

# SCA Advanced 5 Week Training Program:



## The Hardcore

This program is for those with a solid base of fitness. You train most days of the week, which includes resistance training, high intensity cardiovascular exercise and you may find yourself competing in events. You enjoy pushing your limits.

### 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 then 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 with 100+ steps.
- Keep a record of each session, recording how many laps you complete in the specified time.
- If a railing is available, USE IT! It takes a small amount of weight off the legs resulting in better overall stamina.
- 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	Gym	Cycle/Spin/Swim or group fitness	Gym or Rest	Stair Climbing	Rest	Cycle/Jog
<b>Description</b>	20-30mins Walk x1 Doubles x1 Jog x1 Repeat		45-60mins		Reduce stairs to 50-60 steps 20-30mins Walk x 4 Jog x3 Rest 60sec Repeat		45-60mins
Week 2	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<b>Session</b>	Stair Climbing	Gym	Cycle/Spin/swim Or group fitness	Gym or Rest	Stair Climbing	Rest	Cycle/Jog
<b>Description</b>	30-45mins Double x1 Jog x1 Double x1 Jog x1 Walk x1 Repeat		45-60mins		Reduce stairs to 50-60 steps  30-45mins Walk x 2 Run x 3 Rest 1-2mins Repeat		45-60mins

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***"What hurts today, makes you stronger tomorrow "Jay Cutler four time Mr. Olympia***

Page 1 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>	Gym/Swim Cycle	Stair Climbing	Gym or Rest	Stair Climbing	Run/Cycle	Rest	Stair Climbing
<b>Description</b>	45-60mins	45-60mins Double x1 Jog x1 Double x1 Jog x1 Walk x1 Repeat		30-40mins 50 stairs sprint x3 Rest 1-2m Repeat	45-60mins		60mins Run x2 Double x2 Jog x1 Rest 60sec
Week 4	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<b>Session</b>	Gym/Swim Cycle	Stair Climbing	Gym or Rest	Stair Climbing	Run /Cycle	Rest	Stair Climbing
<b>Description</b>	45-60mins	30-40mins Double x1 Jog x2 Double x1 Jog x2 Walk x1 Repeat		45-60mins 50-60stairs Sprint x4 Rest 1-2m Repeat	45-60mins		60mins + Run x2 Double x2 Jog x2 Rest 60sec Repeat
Week 5	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<b>Session</b>	Rest	Swim/cycle Easy run	Rest	Stair Climbing	Easy Cycle	Rest & Recover	Race Day!
<b>Description</b>		30-40mins		20-30mins Walk x1 Doubles x1 Run 50 stairs x3 repeat	20-30mins		

- 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
- Taking two steps at a time may allow 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 stair training each week.

***Don't limit your challenges, challenge you limits – Jerry Dunn*** Stair Climbing Australia 2020

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