



# Trek Up the Tower Training Program

## Before you get training

Do not neglect your cardio! You will need to increase your lung capacity and get comfortable with maintaining a high heart rate throughout your Trek.

Aim for 75-minutes of vigorous cardiovascular exercise per week. If you have access to 8-10 flights of stairs do 4-10 rounds of stair sprints with a full recovery in between sets with 3-4 minutes of walking or resting.



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FOR HEALTHY LIVING  
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## Cardio recommendations:

- HIIT classes
- Cycling classes
- Lap Swimming
- Jumping rope
- Jumping jacks

Improving your muscle strength can indeed make stair climbing easier. Stronger muscles, especially in the legs and core, can provide more power and endurance, allowing you to ascend stairs with less effort and fatigue. Exercises like squats, lunges, calf raises, and core workouts can specifically target the muscles used during stair climbing.

Additionally, cardiovascular fitness through activities like walking, jogging, or cycling can also enhance your stamina, making stair climbing feel less strenuous over time. There are variations of all exercises. Choose the variation that works best for your body and level of strength.

# Super Setting

Super setting in strength training involves performing two exercises back-to-back with little to no rest in between.

There are several benefits to incorporating supersets into your strength training routine:

**Efficiency:** Supersets save time by reducing rest periods between sets, allowing you to complete more work in less time.

**Increased Intensity:** By minimizing rest, supersets elevate the intensity of your workout. This can lead to greater muscle fatigue and potentially better gains in strength and endurance.

**Muscle Endurance:** Supersets can improve muscular endurance because they challenge your muscles to perform successive exercises without full recovery.

**Cardiovascular Benefit:** Depending on the exercises chosen and the tempo of your workout, supersets can also elevate your heart rate, providing cardiovascular benefits alongside strength gains.

**Time Under Tension:** Supersets often increase the time under tension for the muscles being worked, which can contribute to muscle growth and strength gains.

## Workout Recommendations

Training days per week according to experience with strength training:

**Novice:** 2-3 days per week

**Intermediate:** 3-4 days per week

**Advanced:** 4-5 days per week

### Workout A

- Squat
- 1 Arm Row (cable or dumbbell)
- 1 Leg RDL
- Side Plank Raises
- Lat Pulldown or Pullups
- Calf Raises with Ball Squeeze

### Workout C

- Walking Lunges
- Dumbbell Row (barbell or cable)
- Hamstring Curls (machine, stability ball, or prone)
- Birddogs
- Face Pulls
- 1 Leg Hops

### Workout B

- Step Ups
- Suspension Trainer Row (cable or dumbbell)
- Deadlift or RDL
- Dead Bugs
- 1 Arm Lat Pulldown (cable or dumbbell)
- 1 Leg Calf on Step

# 12 WEEK BEGINNER/INTERMEDIATE TRAINING PLAN

Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	Active Rest	Workout A	Incline Sprints (5 min)	Workout B	Incline Sprints (5 min)	Workout A	Active Rest
2	Active Rest	Workout B	Incline Sprints (6 min)	Workout A	Incline Sprints (6 min)	Workout B	Active Rest
3	Active Rest	Workout A & Incline Sprints (7 min)	20 min Stepmill or Incline Walk/Jog	Workout B	20 min Stepmill or Incline Walk/Jog	Workout A & Incline Sprints (7 min)	Active Rest
4	Active Rest	Workout B & Incline Sprints (8 min)	Incline Sprints (15 min)	Workout A	25 min Stepmill or Incline Walk/Jog	Workout B & Incline Sprints (8 min)	Active Rest
5	Active Rest	Workout A	25 min Stepmill or Incline Walk/Jog	Workout B	25 min Stepmill or Incline Walk/Jog	Workout A	Active Rest
6	Active Rest	Workout B	30 min Stepmill or Incline Walk/Jog	Workout A	30 min Stepmill or Incline Walk/Jog	Workout B	Active Rest
7	Active Rest	Workout A & Incline Sprints (10 min)	Incline Sprints (15 min)	Workout B	30 min Stepmill or Incline Walk/Jog	Workout A & Incline Sprints (10 min)	Active Rest
8	Active Rest	Workout C & Incline Sprints (10 min)	30 min Stepmill or Incline Walk/Jog	Workout C	30 min Stepmill or Incline Walk/Jog	Workout C & Incline Sprints (10 min)	Active Rest
9	Active Rest	Workout C & Incline Sprints (10 min)	Incline Sprints (15 min)	Workout C	Incline Sprints (15 min)	Workout C & Incline Sprints (10 min)	Active Rest
10	Active Rest	Workout D & Incline Sprints (10 min)	30 min Stepmill or Incline Walk/Jog	Workout D	30 min Stepmill or Incline Walk/Jog	Workout C & Incline Sprints (10 min)	Active Rest
11	Active Rest	Workout D	30 min Stepmill or Incline Walk/Jog	Workout D	30 min Stepmill or Incline Walk/Jog	Rest	Active Rest
12	Active Rest	Rest	30 min Stepmill or Incline Walk/Jog	Rest	30 min Stepmill or Incline Walk/Jog	Rest	Trek Day!

- For information on how to find your 1 rep max, please visit <http://bit.ly/1REpMaxACE>
- Incline sprints can be done on the treadmill, hills, or stairs. Alternate sprinting with adequate rest in between sprints. Sprint speed and/or incline should increase as workouts go on. Sprint 10 seconds & rest 50 seconds. Sprints effort should be 8 out of 10.
- Alternatives for incline sprints would be HIIT (High Intensity Interval Training) or other interval workouts for 20-30 minutes.
- Check these out at your local gym or YMCA.
- Active Rest: Do yoga, take a walk, move around & stretch. Rest: Take a nap.

# 12 WEEK ADVANCED TRAINING PLAN

Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	Active Rest	Workout A	Incline Sprints (10 min)	Workout B	Incline Sprints (10 min)	Workout A	Active Rest
2	Active Rest	Workout B	Incline Sprints (11 min)	Workout A	Incline Sprints (11 min)	Workout B	Active Rest
3	Active Rest	Workout A & Incline Sprints (11 min)	30 min Stepmill or Incline Walk/Jog	Workout B	30 min Stepmill or Incline Walk/Jog	Workout A & Incline Sprints (11 min)	Active Rest
4	Active Rest	Workout B & Incline Sprints (12 min)	Incline Sprints (15 min)	Workout A	32 min Stepmill or Incline Walk/Jog	Workout B & Incline Sprints (12 min)	Active Rest
5	Active Rest	Workout A	35 min Stepmill or Incline Walk/Jog	Workout B	35 min Stepmill or Incline Walk/Jog	Workout A	Active Rest
6	Active Rest	Workout B	38 min Stepmill or Incline Walk/Jog	Workout A	38 min Stepmill or Incline Walk/Jog	Workout B	Active Rest
7	Active Rest	Workout A & Incline Sprints (12 min)	Incline Sprints (15 min)	Workout B	40 min Stepmill or Incline Walk/Jog	Workout A & Incline Sprints (12 min)	Active Rest
8	Active Rest	Workout C & Incline Sprints (12 min)	42 min Stepmill or Incline Walk/Jog	Workout C	42 min Stepmill or Incline Walk/Jog	Workout C & Incline Sprints (12 min)	Active Rest
9	Active Rest	Workout C & Incline Sprints (12 min)	Incline Sprints (15 min)	Workout C	Incline Sprints (15 min)	Workout C & Incline Sprints (12 min)	Active Rest
10	Active Rest	Workout D & Incline Sprints (12 min)	45 min Stepmill or Incline Walk/Jog	Workout D	45 min Stepmill or Incline Walk/Jog	Workout C & Incline Sprints (12 min)	Active Rest
11	Active Rest	Workout D	45 min Stepmill or Incline Walk/Jog	Workout D	45 min Stepmill or Incline Walk/Jog	Rest	Active Rest
12	Active Rest	Rest	30 min Stepmill or Incline Walk/Jog	Rest	30 min Stepmill or Incline Walk/Jog	Rest	Trek Day!

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