

SAR Mountain Rescue – Strength & Conditioning






- This program is a progression that requires a foundation of cardiovascular fitness and muscular strength. Remember to build a solid foundation prior to starting this program. Use the following programs for 1-3 months to build up your fitness if needed.
- [SAR Core](#) - [SAR Strength](#) - [SAR Intervals](#)
- Perform the SAR Mountain Rescue program (90 min total) 2 times a week for 3-4 weeks.

1. 'APPROACH' CARDIO 30 min






Uphill treadmill walking (backpack)

- increasing incline every 2 min by one degree
- start with 0° incline and finish with 15° / speed around 3.5mph
- perform total of 30 min carrying a backpack





2. VERTICAL STRENGTH MOVES – 2-3 sets of 8-12 repetitions (Do 3-4 exercises within 10 minutes)

DB deadlift variations	Slow goblet squat	Barbell high pull	Barbell bent over row	Clean and lunge
				

3. HORIZONTAL STRENGTH MOVES – 2-3 sets of 8-12 repetitions (Do 3-4 exercises within 10 minutes)

Cable rotation	Kettlebell swing	Squat press out	Low to high lift	Inverted row variations
				

4. POSITIONAL STRENGTH – 2 sets of 8-12 repetitions (Do 2-3 exercises within 10 minutes)

Kneeling press	Kneeling lunge press	Split rotation	Hang with 90° hip flexion
			 30-60 sec hold

5. 'CARRYOUT' CARDIO 30 min

Walking with a backpack and a unilateral weight (for example a dumbbell in one hand, alternating left and right)

- Walk 30 minutes on varying degrees of incline and decline if applicable
- Carry your backpack as well as a weight in one hand for 5 minutes on - 5 minutes off
- Finish with cooldown stretches (+ foam rolling)