

BARING



BARING PHASE I

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



BARING PHASE I



WEEK 1
DAY 1

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

TRAINING DAY NOTES

PERFORMANCE LOG

BODY WEIGHT TODAY

CARDIO AVG. HR

HOURS OF SLEEP LAST NIGHT

TIREDDNESS SCORE (1-5)

2 SPEED				
Exercise	SETSxREPS	WEEK 1	WEEK 2	WEEK 3
1A 10YD. SPRINT	2x			
1B LATERAL SPRINT	1xe			

2 STRENGTH				
Exercise	SETSxREPS	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				
Exercise	SETSxREPS	WEEK 1	WEEK 2	WEEK 3
1A DB BICEP CURLS	3x10e			
1A WRIST ROLLER	3x2e			
1A GRIPPER	3x10			

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



BARING PHASE I



WEEK 1
DAY 2

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

TRAINING DAY NOTES

PERFORMANCE LOG

BODY WEIGHT TODAY

CARDIO AVG. HR

HOURS OF SLEEP LAST NIGHT

TIREDDNESS SCORE (1-5)

2 SPEED				
Exercise	SETSxREPS	WEEK 1	WEEK 2	WEEK 3
1A BROAD JUMP				
1B ANKLE JUMPS				

2 STRENGTH				
Exercise	SETSxREPS	WEEK 1	WEEK 2	WEEK 3
1A BENCH PRESS	3x5			
1B KB SWINGS	3x8			
1C PLANK ROWS	3x8e			
2A BENT ROWS	3x8			
2B DIPS	3x10			
2C BACK EXTENSION	3x10			

2 ARM FARM				
Exercise	SETSxREPS	WEEK 1	WEEK 2	WEEK 3
1A CABLE CURLS	3x10e			
1A STRAP PRONATION	3x8e			
1A RAD/ULN. DEVIAT.	3x8e			

3 CONDITIONING				
Exercise	SETSxREPS	WEEK 1	WEEK 2	WEEK 3
1A ZONE 2 CYCLING	30m.			



BARING PHASE I



WEEK 1
DAY 3

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

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 your daily work, eat especially well today. Recovery suggestions for how to maximize this day are included 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

TIREDDNESS SCORE (1-5)

GENERAL AEROBIC CONDITIONING (Ideas)

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

NUTRITION/HYDRATION	OPTIMIZATION
High quality clean foods and an abundance of water should be consumed to maximize weekend recovery.	

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

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%
7-8 VIGOROUS ACTIVITY Becoming uncomfortable. Speaking is difficult.	ZONE 4 Anaerobic Threshold Intervals 3-5 mins.	85%
4-6 MODERATE ACTIVITY Feels like you can exercise for a very long time. Breathing is elevated. Good Sweat	ZONE 3 Sub-Threshold Endurance Tempo 15-30mins.	75%
2-3 LIGHT ACTIVITY Feels like you could exercise for hours. Can easily speak. Very light sweat	ZONE 2 Active Recovery/Flush Warm-up/Aerobic Base.	65%
1 VERY LIGHT ACTIVITY Comparable to a walk or chores. No noticeable increase in HR or breathing. No sweat	ZONE 1 Flush activity, no limits.	>60%



BARING PHASE I



WEEK 1
DAY 4

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

TRAINING DAY NOTES

PERFORMANCE LOG

BODY WEIGHT TODAY

CARDIO AVG. HR

HOURS OF SLEEP LAST NIGHT

TIREDDNESS SCORE (1-5)

2 SPEED				
Exercise	SETSxREPS	WEEK 1	WEEK 2	WEEK 3
1A 10YD. SPRINT	2x			
1B LATERAL SPRINT	1xe			

2 STRENGTH				
Exercise	SETSxREPS	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				
Exercise	SETSxREPS	WEEK 1	WEEK 2	WEEK 3
1A DB BICEP CURLS	3x10e			
1A WRIST ROLLER	3x2e			
1A GRIPPER	3x10			

3 CONDITIONING				
Exercise	SETSxREPS	WEEK 1	WEEK 2	WEEK 3
1A AEROBIC POWER	4x4			
4x4 Norweians 4 min. max watts. Rest to 120 BPM. 4 rounds				



BARING PHASE I



WEEK 1
DAY 5

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

TRAINING DAY NOTES

PERFORMANCE LOG

BODY WEIGHT TODAY

CARDIO AVG. HR

HOURS OF SLEEP LAST NIGHT

TIREDDNESS SCORE (1-5)

2 SPEED				
Exercise	SETSxREPS	WEEK 1	WEEK 2	WEEK 3
1A BROAD JUMP				
1B ANKLE JUMPS				

2 STRENGTH				
Exercise	SETSxREPS	WEEK 1	WEEK 2	WEEK 3
1A BENCH PRESS	3x5			
1B KB SWINGS	3x8			
1C PLANK ROWS	3x8e			
2A BENT ROWS	3x8			
2B DIPS	3x10			
2C BACK EXTENSION	3x10			

2 ARM FARM				
Exercise	SETSxREPS	WEEK 1	WEEK 2	WEEK 3
1A CABLE CURLS	3x10e			
1A STRAP PRONATION	3x8e			
1A RAD/ULN. DEVIAT.	3x8e			

3 CONDITIONING				
Exercise	SETSxREPS	WEEK 1	WEEK 2	WEEK 3
1A ZONE 2 CYCLING	30m.			



BARING PHASE I



DAY 3

WEEK 1

DAY 3

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

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