



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
Session	Stair Climbing	Rest	Rest	Stair Climbing	Rest	Walk	Rest
Description	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
Session	Stair Climbing	Rest	Rest	Stair climbing	Rest	Walk	Rest
Description	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.

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