

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
Session	Stair Climbing	Rest	Gym/Swim/cycle or group fitness	Rest	Stair Climbing	Rest	Rest
Description	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
Session	Stair Climbing	Rest	Gym/Swim/cycle or group fitness	Rest	Stair Climbing	Rest	Cycle or Jog
Description	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
Session	Stair Climbing	Rest	Gym/Swim/Cycle or group fitness	Rest	Stair Climbing	Rest	Cycle/Jog
Description	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
Session	Stair Climbing	Rest	Gym/Swim/Cycle or Group Fitness	Rest	Stair Climbing	Rest	Cycle/Jog
Description	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
Session	Stair Climbing		Stair Climbing	Rest	Easy Cycle	Rest & Recover	Race Day!
Description	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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