

Tour du Mont Blanc Hike

6 Week Leg Strength Program



La Clinique du Sport
CHAMONIX

	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6
SQUATS	2x8	2x8	3x8	3x10	3x10	3x12
LUNGES	-	-	2x6	2x8	3x10	3x12
SLIDING BACK LUNGE	2x8	3x8	2x8	2x8	2x12	3x12
STEP-UPS	2x12	2x12	3x12	3x12	3x12	3x12
LEANING HEEL RAISES	2x8	2x10	2x10	3x8	3x10	3x12
BALANCE	x2	x2	x2	x2	x2	x2
TOTAL REPS	70	84	94	120	150	180

Rest 15 seconds between each series and exercise, take longer if you need it to maintain technique