physical activity.

Success Principles: Perform stretches with control, avoid bouncing, and gradually increase range of motion.

WHY:

Dynamic stretching warms up the muscles, increases blood flow, and prepares the body for exercise.

Consequences: Skipping dynamic stretching can lead to muscle strains and reduced performance.

HOW:

Steps:

1. Demonstration of dynamic stretches (e.g., leg swings, arm circles, hip openers).
2. Explanation of proper technique and progression.
3. Tips for integrating dynamic stretches into warm-up routine.

NOW:

Perform a 5-minute dynamic stretching routine before each workout.

Lesson 4: Static Stretching for Post-Workout

WHAT:

Importance and techniques of static stretching for post-workout recovery.

Success Principles: Hold stretches for at least 30 seconds, focus on deep breathing, and avoid bouncing.

WHY:

Static stretching helps lengthen muscles, improve flexibility, and reduce post-workout soreness.

Consequences: Neglecting static stretching can lead to muscle tightness and slower recovery.

HOW:

Steps:

1. Demonstration of static stretches for major muscle groups.
2. Explanation of proper technique and alignment.
3. Tips for incorporating static stretches into cool-down routine.

NOW:

Perform a 10-minute static stretching routine after each workout.

Week 4: BreathWork and Cold Exposure

WHAT:

Practice BreathWork techniques and cold water immersion to enhance mental resilience and recovery.

Success Principles: Consistent practice, controlled breathing, and gradual exposure to cold.

WHY:

BreathWork improves oxygen utilization and mental focus, while cold exposure boosts recovery and mental toughness.

Consequences: Ignoring these practices can lead to suboptimal performance and slower recovery times.

HOW:

Start with 5 minutes of BreathWork each morning (e.g., Wim Hof Method).

Gradually introduce cold showers, starting with 30 seconds and increasing by 10 seconds each day.

NOW:

Perform 5 minutes of BreathWork each morning and take a 30-second cold shower daily.

Lesson 1: Introduction to BreathWork

WHAT:

Understand the basics of BreathWork, including different techniques and their benefits.

Success Principles: Consistent practice, controlled breathing, and relaxation.

WHY:

BreathWork improves oxygen utilization, mental focus, and stress management.

Consequences: Neglecting BreathWork can lead to suboptimal performance and increased stress.

HOW:

Steps:

1. Explanation of BreathWork techniques (e.g., Wim Hof Method, diaphragmatic breathing).
2. Demonstration of proper breathing technique.
3. Tips for integrating BreathWork into daily routine.

NOW:

Practice 5 minutes of diaphragmatic breathing each morning.

Lesson 2: Wim Hof Method for BreathWork

WHAT:

Detailed instruction on the Wim Hof Method, emphasizing controlled breathing and mental focus.

Success Principles: Follow the guided breathing exercises, maintain focus, and relax the body.

WHY:

The Wim Hof Method enhances oxygen intake, mental clarity, and resilience to stress.

Consequences: Poor breathing techniques can limit oxygen delivery and increase stress levels.

HOW:

Steps:

1. Follow a guided Wim Hof Method session (video demonstration).
2. Explanation of breathing cycles and breath retention.
3. Tips for maintaining focus and relaxation.

NOW:

Perform a 5-minute Wim Hof breathing session each morning.

Lesson 3: Introduction to Cold Exposure

WHAT:

Understand the basics of cold exposure, including its benefits and safe practices.

Success Principles: Gradual exposure, controlled breathing, and mental focus.

WHY:

Cold exposure boosts recovery, improves circulation, and enhances mental toughness.

Consequences: Improper cold exposure can lead to discomfort and stress.

HOW:

Steps:

1. Explanation of cold exposure techniques (cold showers, ice baths).
2. Demonstration of proper breathing and mental focus during exposure.
3. Tips for gradually increasing exposure time.

NOW:

Start with a 30-second cold shower, gradually increasing by 10 seconds each day.

Lesson 4: Combining BreathWork and Cold Exposure

WHAT:

Learn to integrate BreathWork and cold exposure for maximum benefits.

Success Principles: Consistent practice, controlled breathing, and gradual adaptation.

WHY:

Combining these practices enhances recovery, mental resilience, and overall well-being.

Consequences: Neglecting either practice can limit potential benefits and increase stress.

HOW:

Steps:

1. Explanation of the combined practice routine.
2. Demonstration of BreathWork before and during cold exposure.
3. Tips for maintaining focus and relaxation.

NOW:

Perform a 5-minute BreathWork session followed by a 30-second cold shower daily.

Lesson 5: Creating a BreathWork and Cold Exposure Routine

WHAT:

Develop a balanced routine incorporating BreathWork and cold exposure.

Success Principles: Consistency, gradual progression, and focus on technique.

WHY:

A well-rounded routine ensures balanced benefits and reduces stress.

Consequences: Neglecting a structured routine can lead to inconsistent results.

HOW:

Steps:

1. Schedule daily BreathWork and cold exposure sessions.
2. Morning: 5-minute BreathWork session.
3. Post-workout: 30-second cold shower, increasing by 10 seconds each day.
4. Provide modifications for different fitness levels.

NOW:

Plan your week with daily BreathWork and cold exposure sessions, following the outlined structure.

Week 5: Barefoot Training and Balance

WHAT:

Engage in barefoot training to improve foot strength and balance.

Success Principles: Start slow, focus on surface variation, and maintain proper form.

WHY:

Strengthening the feet and enhancing balance is crucial for navigating uneven terrains and reducing the risk of falls.

Consequences: Neglecting foot strength can lead to imbalances and foot injuries.

HOW:

Spend 10 minutes daily walking barefoot on different surfaces (grass, sand, gravel).
Incorporate balance exercises like single-leg stands and stability ball training.

NOW:

Spend 10 minutes walking barefoot on different surfaces each day this week.

Lesson 1: Introduction to Barefoot Training

WHAT:

Understand the basics of barefoot training and its benefits for foot strength and balance.

Success Principles: Start slow, focus on surface variation, and maintain proper form.

WHY:

Strengthening the feet and enhancing balance is crucial for navigating uneven terrains and reducing the risk of falls.

Consequences: Neglecting foot strength can lead to imbalances and foot injuries.

HOW:

Steps:

1. Explanation of barefoot training benefits.
2. Demonstration of initial barefoot exercises.
3. Tips for progressing safely.

NOW:

Spend 10 minutes walking barefoot on different surfaces (grass, sand, gravel) each day.

Lesson 2: Strengthening the Feet

WHAT:

Detailed instruction on exercises to strengthen the feet, including toe curls and arch lifts.

Success Principles: Focus on controlled movements, engage the muscles, and progress gradually.

WHY:

Strong feet provide a stable foundation, improving overall balance and reducing injury risk.

Consequences: Weak feet can lead to imbalances and increased injury risk.

HOW:

Steps:

1. Demonstration of toe curls and arch lifts.
2. Explanation of proper technique and progression.
3. Tips for integrating these exercises into daily routine.

NOW:

Perform 3 sets of 15 toe curls and arch lifts daily.

Lesson 3: Enhancing Balance

WHAT:

Techniques for improving balance, including single-leg stands and stability ball exercises.

Success Principles: Maintain core engagement, focus on posture, and progress gradually.

WHY:

Improved balance is essential for stability and performance in adventure activities.

Consequences: Poor balance can lead to falls and injuries.

HOW:

Steps:

1. Demonstration of single-leg stands and stability ball exercises.
2. Explanation of proper technique and progression.
3. Tips for integrating balance exercises into daily routine.

NOW:

Perform 3 sets of 30-second single-leg stands on each leg daily.

Lesson 4: Combining Barefoot Training and Balance

WHAT:

Learn to integrate barefoot training and balance exercises for maximum benefits.

Success Principles: Focus on form, maintain core engagement, and progress gradually.

WHY:

Combining these practices enhances foot strength, balance, and overall stability.

Consequences: Neglecting either practice can lead to imbalances and increased injury risk.

HOW:

Steps:

1. Explanation of the combined practice routine.
2. Demonstration of barefoot balance exercises.
3. Tips for maintaining focus and progression.

NOW:

Perform a combined routine of 10 minutes barefoot walking and 3 sets of 30-second single-leg stands daily.

Week 6: High-Intensity Interval Training (HIIT)

WHAT:

Implement HIIT workouts to boost cardiovascular fitness and endurance.

Success Principles: Short, intense bursts of activity followed by rest, maintain high intensity.

WHY:

HIIT improves cardiovascular health and mimics the bursts of activity needed in adventurous settings.

Consequences: Without it, endurance may be lacking, leading to fatigue during long activities.

HOW:

Perform a 20-minute HIIT session twice this week: 30 seconds of sprinting or fast cycling, followed by 1-minute rest, repeat for 20 minutes.

Focus on form: Warm-up before and cool down after each session.

NOW:

Schedule and complete two 20-minute HIIT sessions this week.

Lesson 1: Introduction to HIIT

WHAT:

Understand the basics of High-Intensity Interval Training (HIIT) and its benefits for cardiovascular fitness and endurance.

Success Principles: Short, intense bursts of activity followed by rest, maintain high intensity.

WHY:

HIIT improves cardiovascular health and mimics the bursts of activity needed in adventurous settings.

Consequences: Lack of HIIT can lead to reduced endurance and increased fatigue during long activities.

HOW:

Steps:

1. Explanation of HIIT principles and benefits.
2. Demonstration of basic HIIT exercises (sprints, burpees).
3. Tips for maintaining intensity and form.

NOW:

Perform a 10-minute warm-up routine including dynamic stretches to prepare for HIIT.

Lesson 2: Sprint Intervals

WHAT:

Techniques for performing sprint intervals, emphasizing proper form and intensity.

Success Principles: Maintain high intensity, focus on sprinting mechanics, and ensure proper recovery.

WHY:

Sprint intervals enhance speed, power, and cardiovascular fitness, essential for adventure sports.

Consequences: Poor technique can lead to muscle strains and reduced performance.

HOW:

Steps:

1. Warm-up with 5 minutes of dynamic stretches.
2. Perform 30-second sprints, followed by 1-minute rest.
3. Repeat for 20 minutes, maintaining high intensity.
4. Cool down with static stretching.

NOW:

Perform a 20-minute sprint interval session, focusing on maintaining intensity and form.

Lesson 3: Burpee Intervals

WHAT:

Instruction on executing burpee intervals, highlighting proper form and intensity.

Success Principles: Maintain a fast pace, ensure full range of motion, and focus on explosive movements.

WHY:

Burpee intervals boost overall strength, endurance, and cardiovascular fitness.

Consequences: Improper technique can lead to joint strain and reduced effectiveness.

HOW:

Steps:

1. Warm-up with 5 minutes of dynamic stretches.
2. Perform 30-second burpees, followed by 1-minute rest.
3. Repeat for 20 minutes, maintaining high intensity.
4. Cool down with static stretching.

NOW:

Perform a 20-minute burpee interval session, focusing on maintaining intensity and form.

Lesson 4: HIIT Circuit Training

WHAT:

Techniques for performing a HIIT circuit, combining different exercises for a full-body workout.

Success Principles: Maintain high intensity, ensure proper form, and minimize rest between exercises.

WHY:

HIIT circuit training enhances overall fitness, strength, and endurance.

Consequences: Poor form and lack of intensity can reduce the effectiveness of the workout.

HOW:

Steps:

1. Warm-up with 5 minutes of dynamic stretches.
2. Perform a circuit of 30-second intervals (e.g., jumping jacks, mountain climbers, push-ups), followed by 1-minute rest.
3. Repeat for 20 minutes, maintaining high intensity.
4. Cool down with static stretching.

NOW:

Perform a 20-minute HIIT circuit session, focusing on maintaining intensity and form.

Lesson 5: Creating a HIIT Routine

WHAT:

Develop a balanced HIIT routine incorporating different exercises throughout the week.

Success Principles: Consistency, variety in exercises, and maintaining high intensity.

WHY:

A well-rounded HIIT routine ensures balanced fitness and reduces the risk of injury.

Consequences: Neglecting a structured routine can lead to inconsistent results and reduced fitness gains.

HOW:

Steps:

1. Schedule 3 HIIT sessions per week.
2. Day 1: Sprint intervals.
3. Day 3: Burpee intervals.

4. Day 5: HIIT circuit training.
5. Include warm-up and cool-down in each session.

NOW:

Plan your week with three 20-minute HIIT sessions, following the outlined structure.

This comprehensive curriculum for the 6-week coaching program helps develop mental, physical, and emotional strength and endurance, building confidence and becoming resilient to injury while moving fitness in a natural way to cope with the demands of adventure.