



# SCA Beginner 5 Week Training Program:

## *The Finisher*

This program is for those who are new to stair climbing or for someone returning to climbing. You may already walk a couple of times a week, go to the gym occasionally or simply remain active through your work environment. Getting to the top is your goal and you're ready to give it a go!

### **Before you start:**

- Always warm up before starting any exercise. A 5-10min brisk walk then walk on your toes for 4 steps and on your heels for 4 steps, repeat this for 1-2mins. Followed by 10-20 stationary squats, a few stretches and you are ready to go! <https://youtu.be/61VGVZQYfE8>
- Find a set of stairs that has between 20-30 steps.
- For your first few workouts start with walking up one step at a time. Keep a record of each session, recording how many laps you complete in the specified time.
- Pace yourself. If you go out too hard you will not be able to maintain this for long. Slow and steady.
- If a railing is available, USE IT! It takes a small amount of weight off the legs.
- At the end of each session spend 5mins walking on a flat surface, then 5mins stretching. Straight leg calf stretch & a bent leg calf stretch. Include a quad, hip flexor, hamstring, lower back, glutes & ITB stretch. See link.
- Avoid stair climbing on consecutive days as the legs and lungs need time to recover.

Week 1	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<b>Session</b>	Stair Climbing	Rest	Rest	Stair Climbing	Rest	Walk	Rest
<b>Description</b>	10-15 mins Walking up & down. Recover on the way down.			10-15 mins Walking up & down. Recover on the way down.		15-20 min brisk walk.	
Week 2	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<b>Session</b>	Stair Climbing	Rest	Rest	Stair climbing	Rest	Walk	Rest
<b>Description</b>	10-15mins walking up & down. Recover on the way down.			10-15mins walking up & down. Recover on the way down.		15-20 min brisk walk.	

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***You can't climb to the top, if you don't start at the bottom.***

Disclaimer: Before taking up any new activities we advise seeking the advice of your doctor. If you experience any pain, dizziness or injury please consult your health professional.

Pymont Personal Training 2020



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Week 3	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<b>Session</b>	Stair Climbing	Rest	Walk /Gym Cycle/swim	Rest	Stair climbing	Rest	Rest
<b>Description</b>	15-20 mins walking. Introduce double step walking every 2 <sup>nd</sup> lap.		Choose an activity from above 20-45 mins		15-20mins walking. Introduce a jog every 5 <sup>th</sup> lap.		
Week 4	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<b>Session</b>	Stair Climbing	Rest	Walk /Gym Cycle/ swim	Rest	Stair Climbing	Rest	Rest
<b>Description</b>	15-20 mins walking. Double steps every 2 <sup>nd</sup> lap.		Choose an activity from above 20-45 mins		15-20mins walk & jog every 5 <sup>th</sup> lap.		
Week 5	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<b>Session</b>	Stair climbing	Rest	Rest	Rest	Rest	Rest	Event Day!
<b>Description</b>	10-15mins Walking double steps every 2 <sup>nd</sup> lap.			10-15 min brisk walk.			You've done the work. Now it's time to enjoy the day!

- When running becomes too difficult, don't be afraid to walk - you can still cover good ground with a solid walking pace.
- Your mind will want you to stop before your legs & lungs - TAKE CONTROL; stair climbing can build a mental strength unlike any other!
- For best results, take two steps at a time. This allows you to cover more ground in less time.

***It's going to be hard, but hard does not mean impossible.***

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