

## Guide for Stair Climb 2014 Training

<b>Beginner Program</b>	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Week 1	<b>Stair Training</b>	<b>Rest</b>	<b>Cross Training</b>	<b>Rest</b>	<b>Rest</b>	<b>Stair Training</b>	<b>Rest</b>
	3x3 Ascents 60sec Recovery between sets.		Stair Climber 4-8min <i>Resistance Training</i>			3x3 Ascents 60sec Recovery between sets.	
Week 2	<b>Stair Training</b>	<b>Rest</b>	<b>Cross Training</b>	<b>Rest</b>	<b>Stair Training</b>	<b>Rest</b>	<b>Cross Training</b>
	3x4 Ascents 60sec Recovery between sets.		Stair Climber 6-10min <i>Resistance Training</i>		3x4 Ascents 60sec Recovery between sets.		Cycle/Spin or Walk 30-45min
Week 3	<b>Stair Training</b>	<b>Rest</b>	<b>Cross Training</b>	<b>Rest</b>	<b>Stair Training</b>	<b>Rest</b>	<b>Rest</b>
	3x5 Ascents 60sec Recovery between sets.		Stair Climber 8-12min <i>Resistance Training</i>		3x5 Ascents 60sec Recovery between sets.		
Week 4	<b>Stair Training</b>	<b>Rest</b>	<b>Cross Training</b>	<b>Rest</b>	<b>Stair Training</b>	<b>Rest</b>	<b>Cross Training</b>
	3x6 Ascents 60sec Recovery between sets.		Stair Climber 10-14min <i>Resistance Training</i>		3x6 Ascents 60sec Recovery between sets.		Cycle/Spin or Walk 30-45min
Week 5	<b>Rest</b>	<b>Cross Training</b>	<b>Rest</b>	<b>Stair Training</b>	<b>Cross Training</b>	<b>Rest</b>	<b>EVENT</b>
		Stair Climber 4-8min <i>Resistance Training</i>		3x3 Ascents 60sec Recovery between sets.	Easy Walk 20-30min		

- This program is not recommended for use by sedentary people; it is purely a generic program to be used as a guide.
- For *Stair Training*, use a stair case that has between 50-100 steps.
- A rowing ergometer can be substituted for the stair climber under *Cross Training* if required.
- *Resistance training* plays a crucial role in conditioning for a stair climb event; to obtain an individualised resistance training program, an individualised conditioning program, or for any further advice on preparing for your stair climb event, please contact the Health & Fitness department via email at [healthandfitnessunit@mfb.vic.gov.au](mailto:healthandfitnessunit@mfb.vic.gov.au).

## Guide for Stair Climb 2014 Training

<b>Advanced Program</b>	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Week 1	<b>Stair Training</b>	<b>Cross Training</b>	<b>Cross Training</b>	<b>Cross Training</b>	<b>Stair Training</b>	<b>Rest</b>	<b>Cross Training</b>
	3x3 Ascents 60sec Recovery between sets.	Rowing Time Trial 1500m	Cycle/Spin 45min	Rowing Time Trial 1500m	3x3 Ascents 60sec Recovery between sets.		Cycle/Spin or Walk 30-45min
		Stair Climber 4-6min		Stair Climber 4-6min			
<i>Resistance Training</i>	<i>Resistance Training</i>						
Week 2	<b>Stair Training</b>	<b>Cross Training</b>	<b>Cross Training</b>	<b>Rest</b>	<b>Stair Training</b>	<b>Cross Training</b>	<b>Cross Training</b>
	3x4 Ascents 60sec Recovery between sets.	Rowing Time Trial 1500m	Cycle/Spin 45min		3x4 Ascents 60sec Recovery between sets.	Rowing Time Trial 1500m	Cycle/Spin or Walk 30-45min
		Stair Climber 6-8min				Stair Climber 6-8min	
<i>Resistance Training</i>	<i>Resistance Training</i>						
Week 3	<b>Stair Training</b>	<b>Cross Training</b>	<b>Cross Training</b>	<b>Rest</b>	<b>Stair Training</b>	<b>Cross Training</b>	<b>Rest</b>
	3x5 Ascents 60sec Recovery between sets.	Rowing Time Trial 1500m	Cycle/Spin 45min		3x5 Ascents 60sec Recovery between sets.	Rowing Time Trial 1500m	
		Stair Climber 8-10min				Stair Climber 8-10min	
<i>Resistance Training</i>	<i>Resistance Training</i>						
Week 4	<b>Stair Training</b>	<b>Cross Training</b>	<b>Cross Training</b>	<b>Cross Training</b>	<b>Stair Training</b>	<b>Cross Training</b>	<b>Cross Training</b>
	3x6 Ascents 60sec Recovery between sets.	Rowing Time Trial 1500m	Cycle/Spin 45min	Rowing Time Trial 1500m	3x6 Ascents 60sec Recovery between sets.	Cycle/Spin or Walk 30-45min	Rowing Time Trial 1500m
		Stair Climber 10-12min		Stair Climber 10-12min			Stair Climber 10-12min
<i>Resistance Training</i>	<i>Resistance Training</i>	<i>Resistance Training</i>					
Week 5	<b>Rest</b>	<b>Cross Training</b>	<b>Rest</b>	<b>Stair Training</b>	<b>Cross Training</b>	<b>Rest</b>	<b>EVENT</b>
		Rowing Time Trial 1500m		3x3 Ascents 60sec Recovery between sets.	Easy Cycle/Spin 30min		
		Stair Climber 4-6min					
<i>Resistance Training</i>	<i>Resistance Training</i>						

- This program is not recommended for use by sedentary people; it is purely a generic program to be used as a guide.
- For *Stair Training*, use a stair case that has 200+ steps.
- A rowing ergometer can be substituted for the stair climber under *Cross Training* if required. For either, repeat bouts of '60sec *hard*, 60sec *easy*' for the prescribed duration.
- *Resistance training* plays a crucial role in conditioning for a stair climb event; to obtain an individualised resistance training program, an individualised conditioning program, or for any further advice on preparing for your stair climb event, please contact the Health & Fitness department via email at [healthandfitnessunit@mfb.vic.gov.au](mailto:healthandfitnessunit@mfb.vic.gov.au).