

Whether you are a first-time climber or an experienced athlete, a Fight For Air Climb event is a challenge that everyone can join! Like any athletic activity, you need to train and practice to climb safely. Can't join us at a Practice Climb or looking to an alternative to the gym's stair stepper? Check out these tips and local recommendations from our Volunteer Climb Detroit Ambassadors to support your training.

## 10 Steps Training Guide



### To help you make **Every Step Count**

- 1.** The best thing you can do for training is to climb stairs. Begin with a 10-minute workout each week. Check-in with your local event manager to see if there are any additional training opportunities near you.
- 2.** Remember to always warm-up. Once you start, pick a tempo that feels right to you and stick with it. Once you get the steps down, you can begin working at a quicker pace.
- 3.** To improve your cardiovascular fitness during training, mix in different speeds and effort levels during your workouts.
- 4.** For example, do 2 minutes of easy climbing followed by 1 minute of maximum effort. As you get more fit, you can increase your maximum effort time to 2 or 3 minutes and keep your recovery pace to 2 minutes. Really want to test your strength? Skip a stair when climbing.
- 5.** Keep it interesting by racing against the clock. In your first 5 minutes of training, keep track of how many floors or stairs you finish. Aim to do 2-3 more floors or stairs than the first one, and keep challenging yourself to do more every 5 minutes. Listening to music can also help you propel up the stairs.
- 6.** Flexibility is important to help prevent injuries and recover from sore, tight muscles after training. It's important to stretch for at least 5 minutes after your workouts.
- 7.** Feed your body well while training. Stock up on nutrients, vitamins and H<sub>2</sub>O to recover and get stronger. Cut out sodas, juices and sugary drinks. Eat a wide variety of fruits and vegetables, lean proteins and healthy fats. Increase your carbohydrate intake slightly, but keep it under control. Oatmeal, brown rice and yams are good choices.
- 8.** Relax and be confident in yourself. Mentally prepare yourself the night before the climb.
- 9.** The day of the event, wear comfortable shoes and drink enough water before, during and after the climb.
- 10. HAVE FUN!** Every Step Counts to move us forward in our fight for healthy lungs and clean air.



## Better Together...



You'll definitely be catching many of our local friends and family and firefighter teams practicing at many of these locations on the weekends. If you are looking for a friend or group to practice with OR if you team is meeting up, we encourage you to post in our [American Lung Association in Michigan Facebook Group](#).

**Check out many of the recommended practice locations in across the state and in southeast Michigan:**



## Bloomer Park

- **Location:** 345 John R. Rd, Rochester, MI 48307
- **Hours:** 8 AM—Dusk
- **Features:** 200-acre park, Hiking/mountain bike trails, Large outdoor staircase . Be sure to check out their website for details on park hours during the winter



## Shiawassee Sledding Hill

- **Location:** 32500 Shiawassee St, Farmington, MI 48336
- **Hours:** 9 AM—10 PM
- **Features:** The sled hill offers 4 floors top to bottom, a great hill to practice climbing up and down to get you Comerica Park ready!
- **Pro Tip:** Wear shoes with traction that you don't mind getting dirty.



## Heritage Park

- **Location:** 24915 Farmington Rd, Farmington Hills, MI 48336
- **Hours:** 10a-5p Tuesday through Saturdays and noon-5p on Sundays.
- **Features:** 211-acre park are 4.5 miles of trails for hiking some great steep hills for training. [Check out this map](#) for where to park and the best stair climbing training!



## Civic Center Park

- **Location:** 1827 N. Squirrel Road, Auburn Hills, MI, 48326
- **Hours:** Dawn—Dusk
- **Features:** Civic Center Park offers a wealth of natural beauty. The park includes nature trails and bleachers that are a great way to get you Comerica Park ready! Parking off Cross Creek is closer to the field.





## Wylie E. Groves High School

- **Location:** 20500 W 13 Mile Rd, Beverly Hills, MI 48025
- **Hours:** Open to the public pending school practices and events
- **Features:** Wylie E. Groves High School has tall bleachers making perfect practice for the stairs at Comerica Park.



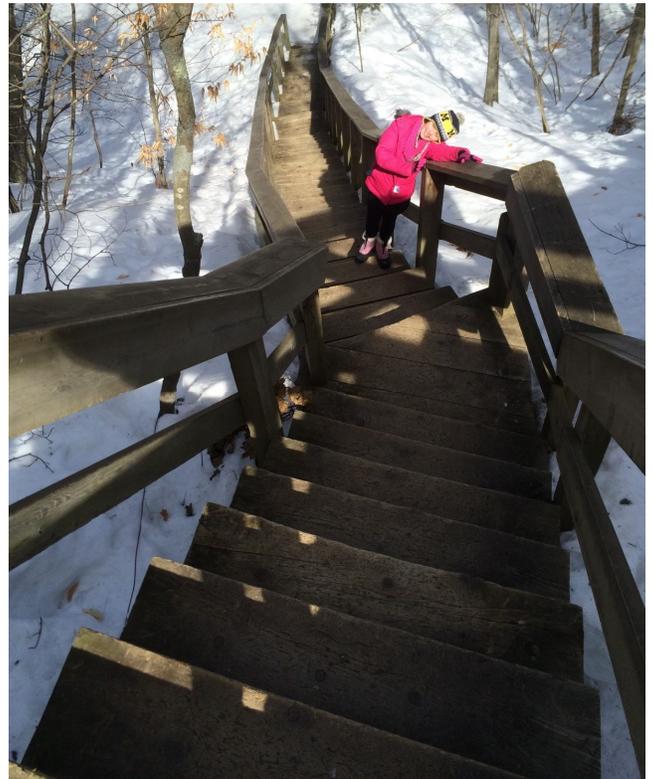
## Maynard “Red” Aurand Memorial Park

- **Location:** 52999 Huntley Ave, New Baltimore, MI 48047
- **Hours:** 8 AM—8 PM
- **Features:** Although this park does not have stairs or bleachers to practice climbing on, a great way to practice stair climbing is walking or running up and down a hill. Maynard “Red” Aurand Memorial Park offers a perfect hill to train on and get you ready for the stairs at Comerica Park.



## Stairs on Division

- **Location:** 700 Division Ave N, Grand Rapids, MI 49503
- **Features:** 147 concrete stairs with a handrail are a great way to prepare for your upcoming Climb!



## PJ Hoffmaster State Park

- **Location:** 6585 Lake Harbor Rd, Norton Shores, MI 49441
- **Hours & Fees:** 9a-10 pm daily, park entrance fee required
- **Features:** [Click here](#) for tips on you can get in a great workout with another beautiful view!



## Mt. Pisgah Dune Climb

- **Location:** 2238 3rd Ave, Holland, MI 49424
- **Hours & Fees:** Mar 1-Oct 15: 7am-10pm, Oct 16-Feb 28: 7am-8pm, No fees
- **Features:** Tackle 239 steps which lead to incredible views. Check out [this website](#) for parking tips.

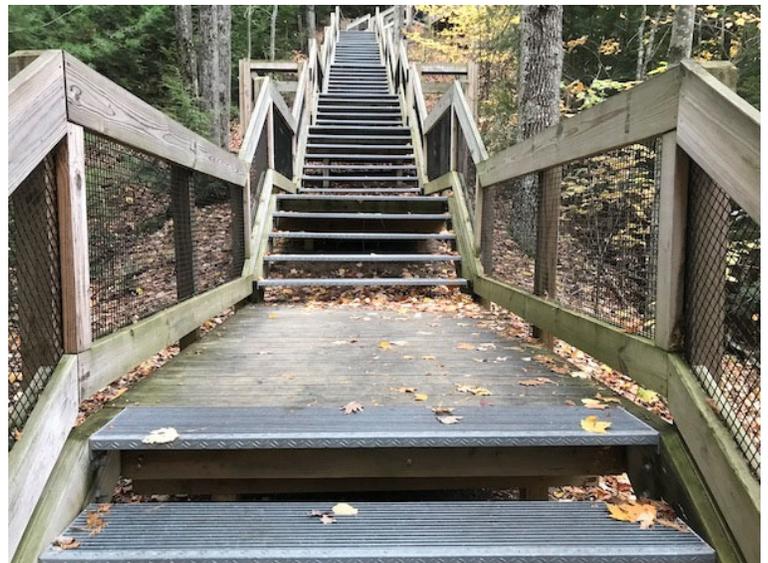
## Mount Baldhead Park

- **Location:** 769 Park St, Saugatuck, MI, 49453
- **Hours & Fees:** 9a-10 pm daily, park entrance fee required
- **Features:** Reach the top of the 302 stairs and check out the view of the Kalamazoo River and downtown Saugatuck. Don't skip on taking dune path down to the lake and Oval Beach. Then head back to the stairs and take 302 steps down .



## Pine Mountain

- **Location:** N3332 Pine Mountain Road, Iron Mountain, MI, 49801
- **Features:** Recently redone, the Pine Mountain 500 are a set of concrete stairs climbing nearly half of a mile straight up. [Iron Mountain's website](#) states this is the largest outdoor staircase in the US with an estimated 500 stairs with a steep incline.



## Lumberman's Monument

- **Location:** 5401 Monument Rd, Oscoda, MI 48750
- **Features:** Located in the Huron-Manistee National Forest Park, visit [their website](#) for hours, parking and access info. There are 280 steps with a 150 foot vertical drop to the Au Sable River. Plus of course, that's 280 steps back up! But the scenery is stunning and there are benches along the way.

Do you have a favorite training spot? We'd love to hear about it to add to our growing list of recommendations. Submit your information to [EventsMI@Lung.org](mailto:EventsMI@Lung.org).

**Want more practice climb information?** Reach out to one of our Climb Detroit Ambassadors who have been ramping up their stair climbing training!



**HEIDI EVERSOLE**

**TEAM: SOCIAL CLIMBERS**

**FREQUENT PRACTICE CLIMB LOCATION:**

**BLOOMER PARK**

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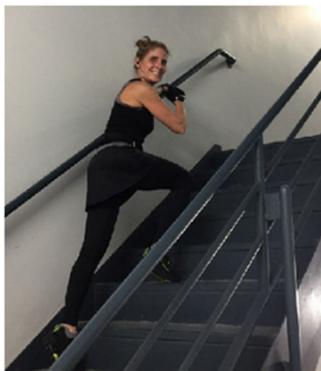
**MIKE GROVER**

**TEAM: I'LL BE AIR FOR YOU**

**FREQUENT PRACTICE CLIMB LOCATION:**

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**VIVIAN DAWSON**

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**FREQUENT PRACTICE CLIMB LOCATION:**

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