

# SCA Intermediate 5 Week Training Program:



## The Challenger

This program is for those with a good fitness base. You may regularly attend a gym and participate in resistance training, cardiovascular exercise (treadmill, bike, rower etc) and/or group fitness classes. You should be capable of jogging/running for at least 20 minutes. You may have done a couple of fun runs/rides etc. You're ready to step up, know how to push yourself and hungry for the challenge.

### • Before you start:

- Always warm up before starting any exercise. A 5-10min brisk walk, include a few drills to warm up the legs. 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/61VGZQYfE8>
- Find a set of stairs that has between 50-100 steps.
- 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 pace for long. Slow & steady.
- If a railing is available, USE IT! It takes a small amount of weight off the legs.
- Spend 5mins walking on a flat surface, then 5mins stretching at the end of each session. Straight leg calf stretch & a bent leg calf stretch. Include a quad, hip flexor, hamstring, lower back, glutes & ITB stretch. Link \*\*\*
- Avoid stair climbing on consecutive days, 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	Gym/Swim/cycle or group fitness	Rest	Stair Climbing	Rest	Rest
<b>Description</b>	Stairs 15-20 mins. Walk x2 Double steps x1 Repeat		30-60mins		Stairs 15-20 mins. Walk x1 Doubles x1 Repeat		
Week 2	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<b>Session</b>	Stair Climbing	Rest	Gym/Swim/cycle or group fitness	Rest	Stair Climbing	Rest	Cycle or Jog
<b>Description</b>	Stairs 15-20 mins. Walk x2 Double steps x1 Repeat		30-60mins		Stairs 15-20 mins. Walk x1 Doubles x1 Repeat		20-40 mins

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***"The summit is what drives us, but the climb itself is what matters" Conrad Anker***

. 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.

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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	Gym/Swim/Cycle or group fitness	Rest	Stair Climbing	Rest	Cycle/Jog
<b>Description</b>	20-25 mins Walk x1 Doubles x1 Repeat		40-60mins		20-25mins Walk x2 Jog x1 Repeat		30-60 mins
Week 4	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<b>Session</b>	Stair Climbing	Rest	Gym/Swim/Cycle or Group Fitness	Rest	Stair Climbing	Rest	Cycle/Jog
<b>Description</b>	Reduce stairs to 50 steps 20-30mins Jog x3 Rest 60sec Repeat x 3 Then walk		40-60mins		20-30mins Walk x1 Doubles x1 Jog x1 Repeat		30-60 mins
Week 5	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<b>Session</b>	Stair Climbing		Stair Climbing	Rest	Easy Cycle	Rest & Recover	Race Day!
<b>Description</b>	15-20 mins Walk x2 Doubles x1 Repeat		Reduce stairs to 20-30steps 10-15mins Jog x1 Walk x3		15-25mins		

- 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.
- You may experience delayed onset muscle soreness in the 24-48 hours after exercise.
- Take it slow and gradually build up the amount of exercise each week.

***Keep going. Each step may get harder, but don't stop. The view at the top is worth every step.***

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