

SCA Beginner 5 Week Training Program: *The Finisher*



This program is for those with a low fitness base. You may already walk a couple of times a week, go to the gym occasionally or simply remain active through your work environment. Getting to the top is your goal and you're ready to give it a go!

Before you start:

- For this program train using a stair case that has between 50-100 steps.
- For best results, take TWO steps at a time – this allows you to cover more ground in less time
- If a railing is available, USE IT! It takes a small amount of weight off the legs resulting in better overall stamina.
- When running becomes too difficult, don't be afraid to walk - you can still cover good ground with a solid walking pace
- Your mind will want you to stop before your legs & lungs - TAKE CONTROL; stair climbing can build a mental strength unlike any other!
- Avoid stair climbing on consecutive days as the legs and lungs need time to recover.

Week 1	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Session	Stair Climbing	Rest	Gym	Rest	Rest	Stair Climbing	Rest
Description	3x3 stair ascents with 60secs rest between sets.		Refer to provided program			3x3 stair ascents with 60secs rest between sets.	

Week 2	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Session	Stair Climbing	Rest	Gym	Rest	Stair Climbing	Rest	Long Distance
Description	3x4 stair ascents with 60secs rest between sets.		Refer to provided program		3x4 stair ascents with 60secs rest between sets.		Cycle or walk for 30-45 minutes

Note: This program is NOT recommended for completely inactive people and is purely a guide for you to follow. If certain days don't work for you then change them according to your lifestyle.

SCA Beginner 5 Week Training Program: *The Finisher*



Week 3	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Session	Stair Climbing	Rest	Gym	Rest	Stair Climbing	Rest	Rest
Description	3x5 stair ascents with 60secs rest between sets.		Refer to provided program		3x5 stair ascents with 60secs rest between sets.		

Week 4	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Session	Stair Climbing	Rest	Gym	Rest	Stair Climbing	Rest	Long Distance
Description	3x6 stair ascents with 60secs rest between sets.		Refer to provided program		3x6 stair ascents with 60secs rest between sets.		Cycle or walk for 30-45 minutes

Week 5	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Session	Rest	Gym - Half Program	Rest	Stair Climbing	Easy Walk	Rest & Recover	Race!
Description		Refer to provided program		3x3 stair ascents with 60secs rest between sets.	20-30 minutes		

Gym Program Considerations

- Ideally (if your body allows) it's recommended that you complete resistance training twice a week. Note: NOT on consecutive days as muscles need 48-72 hours to repair.
- The tempo when lifting should be smooth and consistent.
- Avoid pausing during repetitions to keep the heart rate up.
- If it's too hard or too easy, have your trainer adjust your program accordingly.
- Choose the right weight. Your trainer should be able to determine the ideal amount of weight to challenge you without causing injury.
- Try using the stair master at the end of your workout instead of at the beginning – this will be a great test of strength & endurance.

Note: This program is NOT recommended for completely inactive people and is purely a guide for you to follow. If certain days don't work for you then change them according to your lifestyle.

SCA Beginner 5 Week Training Program: Gym Program



Exercise	Week 1	Week 2	Week 3	Week 4	Week 5
Stair Master (Machine)	4-8 minutes	6-10 minutes	8-12 minutes	10-14 minutes	Repeat Week 1
Leg Press	Sets: 1 Reps: 20-25	Sets: 2 Reps: 20-25 Rest: 30-60secs between sets	Sets: 2 Reps: 20-25 Rest: 30-60secs between sets	Sets: 3 Reps: 20-25 Rest: 30-60secs between sets	
Seated Rows	Sets: 1 Reps: 15-20	Sets: 2 Reps: 15-20 Rest: 30-60secs between sets	Sets: 2 Reps: 15-20 Rest: 30-60secs between sets	Sets: 3 Reps: 15-20 Rest: 30-60secs between sets	
Step Ups (the step should be the same height as your knee)	Sets: 2 Reps: 30 secs Rest: 30-60 secs between sets	Sets: 2 Reps: 45 secs Rest: 30-60secs between sets	Sets: 2 Reps: 60 secs Rest: 30-60secs between sets	Sets: 3 Reps: 60 secs Rest: 30-60secs between sets	
Alternating Cable Rows	Sets: 1 Reps: 10-15 each arm	Sets: 2 Reps: 10-15 each arm Rest: 30-60secs between sets	Sets: 2 Reps: 10-15 each arm Rest: 30-60secs between sets	Sets: 3 Reps: 10-15 each arm Rest: 30-60secs between sets	
Calf Raises	Sets: 1 Reps: 15-20	Sets: 2 Reps: 15-20 Rest: 30-60secs between sets	Sets: 2 Reps: 15-20 Rest: 30-60secs between sets	Sets: 3 Reps: 15-20 Rest: 30-60secs between sets	
Dumbbell Arm Swings	Sets: 2 Reps: 30secs Rest: 30-60secs between sets	Sets: 2 Reps: 45secs Rest: 30-60secs between sets	Sets: 2 Reps: 60secs Rest: 30-60secs between sets	Sets: 2 Reps: 60secs Rest: 30-60secs between sets	
L & R Side Plank / Bridge	Sets: 2 Reps: 30secs Rest: 30-60secs between sets	Sets: 2 Reps: 45secs Rest: 30-60secs between sets	Sets: 2 Reps: 60secs Rest: 30-60secs between sets	Sets: 2 Reps: 60secs Rest: 30-60secs between sets	
Cool Down & Stretch	Hold stretches for 20-30secs	Hold stretches for 20-30secs	Hold stretches for 20-30secs	Hold stretches for 20-30secs	

Note: We recommend that you consult a certified exercise professional before starting this program.

Note: This program is NOT recommended for completely inactive people and is purely a guide for you to follow. If certain days don't work for you then change them according to your lifestyle.