

# **Grand Canyon Whitewater Preparation Program**

## *Training Program Schedule*

- **Weekly Training Schedule:**
  - **Day 1:**
    - **Stretching Program**
    - **Strength Program “A”**
  - **Day 2:**
    - **Stretching Program**
    - **Aerobic Training Program “A”**
  - **Day 3:**
    - **Rest Day (stretching program if needed)**
  - **Day 4:**
    - **Stretching Program**
    - **Strength Program “B”**
  - **Day 5:**
    - **Stretching Program**
    - **Aerobic Program “B”**
  - **Day 6:**
    - **Stretching Program**
    - **Aerobic Program “C”**
  - **Day 7:**
    - **Rest Day (stretching program if needed)**

**\*Be sure to complete the YMCA Step Test at the beginning of the program and again after completing the program to assess your progress!**