



Prepper Fitness Training Program

Complete 12-week workout plan with progression, hydration tracking sheets, heat acclimatization calendar, and monthly fitness tests.

This program is designed for Malaysian families training in heat, humidity, floods, evacuations, and hardship scenarios. The goal is practical capability: walking with a backpack, climbing stairs, carrying supplies, staying hydrated, and functioning safely under stress.

SAFETY DISCLAIMER: This guide is educational and not medical advice. Start slowly. Stop immediately if you experience dizziness, chest pain, severe breathlessness, confusion, fainting, vomiting, or signs of heat exhaustion. Seek medical clearance if you have heart disease, uncontrolled blood pressure, chronic illness, pregnancy, recent injury, or are returning after long inactivity.

1. Weekly Training Structure

Day	Training Focus	Notes
Monday	Bodyweight Strength Circuit	Pushups, squats, plank, wall sit, burpees. Modify intensity as needed.
Tuesday	Heat Acclimatization Walk	15-30 min brisk walk. Hydrate before and during.
Wednesday	Endurance / Backpack Walk	Start light. Progress distance and backpack weight gradually.
Thursday	Bodyweight Strength Circuit	Repeat circuit. Focus on form and controlled movement.
Friday	Stairs / Mobility / Recovery	Stair climbing or easy walk. Stretch after training.
Saturday	Long Walk / Family Training	Longer walk, evacuation route practice, or backpack carry.
Sunday	Rest / Hydration Review	Review water intake, soreness, sleep, and next week goals.

2. Complete 12-Week Progression Plan

Week	Strength Work	Endurance / Backpack Work	Heat Goal
1	2-3 rounds, easy versions	3-5km walk, light pack	15 min heat exposure
2	3 rounds, improve form	5km walk, 5-8kg pack	20 min heat exposure
3	3 rounds, +10-20% reps	5-7km walk, 8-10kg pack	25 min heat exposure
4	3-4 rounds, controlled rest	7km walk, 10kg pack	30 min heat exposure
5	4 rounds, harder variations	8-10km walk, 10-12kg pack	30 min steady effort
6	4 rounds, add stairs	10km walk, 12kg pack	Hydration discipline
7	4 rounds, shorter rest	12-15km walk, 12-15kg pack	Heat tolerance check
8	4 rounds, maintain form	15km walk, 15kg pack	No dizziness/nausea
9	4 rounds, steady pace	15-18km walk, 15kg pack	Electrolyte practice
10	4 rounds, strong form	18-20km walk, 15kg pack	Post-workout rehydration
11	3-4 rounds, deload if sore	20-25km walk, 15kg pack	Recovery management
12	Fitness test week	Target: 30km walk or best safe distance	Final heat tolerance test



3. Bodyweight Strength Circuit

Exercise	Beginner	Standard	Progression
Pushups	Wall or incline pushups	10-20 reps	Weighted backpack pushups
Squats	Chair-assisted squats	15-30 reps	Backpack squats
Plank	Knee plank	30-60 sec	Longer hold or shoulder taps
Pulling Work	Band rows / towel rows	Pullups if available	More reps or slower tempo
Wall Sit	15-30 sec	30-60 sec	Backpack wall sit
Burpees	Step-back burpees	5-10 reps	Full burpees, controlled pace

Warm-up: arm circles, leg swings, bodyweight squats, inchworms, high knees, and easy walking for 5 minutes.

Cool-down: chest stretch, quad stretch, hamstring stretch, shoulder stretch, and slow breathing for 5 minutes.

4. 4-Week Heat Acclimatization Calendar

Week	Target	Daily Tracking
Week 1	15 min brisk walk or light jog in heat, 5-6 days	■ Mon ■ Tue ■ Wed ■ Thu ■ Fri ■ Sat
Week 2	20 min heat exposure. Keep effort comfortable.	■ Mon ■ Tue ■ Wed ■ Thu ■ Fri ■ Sat
Week 3	25 min heat exposure. Practice pre-hydration.	■ Mon ■ Tue ■ Wed ■ Thu ■ Fri ■ Sat
Week 4	30 min heat exposure. Stop if symptoms appear.	■ Mon ■ Tue ■ Wed ■ Thu ■ Fri ■ Sat

Heat warning signs: dizziness, nausea, cramps, confusion, unusual irritability, faintness, or heart rate staying very high. Stop, cool down, hydrate, and seek help if symptoms persist.

5. Hydration Formula & Tracking Sheet

Daily baseline: body weight x 0.035 = estimated liters on normal days.

Hot or active days: body weight x 0.05 to 0.07 = estimated liters.

Exercise in heat: add around 500ml per hour of training. Use ORS or electrolytes during longer hot sessions.

Day	Target Water	Actual Intake	Urine Color / Notes
Mon			
Tue			
Wed			
Thu			
Fri			
Sat			
Sun			



6. Monthly Fitness Test Sheet

Test	Month 1	Month 2	Month 3	Goal
Max pushups in 2 min				Improve 5-10% monthly
1km walk/jog time				Faster with safe effort
Backpack distance				Progress toward 30km
Backpack weight used				Progress toward 15kg
Heat tolerance				30 min without symptoms
Stair climb time				Better pace, lower fatigue

7. Training Nutrition Notes

Timing	Simple Malaysian Options
1-2 hours before	Banana with peanut butter, rice with egg, oats, bread with tuna, or light noodles.
During long sessions	Water plus electrolytes or ORS if training longer than 60 minutes in heat.
Within 30-60 minutes after	Chicken rice, eggs and rice, yogurt, milk, tempeh, tuna sandwich, or protein plus carbs.
Daily habit	Eat enough calories, protein, salt, and fluids for the training load.

8. Age & Family Adjustments

Group	Adjustment
Older adults 55+	Longer warm-up, lower impact, more rest days, medical clearance when needed.
Beginners	Start with easier versions, shorter walks, lighter backpack, and slower progression.
Parents with young children	Use 10-minute micro-workouts and family walks. Do not force children into heat training.
Busy workers	Train 20-30 minutes consistently rather than doing intense weekend-only sessions.

9. Program Checklist

Done	Checklist Item
<input type="checkbox"/>	Print this 12-week plan
<input type="checkbox"/>	Record starting pushup, 1km, backpack, and heat tolerance baseline
<input type="checkbox"/>	Prepare water bottle, ORS/electrolytes, cap, towel, and comfortable shoes
<input type="checkbox"/>	Start with Week 1, not maximum effort
<input type="checkbox"/>	Track hydration daily
<input type="checkbox"/>	Complete monthly fitness test
<input type="checkbox"/>	Repeat the program at higher difficulty after Week 12