

Training Tips

Check out a recent study about the benefits of stair climbing!

Stairs may be key in tool in battle of the bulge.

1. Cardio and Strength Training: Depending on your current fitness level, follow this simple Cardio and Strength program for training based on a beginner, intermediate or advanced level of fitness. Always consult your physician before starting any exercise program.

Here is the workout outline for Cardio and Strength:

Level	Cardio	Strength
Weeks 1 & 2		
Beginner	15 min- 3x/ week	2x/ week
Intermediate	20 min 3x/ week	2x/ week
Advanced	30 min 3x/ week	3x/ week
Weeks 3 & 4		
Beginner	20 min- 3x/ week	2x/ week
Intermediate	30 min 3x/ week	3x/ week
Advanced	30 min 4x/ week	3x/ week
Weeks 5 & 6		
Beginner	20 min- 3x/ week	2x/ week
Intermediate	30 min 3x/ week	3x/ week
Advanced	30 min 4x/ week	3x/ week
Weeks 7 & 8		
Beginner	20 min- 3x/ week	2x/ week
Intermediate	30 min 3x/ week	3x/ week
Advanced	30 min 4x/ week	3x/ week

2. Strength Training: Always consult a physician before starting any other exercise program.

- **Stationary Lunges:** Correct alignment includes knee, hip, shoulder, and ear in a straight line perpendicular to the floor. Watch ankle in back to keep up straight; not to the side or out. Hold head in neutral with chin lifted and shoulders blades squeezed together. Inhale as you lower toward the floor and exhale upon the lift. Start with 10-30 second holds in down position. Perform 3-5 times each leg.
- **Squats:** Correct alignment includes knee in line with 2nd toe and behind toes. Hips should reach back with straight spine. Hold head in neutral with chin lifted and shoulders blades squeezed together. Inhale as you lower toward the floor and exhale upon the lift. Heels stay on floor when squatting and only lower as far as thighs to parallel or until the pelvis stays extended. If the tailbone drops under you are going down too low. Start with 10-30 second holds in down position. Perform 3-5 times.

- **Crunches:** Lying down on your back, gently support the weight of your head with your arms, elbows pointing out to the side. Knees will be bent and aligned perpendicularly to the pelvis. Inhale to prepare for movement and exhale as you curl the chest and shoulders off the floor. Keep head in neutral position resting into the hands. Hold the movement for 10-30 seconds followed by 15-25 curls. Breathe throughout the holding phase. Keep abdominals drawn into spine.

3. Stretching: Flexibility is an integral part of any training program and is essential in the pursuit of optimum performance, as well as injury prevention. A complete stretching routine can take as little as 10 minutes. The best time to perform your flexibility routine is after exercise. This is when the muscle is the warmest and when you can use the relaxation. Focus on stretching the muscles you use the most during the climb: quadriceps, hamstrings, glutes, calves, and core.

4. Water: Stay well hydrated. Fluids before, during and after exercise are an important part of regulating body temperature and replacing body fluids lost through sweat. The following are suggestions for how much liquid you may need to drink to prevent dehydration:

- **Before exercise:** Drink about 13-20 ounces of liquid, two to three hours before exercise.
- **During exercise:** Drink six to 12 ounces of liquid every 15 to 20 minutes.
- **After exercise:** Drink 16-24 ounces of liquid for every pound lost during exercise. Eighty percent of water lost during exercise must be replaced before another exercise event done in the same day.

5. Food: To achieve the best results from exercise, be sure to consume a healthy, well-balanced diet all through the day. To avoid feeling too full or nauseous during the climb, choose one of these options:

- **1/2 hour before:** a light snack
- **1 hour before:** a light meal, heavy snack, or shake
- **2 hours before:** a regular meal

6. Pacing: If you can easily walk/run a distance of 5 kilometers (3.1 miles) you should be able to complete the stair climb even without extensive stair climbing practice if you make a point to avoid sudden muscle exhaustion and shortness of breath.

7. Staying Motivated: Do you have a hard time staying motivated to exercise? Remember exercise improves your health, mood and can be fun. Especially remember why you are climbing or whom you are climbing for.

8. Add Variety: The old adage "variety is the spice of life" holds true with your exercise routine. Keep your exercise interesting by varying your routine. By trying new things you can help prevent injuries, plateaus and boredom.