WEEK	I
PHASE	Ι



To the one:

Baring Mountain rises like a citadel of nature's raw power, high above the Stillaguamish river valley in North Western Washington State. It's imposing North Face is defiantly scarred away, battered by millenia of winds and glacial runoff. It stands as a symbol and a challenge for those who seek a higher plane of existence.

People of the mountains have much in common, and pushing boundaries is chief among these traits. Pursuit of a more fully lived life through achievement, challenge, and victory requires training and preparation. I have met with many who live this lifestyle the same way I do. They are looking for better fitness, better training, and means to achieve a clear state of confidence in pursuit of these goals. To this end, the BARING program has been put forward as a test and a crucible.

Built on scientific principles of physical development, this program is not a "step 1". Progression is key in training and mountain hunting. If you have not completed APPROACH, the general prep program for this course, go back and be sure to do it at least once. Don't be afraid to complete it two or three times if you need, before attempting this program.

BARING targets the whole mountain athlete physiology through targeted Key Performance Indicator progressions (KPI's). Strength, endurance, mobility, and speed will be elements included in these targets. Challenge tasks are built in to hone your tactical mountain ability. These take the form of high heart rate shooting tasks with both a bow and a firearm. Afterall, what good is fitness in themountains if you cant hit what you're after? In the real world, it's rarely the ability to get to that area far back in the mountains. It's the ability to be fresh and focused for a week of hunting after arrival, relocation, and check downs to plan C hunting areas, 20 miles away.

This program is meant to be completed right before your hunting season begins. It is a finishing school for backcountry pursuits, and you should allow 7-10 days of recovery between completing the workouts and when you leave for your hunt.

In Strength,

Jake Jensen MS, CSCS





WEEK 1 DAY 1

Francisc			1 DAILY STRETCHES							
Exercise	SETS	REPS	LOAD							
I SUPINE KNEE HUG	1	:20s. e.								
II QUADRUPED LAT STRETCH	1	3e								
III PUSH UP TO PUSH BACK	1	5								
IV 2 WAY LUNGES	1	5e								
V SIT UPS	1	10								
VI TOE TOUCH & REACH	1	5								
1 DAILY MOVEMEN	NT TARG	ET								
Exercise	TIME	MODE								
I TRAINING DAY										
10-30m. Walk or light sport										
II NON TRAINING DAY										
30-60m. Walking or light sport										

2	SPEED				
E	xercise	SETSxREPS	WEEK 1	WEEK 2	WEEK 3
1A	10YD. SPRINT	2x			
	TO TEL OF IGNATI				
1B	LATERAL SPRINT	1xe			

STRENGTH

TRAINING DAY NOTES	
PERFORMANCE LOG	
BODY WEIGHT TODAY	
CARDIO AVG. HR	
HOURS OF SLEEP LAST NIGHT	
TIREDNESS SCORE (1-5)	
BODY WEIGHT TODAY CARDIO AVG. HR HOURS OF SLEEP LAST NIGHT	

	xercise		WEEK 1	WEEK 2	WEEK 3
1A	WALKING LUNGES	3x10e			
1B	STAND. KB PRESS	3x5e			
1C	PULL UPS	3xMAX			
2A	BOX STEP UPS	3x10			
2B	DB ROW	3x10			
2C	SIT UPS	3x10			

2	ARM FARM				
	xercise	SETSxREPS	WEEK 1	WEEK 2	WEEK 3
1A	DB BICEP CURLS	3x10e			
	55 5:01: 00K10				
4.		3x2e			
I'A	WRIST ROLLER	3x2e			
1A	GRIPPER	3x10			
	GRIPPER				

3 CONDITIONING				
Exercise	SETSxREPS	WEEK 1	WEEK 2	WEEK 3
1A TABATA BIKE	8x			
5 min. warm up				
:30 ON :30 OFF				



HOURS OF SLEEP LAST NIGHT

TIREDNESS SCORE (1-5)

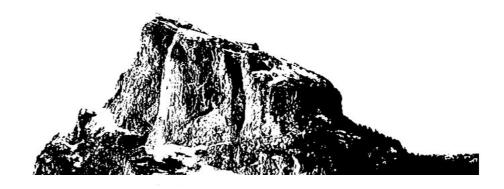


WEEK 1 DAY 2

SETSXREPS WEEK 1 WEEK 2 WEEK 3

30m.

1 DAILY STR	ETCHES			2	SPEEL				
Exercise	SETS	REPS	LOAD	Е	xercise	SETSxREPS	WEEK 1	WEEK 2	WEEK 3
I SUPINE KNEE HUG	1	:20s. e.		1A	BROAD JUMP				
II QUADRUPED LAT STRETCH	1	3e			BROAD JOMP				
III PUSH UP TO PUSH BACK	1	5							
V 2 WAY LUNGES	1	5e							
V SIT UPS	1	10		1B	ANKLE JUMPS				
/I TOE TOUCH & REACH	1	5			ANKEE GOMPS				
1 DAILY MOVEMI	ENTTARG	FT							
Exercise		MODE		<u> </u>					
TRAINING DAY				2	STRENG	TH			
10-30m. Walk or light sport					xercise		WFFK 1	WEEK 2	WFFK 3
II NON TRAINING DAY						3x5			
30-60m. Walking or light sport				1	BENCH PRESS	- SAS			
	<u> </u>		· · · · · ·						
			1	1R		3x8			
TRAINING DA	A NO.	TF.		Ι''	KB SWINGS	380			
i italiitii 5	•••••								
				1C	PLANK ROWS	3x8e			
				2A	BENT ROWS	3x8			
					BENT KOWS				
				2B		3x10			
				25	DIPS	2X10			
				2C	DACK EXTENSION	3x10			
				1	BACK EXTENSION	3,10			
PERFORMAN	NCE L	DG		1					
				2	ARM FARM				
DDY WEIGHT TODAY					xercise	SETSxREPS	WEEK 1	WEEK 2	WEEK 3
					CABLE CURLS	3x10e			
				1					
				1					
				L					
ARRIGANC UR				1A	STRAP PRONATION	3x8e			
ARDIO AVG. HR				1					
						<u> </u>	-		
				14		3x8e			
				1.~	RAD/ULN. DEVIAT.	3,06	 		
				1					



CONDITIONING

Exercise
1A ZONE 2 CYCLING



WEEK 1 DAY 3

1	1 DAILY STRETCHES									
Exe	Exercise SETS REPS LOAD									
IS	UPINE KNEE HUG	1	:20s. e.							
II Q	UADRUPED LAT STRETCH	1	3e							
III P	USH UP TO PUSH BACK	1	5							
IV 2	WAY LUNGES	1	5e							
v s	IT UPS	1	10							
VI T	OE TOUCH & REACH	1	5							

1	1 DAILY MOVEMENT TARGET							
Exercise TIME MODE								
ı	TRAINING DAY	l						
	10-30m. Walk or light sport							
II	NON TRAINING DAY							
	30-60m. Walking or light sport	l						

JOGGING/CROSS COUNTRY RUNNING	TIME	ZONE	%HR MAX
Choose moderate terrain trails that are well groomed or maintained.	30-40 min.	3	75%

CYCLING - ROAD	TIME	ZONE	%HR MAX
Choose rolling moderate routes that have wide shoulders	45-60 min.	3	75%

CYCLING - TRAIL	TIME	ZONE	%HR MAX
Choose moderate terrain trails	45-60 min.	3	75%

ACTIVITY	TIME	ZONE	%HR MAX
ACTIVITY	60		
Activty like TENNIS, SQUASH, VOLLEYBALL,	min.	3	75%
and SOCCER are areat options	111111.		

SWIMMING	TIME	ZONE	%HR MAX
Open water or pool - build lengths or accumulate active time	20-30 min.	2	65%

SLEEP	Accumulate 8-10 hours of restful sleep each night,
OLLE:	with the addition of afternoon naps for 30-90
OPTIMIZATION	minutes.

NUTRITION/HYDRATION

	water should be consumed to maximize weekend
OPTIMIZATION	recovery.
	Use seed water to compress the back, promote

WATER IMMERSION Use cool water to compress the body, promote tissue recovery, and calm the nervous system. OPTIMIZATION

TRAINING DAY NOTES

OFF-DAY PROTOCOLS

Off day is a critical element of any program directed at gaining fitness. Never use an off day to be completely immobile on the couch. Wake up early, do you daily work, eat especially well today. Recovery suggestions for how to maximize this day are inlcuded here, so put them to good use. Remember, rest is a weapon. Use it to full effect this day.

PERFORMANCE LOG

BODY WEIGHT TODAY

CARDIO AVG. HR

HOURS OF SLEEP LAST NIGHT

TIREDNESS SCORE (1-5)

R/	ATING OF PERCEIVED	EXERTION ((RPE)
	RPE	TRAINING ZONE ZONE 6	MAX HR
10	Feels almost impossible to continue, can't speak	Super Max - Intervals 15-30s.	95%+
	VERY HARD ACTIVITY	ZONE 5	
9	Very difficult to maintain intensity, Single word speech	Max Aerobic Power Intervals 1-2min.	90%
	VIGOROUS ACTIVITY	ZONE 4	
7-8	Becoming uncomfortable. Speaking is difficult.	Anaerobic Threshold Intervals 3-5 mins.	85%
	MODERATE ACTIVITY	ZONE 3	
4-6	Feels like you can exercise for a very long time. Breathing is elevated. Good Sweat	Sub-Threshold Endurance Tempo 15-30mins.	75%
	LIGHT ACTIVITY	ZONE 2	
2-3	Feels like you could exercise for hours. Can easily speak. Very light sweat	Active Recovery/Flush Warm-up/Aerobic Base.	65%
	VERY LIGHT ACTIVITY	ZONE 1	
1	Comparable to a walk or chores. No noticeable increase in HR or breathing. No sweat	Flush activity, no limits.	>60%



1 DAILY STRETC				2	SPEED				
Exercise	SETS		LOAD		xercise		WEEK 1	WEEK 2	WEEK 3
I SUPINE KNEE HUG	1	:20s. e.	+	1A	10YD. SPRINT	2x		<u> </u>	
II QUADRUPED LAT STRETCH III PUSH UP TO PUSH BACK	1	3e	+	ı 📗 🖠		<u> </u>	\vdash		1
III PUSH UP TO PUSH BACK IV 2 WAY LUNGES	1	5 5e	+	ı 📗 🖠		<u> </u>	+		
V SIT UPS	1	10	+	1B		1xe	+ + +		\vdash
VI TOE TOUCH & REACH	1	5	+	ı 🛮 🗀	LATERAL SPRINT	170	 		
				ı 📗 🖠					
1 DAILY MOVEMENT				· 【↓					
Exercise	TIME	E MODE							
I TRAINING DAY				2	STRENG				
10-30m. Walk or light sport	그	↓	<u> </u>		xercise			WEEK 2	WEEK 3
II NON TRAINING DAY	┩	 	↓	1A	WALKING LUNGES	3x10e		ļ [!]	L
30-60m. Walking or light sport	—			· 📗 🖠		<u> </u>	\vdash	<u> </u>	
						ļ	 		-
				1B	::D DDECC	3x5e	\vdash		
TRAINING DAY	NO	TES	2	ı '	STAND. KB PRESS	SYDE	 		
	110	/ I L	'	ı 📗 🖠		1	 	i	
				ı 📗 🖠					
				1C	PULL UPS	3xMAX			
				ı 📗 🖠	PULL UPS				
				ı 📗 🖠					
				2A	BOX STEP UPS	3x10			
				ı 📗 🖠	BOX 012. C. C		\Box	<u>'</u>	
				ı 📗 🖠		ļ	<u> </u>	ļ!	<u> </u>
				- P		2410	\vdash		\longleftarrow
1				20	DB ROW	3x10	 		\vdash
				. [<u> </u>	 		\vdash
				. [<u> </u>	+		\vdash
				2C		3x10	 		
					SIT UPS		 		
PERFORMANC	E L	OG		ı 📗 🖠					
				_					
DODY WEIGHT TODAY				2				*******	
BODY WEIGHT TODAY			I		xercise			WEEK 2	WEEK 3
				1A	DB BICEP CURLS	3x10e	 	 	-
							 	<u>'</u>	\vdash
							 	'	—
			I	1A	WRIST ROLLER	3x2e	\vdash		\vdash
CARDIO AVG. HR					WRIST KULLEK				
								, T	
				1A	GRIPPER	3x10			
					GRIFFER				
			I	ı 📗 🕴				ļ	igsquare
HOURS OF SLEEP LAST NIGHT			I	╷┕			$oxed{oxed}$		لــــــــــــــــــــــــــــــــــــــ
				-	CONDITIONING				
				3	CONDITIONING	CETCADEDO	WEEK 1	WEEK 2	WEEK 2
			I		xercise AEROBIC POWER	4x4	WEEK	WEEKZ	WEEK 3
			I		4x4 Norwegians	484	 	 '	
TIREDNESS SCORE (1-5)					4 min. max watts. Rest to 120		 	'	\vdash
,			I		BPM. 4 rounds		 		





				_					
1 DAILY STR		DEDC	1040	2	SPEED		MEEKA	MEEK 2	WEEK 2
Exercise I SUPINE KNEE HUG	SETS 1	REPS	LOAD	14	xercise	SETSXREPS	WEEK 1	WEEK 2	WEEK 3
II QUADRUPED LAT STRETCH	1	:20s. e. 3e		114	BROAD JUMP				
III PUSH UP TO PUSH BACK	1	5 5				1			
IV 2 WAY LUNGES	1	5e							
V SIT UPS	1	10		1B	4 N 11/2 1	1			
VI TOE TOUCH & REACH	1	5		1	ANKLE JUMPS				
1 DAILY MOVEM	ENT TARG	ET							
Exercise	TIME	MODE							
I TRAINING DAY				2	STRENG				
10-30m. Walk or light sport					xercise		WEEK 1	WEEK 2	WEEK 3
II NON TRAINING DAY				1A	BENCH PRESS	3x5			
30-60m. Walking or light sport									
				45		20			
TRAINING DA	V NO	TEC	•	18	KB SWINGS	3x8			
I KAINING DA	41 140	IES	•						
				1C	DI ANIK DOWO	3x8e			
				1.	PLANK ROWS	SAUC			
				2A	BENT ROWS	3x8			
					BENT KOWS				
				2B	DIPS	3x10			
					DIFO				
				L.					
				2C	BACK EXTENSION	3x10			
PERFORMAI	NCE I	06							
PERFURIVIAL	NCE L	UG				-			
				Ь					
				2	ARM FARM				
BODY WEIGHT TODAY					xercise	SETSxREPS	WEEK 1	WEEK 2	WEEK 3
				1A	CABLE CURLS	3x10e			
					CABLE CORLS				
				1A	STRAP PRONATION	3x8e			
CARDIO AVG. HR									
				1		3x8e			
				I'A	RAD/ULN. DEVIAT.	зхве			
				1					
HOURS OF SLEEP LAST NIGHT				1					
				_			1	t.	
				3	CONDITIONING				
				E	xercise	SETSxREPS	WEEK 1	WEEK 2	WEEK 3
				1A	ZONE 2 CYCLING	30m.			
				1					
TIREDNESS SCORE (1-5)				1					
i							1		





DAY 3
WEEK 1
DAY 3

High quality clean foods and an abundance of

ater should be consumed to maximize weekend

1 DAILY STRETCHES							
Exercise		SETS	REPS	LOAD			
I SUPINE K	NEE HUG	1	:20s. e.				
II QUADRU	PED LAT STRETCH	1	3e				
III PUSH UP	TO PUSH BACK	1	5				
IV 2 WAY LU	INGES	1	5e				
V SIT UPS		1	10				
VI TOE TOU	CH & REACH	1	5				

1 DAILY MOVEMENT TARGET					
E	xercise	TIME	MODE		
П	TRAINING DAY				
	10-30m. Walk or light sport				
II	NON TRAINING DAY				
	30-60m. Walking or light sport				

TRAINING DAY NOTES

Off day is a critical element of any program directed at gaining fitness. Never use an off day to be completely immobile on the couch. Wake up early, do you daily work, eat especially well today. Recovery suggestions for how to maximize this day are inlcuded here, so put them to

good use. Remember, rest is a weapon. Use it to full effect this day.

GENERAL AEROBIC CONDITIONING (ideas)	
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JOGGING/CROSS COUNTRY RUNNING	TIME	ZONE	%HR MAX
Choose moderate terrain trails that are well groomed or maintained.	30-40 min.	3	75%

CYCLING - ROAD	TIME	ZONE	%HR MAX
Choose rolling moderate routes that have wide shoulders	45-60 min.	3	75%

CYCLING - TRAIL	TIME	ZONE	%HR MAX
Choose moderate terrain trails	45-60 min.	3	75%

ACTIVITY	TIME	ZONE	%HR MAX
ACTIVITION Activty like TENNIS, SQUASH, VOLLEYBALL, and SOCCER are great options	60 min.	3	75%

SWIMMING	TIME	ZONE	%HR MAX
Open water or pool - build lengths or accumulate active time	20-30 min.	2	65%

SLEEP	Accumulate 8-10 hours of restful sleep each night,	
OLLE:	with the addition of afternoon naps for 30-90	
OPTIMIZATION	minutes.	

NUTRITION/HYDRATION

OFTHVIIZATION	
***************************************	Use cool water to compress the body, promote
WATER IMMERSION	tissue recovery, and calm the nervous system.

PERFORMANCE LOG

BODY WEIGHT TODAY

OFF-DAY PROTOCOLS

CARDIO AVG. HR

HOURS OF SLEEP LAST NIGHT

TIREDNESS SCORE (1-5)

R/	RATING OF PERCEIVED EXERTION (RPE)				
	RPE	TRAINING ZONE	MAX HR		
10	MAX EFFORT ACTIVITY Feels almost impossible to continue, can't speak	ZONE 6 Super Max - Intervals 15-30s.	95%+		
9	VERY HARD ACTIVITY Very difficult to maintain intensity, Single word speech	ZONE 5 Max Aerobic Power Intervals 1-2min.	90%		
	VIGOROUS ACTIVITY	ZONE 4			
7-8	Becoming uncomfortable. Speaking is difficult.	Anaerobic Threshold Intervals 3-5 mins.	85%		
	MODERATE ACTIVITY	ZONE 3			
4-6	Feels like you can exercise for a very long time. Breathing is elevated. Good Sweat	Sub-Threshold Endurance Tempo 15-30mins.	75%		
	LIGHT ACTIVITY	ZONE 2			
2-3	Feels like you could exercise for hours. Can easily speak. Very light sweat	Active Recovery/Flush Warm-up/Aerobic Base.	65%		
	VERY LIGHT ACTIVITY	ZONE 1			
1	Comparable to a walk or chores. No noticeable	Flush activity, no limits.	>60%		

