

15-Week Bataan Memorial Death March Training Plan

CARRY THE FALLEN AT BATAAN -- COME BY THE MEDALS OF HONOR BOOTH TO PICK UP A MEMORIAL BIB

WEEK 1

KEY TRAINING DAY 1	TIME	INTERVALS	GRADE	PACK WEIGHT
HILL WORK	40 MINUTES	2:2	2-5%	0
KEY TRAINING DAY 2	TIME	HEART RATE		
EASY CARDIO	30	60-80%		
KEY TRAINING DAY 3	TIME	TYPE	PACK WEIGHT	
LONG HIKE	60 MINUTES	OFF-ROAD IF POSSIBLE		0
NON-KEY TRAINING DAY 1		WEIGHT TRAINING		
NON-KEY TRAINING DAY 2		YOGA / SWIM / THERAPEUTIC EXERCISE		

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WEEK 2

KEY TRAINING DAY 1	TIME	INTERVALS	GRADE	PACK WEIGHT
HILL WORK	40 MINUTES	2:1	6%	10%
KEY TRAINING DAY 2	TIME	HEART RATE		
EASY CARDIO	30	60-80%		
KEY TRAINING DAY 3	TIME	TYPE	PACK WEIGHT	
LONG HIKE	1.5 HOURS	OFF-ROAD IF POSSIBLE		10%
NON-KEY TRAINING DAY 1		WEIGHT TRAINING		
NON-KEY TRAINING DAY 2		YOGA / SWIM / THERAPEUTIC EXERCISE		

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WEEK 3

KEY TRAINING DAY 1		TIME	INTERVALS	GRADE	PACK WEIGHT
HILL WORK		50 MINUTES	3:2	7%	0

KEY TRAINING DAY 2		TIME	HEART RATE	
EASY CARDIO		40	60-80%	

KEY TRAINING DAY 3		TIME	TYPE		PACK WEIGHT
LONG HIKE		2 HOURS	OFF-ROAD IF POSSIBLE		25%

NON-KEY TRAINING DAY 1 & 3		WEIGHT TRAINING			
NON-KEY TRAINING DAY 2		YOGA / SWIM / THERAPEUTIC EXERCISE			

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WEEK 4

KEY TRAINING DAY 1		TIME	INTERVALS	GRADE	PACK WEIGHT
HILL WORK		50 MINUTES	3:1	7%	0

KEY TRAINING DAY 2		TIME	HEART RATE	
EASY CARDIO		40	60-80%	

KEY TRAINING DAY 3		TIME	TYPE		PACK WEIGHT
LONG HIKE		2.5 HOURS	OFF-ROAD IF POSSIBLE		50%

NON-KEY TRAINING DAY 1 & 3		WEIGHT TRAINING			
NON-KEY TRAINING DAY 2		YOGA / SWIM / THERAPEUTIC EXERCISE			

WEEK 5

KEY TRAINING DAY 1	TIME	INTERVALS	GRADE	PACK WEIGHT
HILL WORK	60 MINUTES	4:2	8%	50%
KEY TRAINING DAY 2	TIME	HEART RATE		
EASY CARDIO	40	60-80%		
KEY TRAINING DAY 3	TIME	TYPE		PACK WEIGHT
LONG HIKE	2.5 HOURS	OFF-ROAD IF POSSIBLE		50%
NON-KEY TRAINING DAY 1 & 3		WEIGHT TRAINING		
NON-KEY TRAINING DAY 2		YOGA / SWIM / THERAPEUTIC EXERCISE		

WEEK 6

KEY TRAINING DAY 1	TIME	INTERVALS	GRADE	PACK WEIGHT
HILL WORK	60 MINUTES	4:1	8%	75%
KEY TRAINING DAY 2	TIME	HEART RATE		
EASY CARDIO	60	60-80%		
KEY TRAINING DAY 3	TIME	TYPE		PACK WEIGHT
LONG HIKE	3.5 HOURS	OFF-ROAD IF POSSIBLE		75%
NON-KEY TRAINING DAY 1 & 3		WEIGHT TRAINING		
NON-KEY TRAINING DAY 2		YOGA / SWIM / THERAPEUTIC EXERCISE		

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WEEK 7

KEY TRAINING DAY 1	TIME	INTERVALS	GRADE	PACK WEIGHT
HILL WORK (INDOOR)	70 MINUTES	5:2	10%	0
KEY TRAINING DAY 2	TIME	HEART RATE		
EASY CARDIO	40	60-80%		
KEY TRAINING DAY 3	TIME	TYPE		PACK WEIGHT
LONG HIKE	4HOURS	OFF-ROAD IF POSSIBLE		75%
NON-KEY TRAINING DAY 1 & 3		WEIGHT TRAINING		
NON-KEY TRAINING DAY 2		YOGA / SWIM / THERAPEUTIC EXERCISE		

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WEEK 8

KEY TRAINING DAY 1	TIME	INTERVALS	GRADE	PACK WEIGHT
HILL WORK (INDOOR)	70 MINUTES	5:1	8%	75%
KEY TRAINING DAY 2	TIME	HEART RATE		
EASY CARDIO	75 MINUTES	60-80%		
KEY TRAINING DAY 3	TIME	TYPE		PACK WEIGHT
LONG HIKE	4.5 HOURS	OFF-ROAD IF POSSIBLE		100%
NON-KEY TRAINING DAY 1 & 3		WEIGHT TRAINING		
NON-KEY TRAINING DAY 2		YOGA / SWIM / THERAPEUTIC EXERCISE		

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WEEK 9

KEY TRAINING DAY 1	TIME	INTERVALS	GRADE	PACK WEIGHT
HILL WORK (INDOOR)	50 MINUTES	6:2	11%	75%
KEY TRAINING DAY 2	TIME	HEART RATE		
EASY CARDIO	30 MINUTES	60-80%		
KEY TRAINING DAY 3	TIME	TYPE		PACK WEIGHT
LONG HIKE	5 HOURS	OFF-ROAD IF POSSIBLE		100%
NON-KEY TRAINING DAY 1 & 3		WEIGHT TRAINING		
NON-KEY TRAINING DAY 2		YOGA / SWIM / THERAPEUTIC EXERCISE		

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WEEK 10

KEY TRAINING DAY 1	TIME	INTERVALS	GRADE	PACK WEIGHT
HILL WORK (INDOOR)	50 MINUTES	6:1	8%	0%
KEY TRAINING DAY 2	TIME	HEART RATE		
EASY CARDIO	75 MINUTES	60-80%		
KEY TRAINING DAY 3	TIME	TYPE		PACK WEIGHT
LONG HIKE	6 HOURS	OFF-ROAD IF POSSIBLE		100%
NON-KEY TRAINING DAY 1 & 3		WEIGHT TRAINING		
NON-KEY TRAINING DAY 2		YOGA / SWIM / THERAPEUTIC EXERCISE		

WEEK 11

KEY TRAINING DAY 1	TIME	INTERVALS	GRADE	PACK WEIGHT
HILL WORK (INDOOR)	40 MINUTES	3:2	7%	50%
KEY TRAINING DAY 2	TIME	HEART RATE		
EASY CARDIO	45 MINUTES	60-80%		
KEY TRAINING DAY 3	TIME	TYPE		PACK WEIGHT
LONG HIKE	5 HOURS	OFF-ROAD IF POSSIBLE		75%
NON-KEY TRAINING DAY 1 & 3		WEIGHT TRAINING		
NON-KEY TRAINING DAY 2		YOGA / SWIM / THERAPEUTIC EXERCISE		

WEEK 12

KEY TRAINING DAY 1	TIME	INTERVALS	GRADE	PACK WEIGHT
HILL WORK (INDOOR)	40 MINUTES	3:2	7%	50%
KEY TRAINING DAY 2	TIME	HEART RATE		
EASY CARDIO	45 MINUTES	60-80%		
KEY TRAINING DAY 3	TIME	TYPE		PACK WEIGHT
LONG HIKE	3 HOURS	OFF-ROAD IF POSSIBLE		50%
NON-KEY TRAINING DAY 1 & 3		WEIGHT TRAINING		
NON-KEY TRAINING DAY 2		YOGA / SWIM / THERAPEUTIC EXERCISE		

WEEK 13

KEY TRAINING DAY 1	TIME	INTERVALS	GRADE	PACK WEIGHT
HILL WORK (INDOOR)	30 MINUTES	2:2	5%	50%
KEY TRAINING DAY 2	TIME	HEART RATE		
EASY CARDIO	45 MINUTES	60-80%		
KEY TRAINING DAY 3	TIME	TYPE		PACK WEIGHT
LONG HIKE	2 HOURS	OFF-ROAD IF POSSIBLE		25%
NON-KEY TRAINING DAY 1 & 3		WEIGHT TRAINING		
NON-KEY TRAINING DAY 2		YOGA / SWIM / THERAPEUTIC EXERCISE		

WEEK 14

KEY TRAINING DAY 1	TIME	INTERVALS	GRADE	PACK WEIGHT
HILL WORK (INDOOR)	20 MINUTES	2:2	3%	0%
KEY TRAINING DAY 2	TIME	HEART RATE		
EASY CARDIO	45 MINUTES	60-80%		
KEY TRAINING DAY 3	TIME	TYPE		PACK WEIGHT
LONG HIKE	1.5 HOURS	OFF-ROAD IF POSSIBLE		50%
NON-KEY TRAINING DAY 1 & 3		WEIGHT TRAINING		
NON-KEY TRAINING DAY 2		YOGA / SWIM / THERAPEUTIC EXERCISE		

WEEK 15 (BATAAN WEEK)

KEY TRAINING DAY 1	TIME	INTERVALS	GRADE	PACK WEIGHT
HILL WORK (INDOOR)	0	0	0%	0%

KEY TRAINING DAY 2	TIME	HEART RATE		
EASY CARDIO	30 MINUTES	60-80%		

KEY TRAINING DAY 3	TIME	TYPE		PACK WEIGHT
LONG HIKE	0	OFF-ROAD IF POSSIBLE		0%

NON-KEY TRAINING DAY 1 & 2	YOGA / SWIM / THERAPEUTIC EXERCISE			

[THIS TRAINING PROGRAM ASSUMES YOU ARE HEALTHY AND YOU'RE CURRENTLY IN GOOD ATHLETIC SHAPE](#)

CONSULT A DOCTOR BEFORE STARTING THIS OR ANY OTHER EXERCISE PROGRAM