

FIGHT FOR AIR CLIMB

experience the climb of your life

 AMERICAN LUNG ASSOCIATION.

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

Before you take one step, or stair:

Due to the intensity of this event it is 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. Before you lift one weight or take your first practice stairclimb, honestly evaluate your present health and fitness. This training program is designed for all levels of stair climbers, but, as with any exercise regimen, you should consult your physician prior to beginning this or any other training program. Next, ask yourself the following questions. If any of the following apply to you, or if you are unsure, check with your physician before you begin.

- Pregnant
- Older than 65
- Sedentary (currently inactive)
- 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

Making it to the top:

The training program has a cardiovascular and strength training component. The chart below will provide the training schedule and activity length or repetition amount. The training schedule is meant to be a general guide. It is best to follow it as much as possible and allow yourself to rest and not train more than 3 days in a row. Training schedule can be adjusted to how much time you have and how your body responds. Recovery time is essential! If you’re feeling muscle soreness or fatigued take an extra day or two off. If you feel you have injured yourself during training; seek medical attention. Work towards gaining the ability to climb, walk, and jog X number of minutes consecutively. It will be worth it in the end once you reach the top!

How to use the training schedule by level:

- If you are a beginner (do not regularly exercise, or have so sporadically over the past 6 months): follow the program as written. Be sure to listen to your body and take those rest days!

- If you are an intermediate climber (if you exercise regularly and have been doing so for 6 months or greater, but are not a competitive athlete): you can increase your speed of climbing/jogging to work towards a faster climb time. Maybe incorporate other cross training throughout the weeks and take just one day off. Be sure to listen to your body!
- If you are an advanced climber (you consider yourself a competitive athlete and have been training at an advanced level for a long time): you can increase speed, time, flights/miles, etc... to increase your endurance and work towards a faster climb. Incorporate other cross training throughout the weeks if you choose. Be sure to listen to your body!

Note there are a few days that are marked with stairs. **Find some and climb them!** 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 same is true with the other components.

Training Schedule:

Week	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
1	Walk: 10 min	Strength: 1 set of 10 reps	Off	Climb 10 flights of stairs	Strength: 1 set of 10 reps	Off	Walk: 10 min
2	Walk: 15 min	Strength: 1 set of 15 reps	Off	Climb 20 flights of stairs	Strength: 1 set of 15 reps	Off	Walk: 4 min Jog: 1 min ^repeat 2x
3	Walk: 25 min	Strength: 2 sets of 10 reps	Off	Climb 30 flights of stairs	Strength: 2 sets of 10 reps	Off	Walk: 3 min Jog: 2 min ^repeat 3x
4	Walk: 30 min	Strength: 2 sets of 15 reps	Off	Climb 40 flights of stairs	Strength: 2 sets of 15 reps	Off	Walk: 2 min Jog: 3 min ^repeat 3x
5	Climb Stairs: 15 min	Strength: 3 sets of 12 reps	Off	Climb 50 flights of stairs	Strength: 3 sets of 12 reps	Off	Walk: 1 min Jog: 4 min ^repeat 3x
6	Climb Stairs: 20 min	Strength: 3 sets of 15 reps	Off	Climb 60 flights of stairs	Strength: 3 sets of 15 reps	Off	Walk: 1 min Jog: 4 min ^repeat 4x
7	Climb Stairs: 25 min	Strength: 3 sets of 15 reps	Off	Climb 45 flights of stairs	Strength: 3 sets of 15 reps	Off	Jog: 20 min
8	Climb Stairs: 30 min	Strength: 3 sets of 15 reps	Off	Jog for 25 min	Strength: 3 sets of 15 reps	Off	FIGHT FOR AIR CLIMB!

- Stair training can be consecutive flights of stairs or interval stair training if your training location does not have the same number of flights as your climb building. *Interval stair training: try going up 3 flights of stairs, then down 2 flights. Repeat this until you reach the top floor. Return to the bottom by going down 3 flights of stairs and going up one flight. Repeat until you are on the bottom floor. You will do several flights and keep your heart rate up. You should count the total of flights you climb up for your total count for that day. * See also James Koeppel (jkoep2@uis.edu) for instructions on using the Climbmills available at TRAC!

Warm Up:

First, do a light warm up to gradually increase your heart rate and bring blood to your working muscles. You can do the warm-up in place or moving. Plan to spend 5-10 minutes for a warm up.

Examples include: walking briskly, jogging in place, marching, butt kicks, high knees, jumping jacks

- o **Dynamic Stretches:** “active” stretches are an excellent way to prepare your muscles for the workout once you have gotten the heart rate up and brought blood flow to the muscles. These should be performed slowly, easily, and controlled. DO 10-15 repetitions. Examples include: hip swings (forward & back and side to side), hip flexor stretches, and calf stretches



High knees



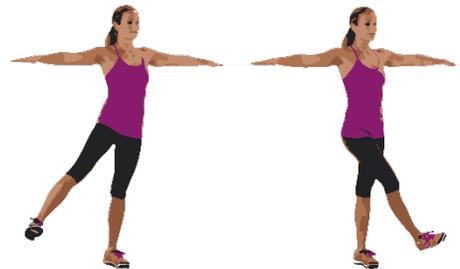
Butt kicks



Jumping jacks



Forward & back hip swings (repeat with each leg)



Side to side hip swings (repeat with each leg)



Hip flexor stretch

(bring hip to neutral pelvis by tucking tailbone under- feel the stretch in the front of the hip)



Calf stretch (try to get your heel down to the ground- feel in the back part of lower leg)

Strengthening Exercises:

Gain strength in the muscles that are needed to do the stair climb. Strengthening exercises will be helpful to prepare your body for the rigors of training for and doing the Fight for Air Climb event! Exhale during the most difficult part of the exercise (the lifting/strengthening phase) and then inhale during the easier (lowering phase) part of the exercise. Make sure your movements are slow and controlled! When increasing your repetitions, you are working on muscular endurance and may use less weight. When doing fewer repetitions, you are working on muscular strength- so don't be afraid to grab those heavier weights and challenge yourself!

Lower Body examples: squats, lunges (forward and back, lateral), step ups, wall sit, calf raises



Squats- feet shoulder width apart.
Lower hips as if sitting in a chair and
Tighten core. Knees never over your toes.
Stand driving from heels and squeeze glutes.



Lunges (forward and back)- stand feet together. Step forward/back with one leg and bend both knees until Back knee approaches floor. Do not let front knee go over toe. Return to standing- drive through front heel- squeeze glutes. Repeat on other leg.



Lateral lunges- stand feet together.
Step out to the side with one leg and
Bend knee bringing hips back.
Drive up through the lateral bent leg in the heels
And squeeze the glutes as you stand.
Repeat on other leg.



Step ups- stand in front of 6-8 inch step (taller if you prefer). Place one foot on Step. Step up on step and then raise your other leg toward chest. Repeat With other leg.



Wall sit- lean back against wall and bring feet 12-18 inches away from wall. Slowly slide down where knees make 90 degrees and hold. Knees should stay directly over ankles/heels. Pull belly button into spine and engage core. (try holding 10 seconds, 20 seconds, 30, or more!)



Calf raises- stand and raise on toes. When able to do so try one leg at a time.

Upper Body examples: bicep curls, tricep kick backs



Bicep curls- stand with feet hip distance apart. Hold weights in hands- engage core. Slowly bend Elbow and bring hands to shoulders. Can do both Arms at same time or one at a time.



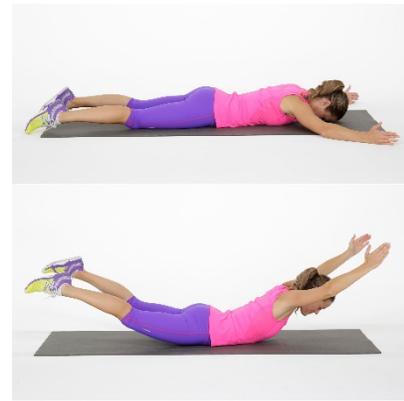
Tricep kickbacks- stand with feet shoulder wide apart- engage core and flatten back. Bend elbow and bring hand To shoulder- straighten out elbow and Bring weight back by hip- flexing the back Part of the upper arm. Can do this double or single arm. Can also do while leaning On a bench to help support.



Core examples: planks, superman, leg lifts, crunches



Plank- Pull belly button into spine- keep back flat
Shoulders over elbows- knees locked out straight
(Try holding 10 seconds, 20 seconds, 30, or more!)



Supermans- lay flat on stomach.
Raise arms and legs off ground while squeezing
glutes (butt) and low back. Relax the neck muscles!
(Try 10x, 15x, 20x, etc... or holding for 10 seconds,
20 seconds, etc....)



Leg lifts- relax the neck, pull belly button to the spine to engage core.
Raise legs straight up then lower down to ground (the lower to the
Ground, the harder) Inhale as you lower your legs to the ground
And exhale pulling belly button to spine as legs come up.



Crunches- hands behind neck to support,
but relax neck muscles. Inhale as you
lower to the ground and exhale as you
crunch up pulling the belly button into
Spine. Try to get your shoulder blades off
The ground with each crunch.

Stretching: Your workout should end with static stretches to increase length of your muscles and help with muscle soreness. The stretches should be gentle and never painful. Hold the stretch for 20-30 seconds and repeat 3-5 times. Examples: quadriceps, hamstrings, glutes, calf



Quadriceps (thigh)- hold ankle and pull back To buttocks. Tilt the hips forward slightly And engage core. Switch legs.



Hamstrings (back of thigh)- straighten one leg on elevated bench. Bend forward at the hips While keeping knees straight. Pull your toes to Your knees to flex your foot. Switch legs.



Glutes- lay flat on your back. Pull the right knee into chest And cross left leg over right (figure 4). Bring your hands through And pull back on the back part of the right leg trying to bring Your knee to chest. (never grab at the knee and keep back flat) Switch legs.



Calf- stand close to a wall or firm surface and extend one toe up the wall. Lean into wall and feel stretch in lower leg. Switch legs.