



# 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.

NATIONAL CORPORATE TEAM PARTNER

