



# CLIMB.

## Train for the Fight for Air Stairclimb

ARE YOU READY TO MASTER THE MET?

This one-of-a-kind event is a big goal, but you can do it! Follow this training program and not only will you be ready to take on 42 flights of stairs, you will also be on your way to a healthier, more fit body!

Start training as soon as you can. The more time you train, the better off you will be! Everyone has a different fitness level, so start out at your own pace. However, work hard and push yourself to increase your abilities. Keep track of what you do, so you can see your improvements. The important thing to remember is that you can do anything! There will be days when you are frustrated or feel like giving up, but stick with it. The only way for you to fail this climb is by not doing it!

Please feel free to e-mail any training questions to Jamie at [stlevents@breathehealthy.org](mailto:stlevents@breathehealthy.org) or call 314-645-5505 x1004. She will get you an answer from our event trainer, Cynthia Sansone.

\*As with any exercise program, if you have any health concerns or past injuries, consult with your doctor before you begin.

### TRAINING TIPS:

- Be serious about your workouts, but have fun!
- Drink plenty of water
- Eat healthy
- Get plenty of sleep
- Use proper form and equipment to prevent injuries
- Do not work out the day before the race
- Create a music playlist that keeps you motivated
- Thank yourself for your hard work

Training Program Provided by: Cynthia Pippin Sansone, BS, CPT

**2012 FIGHT FOR AIR CLIMB**  
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## WEIGHT TRAINING GUIDELINES

1. Always perform a warm-up prior to weight training and a cool-down following weight training.
2. Do not hold your breath when lifting. Exhale during exertion.
3. Stretch before and after weight training to reduce soreness and promote flexibility.
4. Take the weight through a full range of motion at a constant and controlled rate.
5. Allow muscles to recuperate before exercising them again. Don't exercise a muscle if it is sore.
6. When lifting heavy weight use a spotter to ensure safety.

## Gym Workout 1

WARM-UP: Use step machine, treadmill or elliptical for 10-20 min.

Exercise	Weight	Seat Setting	Reps	Sets	After 3wk	Reps	Sets
Machine Leg Press			15	2		20	3
Machine Hamstring Curl			15	2		20	3
Basic Squat		NA	20	2		30	3
Backward Lunges		NA	20	2		30	3
Seated Calf Raise			15	2		20	3
Wide Lat Pull Down			12,15	2		10,15	3
Standing Free Weight Biceps Curls			12,15	2		10,15	3
Machine Bench Press			12,15	2		10,15	3
Triceps Dips			10,15	2		10,15	3
Crunches (on floor or stability ball)	body	NA	20	2		25	3
Plank	body	NA	1 min.	2		1 min.	3
Jump Rope or Mock Jump Rope		1-3 min.	NA	2	2-5 min.	NA	3
Stair Stepper or Treadmill on Hills		5 min.	20	2	5-10 min.	25	3

When you reach your 3rd-4th week, it's time to increase weight and sets or change your workout. You may need to lower your reps, due to the weight increase.

# Home Workout 1

WARM-UP: Power walk or jog in neighborhood (try to find hilly terrain), 5-20 min.

Exercise	Weight	Time	Reps	Sets	After 2-3 wks	Reps	Sets
		NA	20	2		30	3
Wall Squats	Body	30 sec.	NA	2	1 min.	NA	3
Alternating Backward Lunges		NA	20	2		30	3
Standing Calf Raises		NA	20	2		30	3
Resistance Band Back Row		NA	15	2		12	3
Resistance Band Biceps Curls		NA	15	2		12	3
Push Ups	Body	NA	10,15	2		15,20	3
Triceps Dips	Body	NA	20	2		25	3
Crunches (on floor or stability ball)	Body	NA	15,20	2		25	3
Plank	Body	30 sec.	NA	2	1 min.	NA	3
Stairs (if have any - does not have to be a lot)		1-3 min.	NA	2	5 min.	NA	3
Jump Rope or Mock Jump Rope		1-3 min.	NA	2	2-5 min.	NA	3

When you reach your 3rd-4th week, it's time to increase weight and sets or change your workout. You may need to lower your reps, due to the weight increase.

## Gym Workout 2

WARM-UP: Use step machine, treadmill or elliptical for 10-20 min. One of my pre-made workouts for these machines would be excellent.

Exercise	Weight	Seat Setting	Reps	Sets	After 3wk	Reps	Sets
Bosu Squats		NA	15,20	2,3		20,30	3,4
Bosu Alternating Lunges		NA	20,24	2,3		20,30	3,4
Squat Jump with Medicine Ball		NA	10	2,3		10,15	3,4
One Leg Hop- Forward and Backward		NA	30 sec.	2,3		40 sec.	3,4
Wall Squat		NA	1 min.	2,3		1 min.	3,4
Free Weight Standing Back Fly			12,15	2,3		10,15	3,4
Standing Free Weight Hammer Curls			12,15	2,3		10,15	3,4
Bench Chest Fly			12,15	2,3		10,15	3,4
Triceps Overhead Extension			10,15	2,3		10,15	3,4
Bicycles	body	NA	20	2		30	3
Plank	body	NA	1 min.	2		1 min.	3
Burpees		30 sec.-1 min.	NA	2	1-2 min.	NA	3
Stair Stepper or Treadmill on Hills (goal is to beat previous time for steps per minute or distance traveled)							

When you reach your 3rd-4th week, it's time to increase weight and sets or change your workout. You may need to lower your reps, due to the weight increase.

## Home Workout 2

WARM-UP: Power walk or jog in neighborhood (try to find hilly terrain) 5-20 in.  
If you have a treadmill or elliptical at home, one of my pre-made workouts would be great too.

Exercise	Weight	Time	Reps	Sets	After 2-3 wks	Reps	Sets
Squat to toes		NA	20	2,3		30	3,4
Wall Squats	Body	1 min.	NA	2,3	1 min.	NA	3,4
Step Up on to Chair (one leg at a time)	Body	NA	10,15	2,3		10,15	3,4
One Leg Hop- Forward and Backward	NA	30 sec.	NA	2,3	40 sec.	NA	3,4
Resistance Band Back Row		NA	15	2,3		12	3,4
Resistance Band Biceps Curls		NA	15	2,3		12	3,4
Push Ups	Body	NA	10,15	2,3		15,20	3,4
Triceps Dips	Body	NA	20	2,3		25	3,4
Crunches (on floor or stability ball)	Body	NA	15,20	2,3		25	3,4
Plank	Body	30 sec.	NA	2,3	1 min.	NA	3,4
Stairs (if have any - does not have to be a lot)		1-3 min.	NA	2,3	5 min.	NA	3,4
Jump Rope or Mock Jump Rope		1-3 min.	NA	2,3	2-5 min.	NA	3,4

When you reach your 3rd-4th week, it's time to increase weight and sets or change your workout.  
You may need to lower your reps, due to the weight increase.

## Gym Workout 3

WARM-UP: Use step machine, treadmill or elliptical for 10-20 min. One of my pre-made workouts for these machines would be excellent.

Exercise	Weight	Seat Setting	Reps	Sets	After 3wk	Reps	Sets
Smith Machine Squats		NA	15,20	2,3		20,30	3,4
Leg Extension Machine		NA	20,24	2,3		20,30	3,4
Jumping Alternate Lunges		NA	10/leg	2,3		10,15	3,4
Bench/Box Jump Squats		NA	20	2,3		30	3,4
Machine or FWT Back Row			12,15	2,3		10,15	3,4
Machine or FWT Chest Fly			12,15	2,3		10,15	3,4
Wide Biceps Curl			12,15	2,3		10,15	3,4
Triceps Overhead Extension Standing			10,15	2,3		10,15	3,4
Upright Row			12,15	2,3		10,15	3,4
Leg Drops	body	NA	20	2		30	3
Plank	body	NA	2 min.	2		2 min.	3
Mountain Climbers		30 sec.-1 min.	NA	2	1-2 min.	NA	3
Stair Stepper or Treadmill on Hills (goal is to beat previous time for steps per minute or distance traveled)							

When you reach your 3rd-4th week, it's time to increase weight and sets or change your workout. You may need to lower your reps, due to the weight increase.

## Home Workout 3

WARM-UP: Power walk or jog in neighborhood (try to find hilly terrain ) 5-20 min.

If you have a treadmill or elliptical at home, one of my pre-made workouts would be great too.

Exercise	Weight	Time	Reps	Sets	After 2-3 wks	Reps	Sets
Squat to toes		NA	30	2,3		40	3,4
Wall Squats	Body	2 min.	NA	2,3	2 min.	NA	3,4
Side and Front Step Up onto Chair	Body	NA	10,15	2,3		15-20	3,4
Calf Raises (feet facing front and out)		NA	20	2,3		30	3,4
Resistance Band Double Handle One Arm Row		NA	15	2,3		12	3,4
Resistance Band Biceps Curls (in and out)		NA	15	2,3		12	3,4
Push Ups (wide to narrow)	Body	NA	20,30	2,3		20,30	3,4
Triceps Dips	Body	1 min.	NA	2,3	1min.	NA	3,4
Leg Drops	Body	NA	15,20	2,3		25	3,4
Plank	Body	2 min.	NA	2,3	1 min.	NA	3,4
Stairs (if have any - does not have to be a lot)		5-10 min.	NA	2,3	5-15 min.	NA	3,4
Jump Rope or Mock Jump Rope		5 min.	NA	2,3	5 min.	NA	3,4

When you reach your 3rd-4th week, it's time to increase weight and sets or change your workout.

You may need to lower your reps, due to the weight increase.





# November 2011

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2 <b>Cardio</b> Elliptical, Stair Stepper or Treadmill 30-40 min., non-stop, steady speed	3 <i>Encourage teammates to train with you!</i>	4 <b>Cardio</b> Elliptical, Stair Stepper or Treadmill 30-40 min., non-stop, steady speed	5
6	7 <b>Cardio</b> Elliptical, Stair Stepper or Treadmill 30-40 min., non-stop, steady speed	8 <i>Drink plenty of H2O!</i>	9 <b>Cardio</b> Add more resistance or hills 30-40 min., non-stop, steady speed	10	11 <b>Cardio</b> Add more resistance or hills 30-40 min., non-stop, steady speed	12
13	14 <b>Cardio</b> Add more resistance or hills 30-40 min., non-stop, steady speed	15	16 <b>Cardio</b> Intervals (sprint-walk or sprint-jog with extra incline or resistance) 35-45 min.	17	18 <b>Cardio</b> 35-45 min., non-stop, steady speed	19
20	21 <b>Cardio</b> Intervals (sprint-walk or sprint-jog with extra incline or resistance) 35-45 min.	22 <i>Check out inthe gym.net for the latest workout playlists!</i>	23 <b>Cardio</b> 35-45 min., non-stop, steady speed	24 <b>Thanksgiving!</b> <i>(Workout to help beat turkey fatigue!)</i>	25 <b>Cardio</b> Intervals (sprint-walk or sprint-jog with extra incline or resistance) 35-45 min.	26
27	28 <b>Cardio</b> 35-45 min., non-stop, steady speed	29	30			

# December 2011

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 <i>Check out inthe gym.net for the latest workout playlists!</i>	2 Workout 1	3 <i>Working out beats holiday stress</i>
4 <i>Have you set your goals, yet?</i>	5 Workout 1	6	7 Workout 1	8	9 Workout 1	10
11	12 Workout 1	13 <i>Beware of over-indulging in rich holiday foods!</i>	14 Workout 1	15	16 Workout 1	17
18	19 Workout 1	20	21 Workout 1	22	23 Workout 1	24
25	26 Workout 1	27	28 Workout 1	29 <i>Don't forget your water bottle!</i>	30 Workout 1	31

# January 2012

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 <b>Happy New Year!</b>	2 Workout 2	3	4 Workout 2	5	6 Workout 2	7
8 <i>Resolution time!</i>	9 Workout 2	10	11 Workout 2	12	13 Workout 2	14
15	16 Workout 2	17	18 Workout 2	19 <i>Are you drinking enough water?</i>	20 Workout 2	21
22	23 Workout 2	24	25 Workout 2	26	27 Workout 2	28 <i>Encourage teammates to train with you!</i>
29	30 Workout 2	31 <i>Appreciate your hard work!</i>				

# February 2012

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Workout 1	2	3 Workout 2	4
5 <i>Be sure to get plenty of sleep!</i>	6 Workout 3	7	8 Workout 3	9 <i>Choose healthy foods!</i>	10 Workout 3	11
12	13 Workout 3	14	15 Workout 3	16	17 Workout 3	18
19	20 Workout 3	21 <i>Are you having fun?!? 😊</i>	22 Workout 3	23	24 Workout 3	25 <i>Drink plenty of H2O!</i>
26	27 Workout 3	28	29 Workout 3			

# March 2012

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2 Workout 3	3
4	5 Workout 2	6 <b>Bib Pick-up: 10-8 p.m., Fleet Feet</b>	7 Workout 3 <b>Bib Pick-up: 7 a.m.-7 p.m., ALA</b>	8 <b>Bib Pick-up: 8 a.m.-1 p.m., The Met</b>	9 <b>RELAX—</b> Get ready for the Stairclimb!	10
13	14	15	16	17	18	19
Feel great about all of the hard work you put into your training! Continue to workout to improve your fitness level so you can beat your time next year!						
20	21	22	23	24	25	26
27	28	29	30			

