



GET STOMP FIT

5-Week Training Program by Shannan Ponton



SHANNAN PONTON

- To train for Stadium Stomp you will need to dedicate 3x running or stair sessions each week
- Try to limit the amount of impact performed on rest days. On a rest day try a spinning class or x-trainer for cardio
- If you don't have access to a treadmill, you can do the exact same session at your local park
- Before EVERY session, warm up with a 5min fast walk or light jog, followed by a 5-7min stretch, focusing on your legs
- Always work within your capabilities and limitations. Never sacrifice good technique for extra reps or speed. Modify exercises as necessary
- **Ensure you are medically fit before commencing any new training program, see your GP and obtain a medical clearance**

With only 5 weeks to go before the Stadium Stomp, it's time to rip into it. Here is a training program that will get you across the line.

	Session 1	Session 2	Session 3
WEEK 1	<p>20min Treadmill Intervals:</p> <ul style="list-style-type: none"> • 30sec fast run • 30sec rest • Repeat, increasing your speed until you are at your max for 20mins total • Stretch <p>Tips:</p> <ul style="list-style-type: none"> • To rest, CAREFULLY place both hands on the rails, lift your legs off the belt and stand with one leg each side of the moving belt. To run again, CAREFULLY with both hands on the rails, step back onto the belt in a running action, only once completely comfortable release your hands • Focus on getting faster and maintaining good technique – tall body, abs/hips braced and long strides 	<p>Run on the track/oval:</p> <ul style="list-style-type: none"> • 4 x 500m run • Long stride run • 70% of max speed • 1:1 Recovery (if it takes you 2:30sec to run 500m you get 2:30sec recovery) • Stretch and mobility as active recovery <p>Circuit:</p> <ul style="list-style-type: none"> • 10 x Step Ups - each leg • 10 x Squat Jumps • Rest 60sec • Repeat 3 times 	<p>Outdoor Run:</p> <ul style="list-style-type: none"> • Run out from a set starting point for 15-20mins • Rest 1min • Turn around and run back, taking the same route and try to get back in a faster time. (Select a route that is pretty flat to start) <p>Circuit:</p> <ul style="list-style-type: none"> • 10 x Walking Lunges • 10 x Tuck Jumps (modify to squats if necessary) • 10 x Jump Lunges • Rest 60sec • Repeat 3 times
WEEKS 2 & 3	<p>Jog & Hill Run:</p> <ul style="list-style-type: none"> • Jog out for 10min • Find a nice long hill, not super steep • Run repeat sets up and down the hill for 20min. Jogging back halfway then walking back to your start point • Jog 10min back to home • Stretch 10min 	<p>Stair Session:</p> <ul style="list-style-type: none"> • Find a set of stairs, the longer the better • Run sets of: <ul style="list-style-type: none"> Lap 1 – Run up every step Lap 2 – Run up every second step Lap 3 – Run up every third step (slow your pace and really stretch out your stride) • Repeat for 20 – 30min depending on your fitness level • Warm down & stretch 	<p>HIIT (High Intensity Interval Training):</p> <ul style="list-style-type: none"> • Do each exercise below for 30sec, then rest for 10sec • Repeat for 4 sets before moving onto the next exercise <ol style="list-style-type: none"> 1. Mountain Climbers 2. 10m Shuttle Runs 3. Crunches 4. Jumping Lunges 5. Burpees 6. Hands to Elbow Plank 7. Air Squats 8. Push Ups 9. Walking Lunges 10. Frog Jumps

	Session 1	Session 2	Session 3
WEEKS 4 & 5	30 min Treadmill Intervals: <ul style="list-style-type: none"> • 35sec sprint • 25sec rest (stand one leg each side of the moving belt) • Focus on getting faster and technique here, tall body, abs/hips braced and long strides • Increase the speed until you are at your max. 25-30mins total • Stretch 	Event Specific Training: <ul style="list-style-type: none"> • Find a set of stairs the longer the better • Run to the top of the stairs • At the top (if possible) run out 20m and back • Descend the stairs • At the bottom run out & back 20m • Without resting, run 2 laps of the stairs including, out and back 40m, top and bottom • Repeat for 20 – 30min depending on your fitness level 	Outdoor Run: <ul style="list-style-type: none"> • 500m, long stride run about 80% of max speed. Rest 30sec • 15 Step ups (or jump lunges) each leg • 15 Squat jumps • Rest 30sec • Repeat 5 times Remember to ease off training 2-3 days before the event itself. Train hard and run even harder but most of all, enjoy!

Exercise Techniques:

Step Ups	Find a step, log, bench etc. slightly lower than the height of your knee. Place left foot on top and step up keeping your body tall and core engaged. Powerfully drive your right knee through in a running action, without touching the step. Lower yourself back to the starting position. Repeat on other leg.
Squat Jumps	Stand with your feet shoulder-width apart, arms out in front of you. Lower into a squat position, until your knees bent at 90 degrees. Jump up as high as you can, swinging your arms overhead. Gently land and return to the squat position.
Walking Lunges	Standing upright, take a large step forward with your right leg, lowering your hips to the floor until your left knee almost touches the ground. Both knees should be at almost 90-degree angles, with your right knee directly over your ankle. Drive through your right heel, and straighten your legs to lift yourself back up and lead straight into a controlled lunge with your left lead leading. Repeat.
Tuck Jumps	Start standing straight with your knees shoulder width apart. Jump straight up, as high as you can, bringing your knees toward your chest, then returning to a standing position. If you're not comfortable doing Tuck Jumps, you can replace the exercise with squats.
Jump Lunges	Lunge forward with your right foot. Jump straight up and switch legs, landing in a lunge position with your left foot forward. Repeat.
Mountain Climbers	From a push up position bring your left knee up towards your left elbow and then back again and alternate legs. Ensure you keep your hips straight and your shoulders over your hands.
10m Shuttle Runs	Mark out a distance of roughly 10 metres. Run from one point to the other, touch the ground and return the start. Up and back is one rep.
Crunches	Lie on your back with your knees bent and your feet flat on the floor. Bring your finger tips up to your temples with your elbows out to the side. Push your lower back into the floor and lift your shoulders toward the ceiling. Pause at the top and slowly bring your body back to the ground.
Burpees	Start standing, bend your knees and bring your hands to the floor just in front of your feet. Jump your feet back into a push-up position then jump your feet to your hands and come up into a squat position. Jump up as high up as you can and land in a standing position.
Hands to Elbow Plank	Starting in a push up position, on your toes with your hands flat on the floor, lower your forearms to the floor and then back up again. Repeat.
Air Squats	Stand with your feet slightly wider than shoulder width, toes turned out to 45 degrees. Keeping your weight on your heels, chest up and eyes forward, sit back, lowering your butt back towards the floor. Ensure your knees do not move forward of your toes. Explode back up to a standing position, keeping your weight on your heels.
Push Ups	Get into a high plank position with your hands on the ground, directly under shoulders. Keeping your back flat, lower your body until your chest almost touches the ground. Push straight back up. If necessary you can modify the push up keeping your knees on the floor.
Frog Jumps	Starting a squat position, feet wide apart and with your toes turned out at a slight angle. Jump forward and up landing on your toes in a squat. Jump back and return to the starting position.

“I’ve created this training program to help get you fit and ready for Stadium Stomp – the ultimate stair climbing challenge.

I’m pumped to be a part of the Stadium Stomp team this year and encourage you to make every step count and fundraise for their official charity partner, the Leukaemia Foundation.”



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