



RACE UP BOSTON PLACE

Whether this is your first time or you have done this event in the past, keep in mind that nothing is going to prepare you for this event like actually climbing stairs. If you would like to speak to one of our Exercise Physiologists to discuss specific training needs, please email us at getfit@fitlifestylestudios.com.

This program is to prepare you over the next few weeks to complete this event strong and without injury. Keep in mind that the event is right around the corner and too much too fast can contribute greatly to injury.

- Go at your own pace, you are doing this event for a cause. Keep the cause in mind and do what you can do. Because of the effects of concrete and the impact of stair climbing on the body, wear good sneakers. Wear comfortable clothing to allow your body to move. Keeping in mind what the weather conditions will be like whether you're indoors or outdoors during training.
- **Warm up prior to training**
 - A couple of slow sets of stairs or a quick walk around the building or on a treadmill will warm up your muscles and get them ready for a stretch (stretch suggestions attached).
 - Stretch your quadriceps, hamstrings (thigh muscles) and your calf muscles to the point of mild discomfort.
- **Stay hydrated by drinking lots of water**
 - Dehydration can cause cramping among other symptoms and will make for uncomfortable training.
- Think about what your body needs for fuel prior to training and watch how your body responds. This will help you decide what will be a good form of fuel for the day of the event. For example if you eat a bagel with peanut butter an hour prior to training and you feel great, you may want to stick with that. On the other hand if you eat a salad with tuna and balsamic vinaigrette dressing and you feel nauseas during your entire workout, your best bet will be to stay away from the salad 😊

Not sure how to get started?

There is not much time left so it is important to at least start climbing stairs. Increasing your cardiovascular endurance will enable you to withstand the time it will take to complete the event and to build strength.

Let's begin with cardiovascular exercise and improving your cardiovascular endurance. Think about how long it may take you and how you will feel with an elevated heart rate for a period of time.

Cardiovascular Exercise

Using inclines while cross training will benefit you on the stairs. Think about how hard your lungs will have to work to take you up the stairs. Remember climbing stairs is very different from other cardiovascular activities as it raises your heart rate quickly. If you go out to fast you may regret it.

- Interval Training
 - Working your heart rate at a high intensity for a period of time and then a low intensity for a period of time. If you train this way, you may consider doing the event in a similar manner i.e. running one flight walking the next (Heart Rate(HR) between 60-90%).
- Endurance
 - Maintaining a steady state heart rate for a consistent period of time 30-60 minutes at a comfortable intensity (HR between 70-80%).

Strength

Perform all your strength exercises to fatigue. Begin with one time per week and as long as you are not experiencing any discomfort, increase to two times per week.

- Squats (or modify with wall sits)
 - Squats can be one of the most beneficial exercises if done correctly. Please pay close attention to your form.
- Reverse Lunges
 - Performing lunges in reverse takes the pressure away from the knees and works the same muscle groups as forward lunges.
- Step ups
 - Use a platform or a few stairs in your house and step up and down.

Do not forget to train your core... core work is very important for you posture and your spine and is a crucial part of any training program.

- Crunches
 - Focus on getting flexion in your spin, if your spine is not flexing how is your abdominal muscle contracting?
 - Do not look at the sky let your gaze follow your movement. As you come forward look straight ahead, this will lessen the strain on the neck.
- Plank
 - Lie face down and prop yourself up on your forearms and toes with your body forming a straight line. Hold this position for as long as you can without arching or straining your back.
- Back Extensions
 - Lie face down with your arms by your sides. Using your lower back muscles lift your chest up off the floor while gazing down. Do this exercise slowly and with effort focusing on the muscles lifting and not momentum.

The most important part of your training will be focusing on what it is that you are training to do. If you are training to run you need to run. If you are training to climb stairs you need to climb stairs!

Training on any type of stairs is permissible. If you find a building that has multiple floors use the elevator to go down thus avoiding unnecessary stress on your knees.

Stair Climbing

Start with one time a week, increase to two times a week and then increase your intensity. The week before your event should be a light recovery training week.

- Single steps
 - Run up one flight / walk up one flight
 - Double steps with one leg
 - Double steps alternating legs
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- If you are climbing 40+ stories go up watching your pace and take the elevator down Remember your increasing intensity every week so don't give it everything you have your first time up. Remember that you are going to be extremely sore if you over train and this will set your training back.
 - If you are unable to find multi level buildings to train in use any stairs and just keep repeating.
 - If you are not able to train on any stairs you are going to have to work hills and inclines and remember this is not the same as actually climbing stairs.

Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	Cross Train i.e. Spinning® Strength Energy Zone	Active Recovery Day Light intensity walk	Stair Climb Endurance	Strength Workout	Cross Train i.e. Elliptical Trainer incline or Run on hill	Strength Workout	Recovery
2	Cross Train i.e. Elliptical Trainer incline or Run on hill	Strength Workout	Stair Climb Interval	Cross Train i.e Spinning® Strength Energy Zone	Active Recovery Day Light intensity walk	Stair Climb Endurance	Strength Workout
3							
4							
5							
6							

*You can utilize the empty boxes to keep track of your workouts and comment on your training needs.