



# 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.
  - a. 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.
4. 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 H2O 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.

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