

TRAINING PROGRAM

This training program was developed complements of  BODY WITHIN

The following is a “guide” for the American Lung Association stairclimbers who need assistance in their training. Stairclimbing is a grueling, strenuous sport and such a sport should not be embarked upon without first consulting your physician.

A note from *Team Body Within*:

Every year when *Team Body Within* finishes the stair climb we all agree the American Lung Association is the perfect sponsor for this event. Racing, or simply walking, up 70 floors is an incredible challenge for even the healthiest lungs. So to be sure everyone is ready for this year’s event *Body Within Personal Training* has put together a few training programs.

The First Step:

Due to the intensity of this event is it important you have a clear understanding of your present fitness level. Before jumping into a training program there are two issues which should be honestly addressed. First, determine your current fitness level. The training process is different for everyone. A 50-year-old who regularly competes in triathlons will train differently and at higher intensities than a 50-year-old who recently quit smoking. So before you lift one weight or take your first practice stair climb, honestly evaluated you present health and fitness. If you recently started exercises (within the past year) consider yourself a beginner. If you have been training for longer, but are not a competitive athlete you are at an intermediate level. Those who consider themselves a competitive athlete and have multiple years of serious training are at the advanced level.

The second issue is deciding if a doctor’s approval is needed before starting a training program. If any of the following apply to you, or if you are unsure, a doctor’s approval is necessary before you begin. If you are:

- Pregnant.
- Older than 65.
- Sedentary.
- Overweight.
- Have diabetes.
- Have high blood pressure.
- Have a heart condition.
- Have any injury or health condition that may affect your ability to safely complete the stair climb.

TRAINING PROGRAM

Making it to the Top:

The training programs have a cardiovascular and a weight-training component. The charts below will provide the training schedules and training intensities. The training schedules are meant to be a general guide. They are not a strict program and should be adjusted to how much time you have and how your body responds. Adequate recovery between workouts is essential! Listen to your body. If you're feeling muscle soreness or fatigued take an extra day or two off. Work toward getting your lungs strong and your legs in shape. All your hard work will be worth the experience!

The cardiovascular components of the training programs are based on time and intensity. The time is measured in minutes and the intensity is measured on a scale of one to ten. One would be equal to sitting in a chair and ten is working at 100% capacity. As examples, beginners are directed to start at an intensity level of five. This would be equal to walking while carrying a bag or two of groceries. As the intensity level changes to a six this would be like carrying those groceries up a flight of stairs.

For cardiovascular training you can choose walking outside, riding a bike, or using an ellipse machine or a stair climber. Whatever you like just get moving for the designated time and at the appropriate intensity level. Note there are a few training days that are marked with stairs. **Find some and climb them!** Whether it is at your office or your local high school stadium, training on stairs will get your legs and lungs in shape. Don't be discouraged if you only have a few flights to work with. Just make multiple trips up and down to help build strength and endurance.

(The weight-training component of the programs follows the workout schedules. For the most part they will help build leg and core strength while only taking a few minutes to complete.)

WORKOUT SCHEDULES

Beginners

Weeks One to Four – Intensity at Level Five. Always include a five minute warm-up.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Start of Week 1: Off	Cardio: 15 Minutes	Weights	Off	Cardio: 15 Minutes	Off	Weights
Start of Week 2: Off	20 Minutes	Weights	Off	20 Minutes	Off	Weights
Start of Week 3: Off	15 Minutes	Weights	15 Minutes	Off	Weights	15 Minutes
Start of Week 4: Off	15 Minutes	Weights	20 Minutes	Off	Weights	15 Minutes

Weeks Five to Eight – Intensity at Level Six. Always include a five minute warm-up.

Start of Week 5: Off	20 Minutes	Weights	15 Minutes	Off	Weights	20 Minutes
Start of Week 6: Off	20 Minutes	Weights	20 Minutes	Off	Weights	20 Minutes
Start of Week 7: Off	20 Minutes	Weights	25 Minutes	Off	Weights	20 Minutes
Start of Week 8: Off	Stairs! 20 minutes	Weights	25 Minutes	Off	Weights	25 Minutes

Weight Nine to Twelve – Intensity at Level Seven. Always include a five minute warm-up.

Start of Week 9: Off	25 Minutes	Weights	25 Minutes	Off	Weights	25 Minutes
Start of Week 10: Off	Stairs! 20 Minutes	25 Minutes	Weights	Off	Weights	30 Minutes
Start of Week 11: Off	Stairs! 20 Minutes	30 Minutes	Weights	Off	Weights	25 Minutes
Start of Week 12: Off	Weights	20 Minutes	20 Minutes	Off	Off	Event!!!

WORKOUT SCHEDULES

Intermediate

Weeks One to Four – Intensity at Level Six. Always include a five minute warm-up.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Start of Week 1: Off	Cardio: 20 Minutes	Weights	Off	Cardio: 20 Minutes	Off	Weights
Start of Week 2: Off	25 Minutes	Weights	Off	25 Minutes	Off	Weights
Start of Week 3: Off	20 Minutes	Weights	25 Minutes	Off	20 Minutes	Weights
Start of Week 4: Off	25 Minutes	Weights	20 Minutes	Off	25 Minutes	Weights

Weeks Five to Eight – Intensity at Level Six Pushing Toward Seven. Always include a five minute warm-up.

Start of Week 5: Off	25 Minutes	Weights	25 Minutes	Off	Weights	25 Minutes
Start of Week 6: Off	25 Minutes	Weights	30 Minutes	Off	Weights	25 Minutes
Start of Week 7: Off	30 Minutes	Weights	25 Minutes	Off	Weights	30 Minutes
Start of Week 8: Off	Stairs! 20 Minutes	Weights	30 Minutes	Off	Weights	30 Minutes

Weight Nine to Twelve – Intensity at Level Seven Pushing Toward Eight. Always include a five minute warm-up.

Start of Week 9: Off	30 Minutes	Weights	30 Minutes	Off	Weights	30 Minutes
Start of Week 10: Off	Stairs! 20 Minutes	30 Minutes	Weights	Off	Weights	30 Minutes
Start of Week 11: Off	Stairs! 20 Minutes	30 Minutes	Weights	Off	Weights	25 Minutes
Start of Week 12: Off	Weights	20 Minutes	20 Minutes	Off	Off	Event!!!

TRAINING PROGRAM

Advanced

Weeks One to Four – Intensity at Level Seven. Always include a five minute warm-up.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Start of Week 1: Off	Cardio: 20 Minutes	Weights	Cardio: 20 Minutes	Cardio: 20 Minutes	Off	Weights
Start of Week 2: Off	20 Minutes	Weights	20 Minutes	25 Minutes	Off	Weights
Start of Week 3: Off	20 Minutes	Weights	25 Minutes	Weights	Off	25 Minutes
Start of Week 4: Off	25 Minutes	Weights	25 Minutes	Weights	Off	25 Minutes

Weeks Five to Eight – Intensity at Level Seven Pushing Toward Eight.

Always include a five minute warm-up.

Start of Week 5: Off	25 Minutes	Weights	25 Minutes	Off	Weights	25 Minutes
Start of Week 6: Off	25 Minutes	Weights	30 Minutes	Off	Weights	25 Minutes
Start of Week 7: Off	30 Minutes	Weights	25 Minutes	Off	Weights	30 Minutes
Start of Week 8: Off	Stairs! 20 Minutes	Weights	30 Minutes	Off	Weights	30 Minutes

Weight Nine to Twelve – Intensity at Level Eight w/ Short Spurts Peaking at Nine & Ten. Always include a five minute warm-up.

Start of Week 9: Off	30 Minutes	Weights	30 Minutes	Off	Weights	30 Minutes
Start of Week 10: Off	Stairs! 20 Minutes	30 Minutes	Weights	Off	Weights	30 Minutes
Start of Week 11: Off	Stairs! 20 Minutes	30 Minutes	Weights	Off	Weights	25 Minutes
Start of Week 12: Off	Weights	20 Minutes	20 Minutes	Off	Off	Event!!!

WEIGHT TRAINING PROGRAMS

Training with weights is equally as important as cardiovascular training in preparing for the climb. Strong legs will help support the lunges as you push toward the top. The weight training will take less than half an hour and all that is needed is a fitness ball, some dumbbells and a small amount of space. If you are unfamiliar with the exercises below please go to the training section of www.ClimbMichigan.org and click training exercises to download the exercise packet. There you will find pictures of each exercise and a brief description of how to perform them.

To decode how many of each exercise to perform think of the numbers represented in repetitions/sets/weights. For example, beginners start week one with ball squats noted at 8/2/0. This means squat 8 times twice without holding any weight. During week nine since strength has been gained ball squats are noted at 8/2/10. This means 8 repetitions should be completed twice holding 10 pounds (5 pound dumbbells in each hand) next to the body. Between each set allow at least one minute to stretch and drink some water. For those exercises that required both the right and the left side to be used (R&L) is noted.

Beginners

Always include a five minute warm-up.

	Week 1	Week 2	Week 3	Week 4
Ball Squats	8/2/0	10/2/0	12/2/0	15/2/0
Step Ups	20(R&L)/2	20(R&L)/2	25(R&L)/2	25(R&L)/2
Lunges	0	0	0	0
Push Ups	8/2	8/2	10/2	10/2
Ball Crunches	8/2	10/2	12/2	15/2
Spinal Balance	8(R&L)/2	8(R&L)/2	10(R&L)/2	10(R&L)/2

	Week 5	Week 6	Week 7	Week 8
Ball Squats	8/3/0	10/3/0	12/3/0	15/3/0
Step Ups	30(R&L)/2	30(R&L)/2	30(R&L)/2	30(R&L)/2
Lunges	0	0	0	0
Push Ups	12/2	12/2	15/2	15/2
Ball Crunches	12/3	12/3	15/3	15/3
Spinal Balance	12(R&L)/2	12(R&L)/2	15(R&L)/2	15(R&L)/2

	Week 9	Week 10	Week 11	Week 12
Ball Squats	8/2/10	10/2/10	12/2/10	15/2/10
Step Ups	30(R&L)/2	30(R&L)/2	30(R&L)/2	30(R&L)/2
Lunges	8(R&L)/1	10(R&L)/1	12(R&L)/1	15(R&L)/1
Push Ups	12/3	12/3	15/3	15/3
Ball Crunches	18/3	18/3	20/3	20/3
Spinal Balance	8(R&L)/3	8(R&L)/3	10(R&L)/3	10(R&L)/3

WEIGHT TRAINING PROGRAMS

Intermediate

Always include a five minute warm-up.

	Week 1	Week 2	Week 3	Week 4
Ball Squats	8/2/10	10/2/10	12/2/10	15/2/10
Step Ups	30(R&L)/2	30(R&L)/2	30(R&L)/2	30(R&L)/2
Lunges	0	10(R&L)/1/0	12(R&L)/1/0	8(R&L)/2/0
Push Ups	8/2	8/2	12/2	12/2
Ball Crunches	10/2	10/2	15/2	15/2
Spinal Balance	8(R&L)/2	8(R&L)/2	10(R&L)/2	10(R&L)/2

	Week 5	Week 6	Week 7	Week 8
Ball Squats	8/3/0	10/3/0	12/3/0	15/3/0
Step Ups	30(R&L)/2	30(R&L)/2	30(R&L)/2	30(R&L)/2
Lunges	8(R&L)/2/10	10(R&L)/2/10	12(R&L)/2/10	8(R&L)/3/0
Push Ups	15/2	15/2	12/3	12/3
Ball Crunches	12/3	12/3	15/3	15/3
Spinal Balance	12(R&L)/2	12(R&L)/2	15(R&L)/2	15(R&L)/2

	Week 9	Week 10	Week 11	Week 12
Ball Squats	8/2/10	10/2/10	12/2/10	15/2/10
Step Ups	30(R&L)/2	30(R&L)/2	30(R&L)/2	30(R&L)/2
Lunges	8(R&L)/3/10	8(R&L)/3/10	10(R&L)/3/10	10(R&L)/3/10
Push Ups	12/3	15/3	15/3	15/3
Ball Crunches	18/3	18/3	20/3	20/3
Superman	8/2	8/2	10/2	10/2

WEIGHT TRAINING PROGRAMS

Advanced

Always include a five minute warm-up.

	Week 1	Week 2	Week 3	Week 4
Ball Squats	8/3/10	10/3/10	12/3/10	15/3/10
Step Ups	30(R&L)/3	30(R&L)/3	30(R&L)/3	30(R&L)/3
Lunges	8(R&L)/1/0	10(R&L)/1/0	12(R&L)/1/0	15(R&L)/1/0
Push Ups	12/2	12/2	12/2	12/2
Ball Crunches	15/2	15/2	12/3	12/3
Superman	8/2	8/2	10/2	10/2

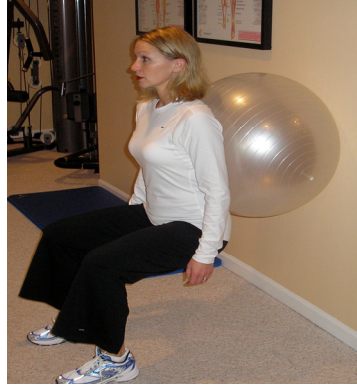
	Week 5	Week 6	Week 7	Week 8
Ball Squats	8/3/16	10/3/16	12/3/16	15/3/16
Step Ups	30(R&L)/2	30(R&L)/2	30(R&L)/2	30(R&L)/2
Lunges	8(R&L)/2/10	10(R&L)/2/10	12(R&L)/2/10	15(R&L)/2/10
Push Ups	15/2	15/2	15/2	15/2
Ball Crunches	15/3	15/3	15/2 & 20/1	15/1 & 20/2
Superman	12/2	12/2	15/2	15/2

	Week 9	Week 10	Week 11	Week 12
Ball Squats	8/3/16	10/3/16	12/3/16	15/3/16
Step Ups	30(R&L)/2	30(R&L)/2	30(R&L)/2	30(R&L)/2
Lunges	8(R&L)/3/10	8(R&L)/3/10	10(R&L)/3/10	10(R&L)/3/10
Push Ups	12/3	12/3	15/3	15/3
Ball Crunches	20/3	20/3	20/2 & 25/1	20/1 & 25/2
Superman	10/3	12/3	12/3	15/3

Parting Words

The stair climb is an exciting event and a great physical challenge for an even better cause. Just remember the week before the event is not the time to start training. There is plenty of time to prepare so start early and build slowly! Get your team together and start training, because there is power in numbers. More importantly, remember to have fun, enjoy the climb, and celebrate at the top!

TRAINING PROGRAM – Exercise Descriptions

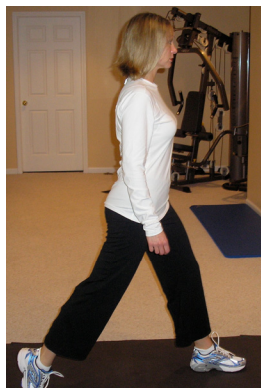


Ball Squats: Place the fitness ball against the wall and your lower back. Walk feet out away from the wall. Lean back against the ball and sit into a squat. The thighs should be parallel to the floor at the midpoint of the movement. The knees should bend at a 90-degree angle. If the knees are jutting beyond the ankles, walk your feet out farther. From the midpoint of the movement, push back to a standing position while squeezing the buttocks.

Step Ups: Use the first step of a stairwell or an equivalent platform and walk on and off of the step. Up, up, down, down is the cadence your feet will move to. Complete the entire series leading with your right foot first then switch the lead leg to your left.



Stretch: Bend the knee and grab the ankle with your hand. Stand straight with the knee pointing down toward the floor. To increase the intensity, push the foot into the hand.



Static Lunge: Stand with your knees slightly flexed, one foot in front of the other, with your feet slightly farther apart than in a normal step. Keep your back straight and chest forward. Inhale and bend the front leg so that the body moves downward toward the floor until the front thigh is parallel to the floor. Exhale and push back to the starting position. Note: the farther the feet are apart the more the butt is worked. The closer the feet are together the more the quadriceps are worked. In either stance, be sure that the front knee does not jet out in front of the ankle. Protect the joint by keeping the knee directly over the ankle.

Stretch: (Photo Above.) Bend the knee and grab the ankle with your hand. Stand straight with the knee pointing down toward the floor. To increase the intensity, push the foot into the hand.

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Push Ups: Start either from your knees or balancing on your toes with your shoulders stacked directly over your elbows and wrists. Keep your entire spine aligned from head to the tip of your tailbone and your abs pulled inward. Bend your elbows until they are at a ninety-degree angle and push back to the starting position.

Stretch: Place one arm on a door jam so that it is at shoulder height. (The body should be in alignment so that you are standing parallel to the opening with your shoulders square over your hips.) With the foot that is

furthest away from the door's opening take a step backwards. Gently twist away from the opening, but don't let the shoulder roll up. Keep the shoulder relaxed and feel the stretch across the chest and down the arm.



Ball Crunch: Recline on the ball so that the lower back is supported. Either cross your hands over your chest or place your fingertips on the back of your head. Roll up and feel slight tension on the abs. This is the starting position. From here continue to roll the upper body into a crunch while feeling the abs squeeze. Release back to the starting position.

Remember to keep tension on the abs throughout the entire range of motion.



Stretch: Lie on your stomach and gently lift the chest off the floor. Using your hands to pull forward through the abdomen.

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Spinal Balance: Start on your hands and knees. Be sure that your shoulders are stacked directly over your elbows and wrists. Your knees should be directly underneath your hips. Pull in the abs to support the spine. Reach one arm out in front of the body

and kick the opposite leg back. Lift the back of the hand and the heel at the same time toward the ceiling. Reach up and out trying to elongate the spine. Gently release and touch the fingers and toes off the floor and repeat the lift.



Stretch: Start on your hands and knees. Drop the hips back and down so your butt rests on your heels. Keep the out stretched out in front of the body.



Superman: Lay flat on your stomach with your arms resting next to your body. Start with a lift the chest and the

deep inhale and as you exhale legs up off the floor. The arms reach back toward the heels and the head stays in a neutral position. (Don't look up.) Lift and hold for a moment and then return to the starting position.

Stretch: (Photo Above w/ Spinal Balance). Start on your hands and knees. Drop the hips back and down so your butt rests on your heels. Keep the out stretched out in front of the body.