

EXERCISE TRAINING PLAN



This 4 week pre-event training regime has been designed for 3 levels / types of competitor.

The beginners program is for people who are not currently physically active, or are not exercising on a regular basis and are not looking to record a competitive time. As such the volume and intensity are set at a lower level.

The intermediate program is designed for people who are currently active, are training at least 3 time per week, and are aiming to finish toward the middle of the pack.

The advanced program is for the very active and competitive person who is exercising at least 5 days per week, and is aiming to be competitive or win the race. Although the program is set at 3 days per week, the advanced competitor may add in extra days of training if desired.



Jacobs Ladder

Jacob's Ladder is just short of 300 hundred steps will take you on a steep 43 metre descent from Cliff Street down to Mounts Bay Road. It is a great way to train for Step Up for MS, but be aware that the step height is slightly different in Central park stair cases.

Home program

Try to find a staircase near your house that has at least 6 steps. The more steps the better, aim for 10-20 if you can. If you cannot find 10-20 steps then add a few extra repetitions on to each set to make up for the lack of stairs.

Gym program

If you cannot get to the gym then try to double up on one of the other workouts. I.e. do another day of Jacobs ladder adding in some of the leg exercises into the workout.

Notes

This training regime is not set in stone. If you cannot get to Jacobs ladder, try to find an alternate stair case that has approximately 300 steps. A staircase in the office would be suitable.

It is important that you have a pre-exercise health check prior to beginning any higher intensity exercises. This is especially important if you are not currently exercising on a regular basis.



Beginner

HOME PROGRAM

Exercises	Week 1		Week 2		Week 3		Week 4	
	Sets	Reps	Sets	Reps	Sets	Reps	Sets	Reps
Stair Climb (> 5)	3	3	4	3	4	4	4	5
Lunges	3	10	3	15	3	20	3	25
Step Ups	3	10	3	15	3	20	3	25
Squats	3	10	3	15	3	20	3	25
Step Calf Raises	3	10	3	15	3	20	3	25

JACOBS LADDER

Exercises	Week 1		Week 2		Week 3		Week 4	
	Sets	Steps	Sets	Steps	Sets	Steps	Sets	Steps
Stair Walk	4	300	4	300	5	300	6	300
	Single step		Single step		Every 2nd step		Every 2nd step	

GYM PROGRAM

Exercises	Week 1		Week 2		Week 3		Week 4	
	Sets	Reps	Sets	Reps	Sets	Reps	Sets	Reps
Leg Press	3	10	3	15	3	20	3	25
Fitball wall squats	3	10	3	15	3	20	3	25
Lunges - static	3	10	3	15	3	20	3	25
Standing calf raises	3	10	3	15	3	20	3	25
Cable Row	3	10	3	15	3	20	3	25
Stair climber	5 mins	Light	5 mins	Moderate	8 mins	Moderate	10 min	Moderate



Intermediate

HOME PROGRAM

Exercises	Week 1		Week 2		Week 3		Week 4	
	Sets	Reps	Sets	Reps	Sets	Reps	Sets	Reps
Stair Climb (> 5)	3	5	4	5	4	6	4	7
Lunges	3	15	3	20	3	20	3	25
Step Ups	3	15	3	20	3	20	3	25
Squats	3	15	3	20	3	20	3	25
Step Calf Raises	3	15	3	20	3	20	3	25

JACOBS LADDER

Exercises	Week 1		Week 2		Week 3		Week 4	
	Sets	Steps	Sets	Steps	Sets	Steps	Sets	Steps
Stair Walk	3	300	3	300	4	300	4	300
Stair Run	2	300	3	300	4	300	4	300

GYM PROGRAM

Exercises	Week 1		Week 2		Week 3		Week 4	
	Sets	Reps	Sets	Reps	Sets	Reps	Sets	Reps
Leg Press	3	15	3	20	3	20	3	25
Fitball wall squats	3	15	3	20	3	20	3	25
Lunges - static	3	15	3	20	3	20	3	25
Standing calf raises	3	15	3	20	3	20	3	25
Cable Row	3	15	3	20	3	20	3	25
Stair climber	5 mins	Light	5 mins	Moderate	8 mins	Moderate	10 min	Moderate



Advanced

HOME PROGRAM

Exercises	Week 1		Week 2		Week 3		Week 4	
	Sets	Reps	Sets	Reps	Sets	Reps	Sets	Reps
Stair Climb (> 5)	3	5	4	5	4	6	5	6
Lunges	3	15	3	20	3	25	3	25
Step Ups	3	15	3	20	3	25	3	25
Squats	3	15	3	20	3	25	3	25
Step Calf Raises	3	15	3	20	3	25	3	25

JACOBS LADDER

Exercises	Week 1		Week 2		Week 3		Week 4	
	Sets	Steps	Sets	Steps	Sets	Steps	Sets	Steps
Stair Walk	3	300	4	300	4	300	4	300
Stair Run	2	300	3	300	4	300	5	300

GYM PROGRAM

Exercises	Week 1		Week 2		Week 3		Week 4	
	Sets	Reps	Sets	Reps	Sets	Reps	Sets	Reps
Leg Press	3	15	3	20	3	25	3	25
Fitball wall squats	3	15	3	20	3	25	3	25
Lunges - static	3	15	3	20	3	25	3	25
Standing calf raises	3	15	3	20	3	25	3	25
Cable Row	3	15	3	20	3	25	3	25
Stair climber	5 mins	Light	5 mins	Moderate	8 mins	Moderate	10 min	Moderate