

BIG CLIMB 31

TRAINING PACKET

presented by:



Introduction

We are so excited that you have decided take on this challenge! More than anything we are excited that you have committed your time and energy to the Leukemia Lymphoma Society. Because of your help we get to fund blood cancer research and patient care services. Climbing 69 flights will be easier for some than others and we want you to enjoy your time. Hopefully, by following this plan from now through race day (March 26, 2017), we can make the Big Climb experience even more rewarding for you.

Climbing 69 floors will not only require cardiovascular fitness but also muscular endurance and strength because of the demands placed on the muscles of the lower body and core. The main muscles that you will use in climbing stairs are the quads, hamstrings, glutes, and calves. The following exercises (including **mobility training**) are designed to target the muscles of the lower body and to improve the strength and balance to conquer the climb. This workout should be done **2-3 times/ week** and be a compliment to your cardiovascular work. For **cardiovascular fitness**, we recommend that you not only **climb stairs 2-3 times week** (for added intensity use a 10-20lbs weighted vest) but also participate in **bike sprints** at a moderate to high resistance (level 10+ on any standard fitness bike) for between :20-:60/ sprint with adequate recover (between :40-:120) for a period of 20-30 minutes.

Conditioning Workout – Stair mill

Every Month Add :30 on to each interval and/or add external resistance with either dumbbells or weighted vest (increase 5 lbs /month)

Time	Level
0:00-1:30	2
1:30-3:00	5
3:00-4:30	8
4:30-6:00	6
6:00-7:30	4
7:30-9:00	9
9:30-12:00	6
12:00-13:30	4
13:30-15:00	9
15:00-16:30	4
16:30-18:00	6
18:00- 19:30	3
19:30-20:00	9+

Mobility Training Workout Progression

January 1, 2017- January 31, 2017	Choose <u>any 2</u> training Blocks Include <u>all</u> Mobility Exercises
February 1, 2017- February 28, 2017	Choose <u>any 3</u> Training Blocks Include <u>all</u> Mobility Exercises
March 1, 2017- March 24, 2017	Complete <u>all 4</u> Training Blocks Include <u>all</u> Mobility Exercises

Mobility Exercises

Complete these 4 exercises in succession w/o rest for a total of 10 minutes on alternate days from conditioning.

1) Ankle Mobility Exercises x 6 reps each leg

Area(s) Targeted: Calves, Ankle, Heel Cord

Start



Finish



2) Quad Hip Flexor Rock x 6 reps each leg

Area(s) Targeted: Quads, Hip Flexors

Start



Finish



3) Pendulum Front Kicks x 6 reps

Area(s) Targeted: Hamstrings, Hip Flexors

Start



Finish



4) Pendulum Side kicks x 6 reps each leg

Area(s) Targeted: Adductors, Abductors, Ankle

Start



Finish



Training Blocks

Training Block A

(complete 3 rounds of both exercises. Rest :45-:60 seconds after each round)

A1) Deficit DB Reverse Lunge w/ high knee x 15ea leg

Muscles worked: Quads /Hamstrings/Glutes

Training Cues:

- Use a box or step that is between 6-12 inches in height
- The shin of the forward leg should remain vertical
- To maintain continuous tensions and ensure full range of motion, the back knee should remain about 1" above the ground

Start



Finish



A2) Tall Kneeling Band Press x 10

Muscles worked: Anterior Core Muscles / Shoulders / Triceps

Training Cues:

- Maintain a vertical torso (knee, hips, shoulders, should align)
- Use anterior (front) core muscles to prevent Torso going into extension
- During the finishing portion of the movement, the biceps should line up with ears)

Start



Finish



Finisher Set: After completing 3 rounds immediately complete 1 set of mountain climbers for :60

Muscles worked: Quads/ Hips/ Anterior Core/ Shoulders

Training Cues:

- Maintain a neutral spine (shoulders, hips, knees, ankles should align, eyes should face downward) through duration of exercise
- Alternating of legs should be done as quickly a possible

Start



Finish



Training Block B

(complete 3 rounds of both exercises. Rest :45-:60 seconds after each round)

B1) DB High Knee Box Step-ups x 12 ea. Leg

Muscles worked: Quads/Hips/Hamstrings/Glutes

Training Cues:

- Use a box height that allows for about a 90 Degree angle at the knee and hip
- Use the leg on the box as the prime mover and push “through” the box
- Increase core activation by using a holding a single dumbbell on the opposite side of the working leg

Start



Finish



B2) Foot Elevated Hip Lifts x 25 reps

Muscles worked: Hamstrings/Glutes/Calves/Posterior Core

Training Cues:

- Use a box height that allows for about a 90 Degree angle at the knee and hip
- Maintain neutral spine during “up” phase of exercise (knee, hips, and shoulders should align)
- Eliminate use of quads during this movement by focusing on hip extension (lifting up hips) through use of hamstrings
- Aggressively contract glutes (while maintaining relaxed Quads)

Start



Finish



Finisher Set: After completing 3 rounds immediately complete 1 set of planks for :60

Muscles worked: Anterior Core/Shoulders/ Glutes

Training Cues:

- Maintain a neutral spine (shoulders and hips should align, eyes should face downward) through duration of exercise
- Maintain constant tension by aggressively contracting quads and glutes, while simultaneously trying to “pull” your elbow towards your feet and your feet towards your elbows
- Do not hold your breath



Training Block C

(complete 3 rounds of both exercises. Rest :45-:60 seconds after each round)

C1) DB Single Leg Dead Lift x 12 ea. Leg

Muscles worked: Hamstrings, Calves, Glutes, Posterior Core

Training Cues:

- Maintain a neutral spine (shoulders, hips should align, eyes should face downward) through duration of exercise
- Maintain a slightly flexed knee as well as “press “the big toe into the ground of the support leg
- Aggressively contract glutes and hamstrings while during the up phase of the movement
- Increase core activation by using a holding a single dumbbell on the opposite side of the working leg

Start

Finish



C2) Single Leg Calf Raise x 20 ea. Leg

Muscles Worked: Calf

Training Cues:

- Use a box height that allows you to fully “drop” your heel without touching the ground
- To increase ankle mobility, ensure that you go through a full range of motion
- Hold the top position of the movement for 2-3 seconds before coming back down

Start



Finish



Finisher Set: After completing 3 rounds immediately complete 1 set of burpees for :60

Muscles worked: Chest/ Shoulders/Anterior Core/Hips, Quads, Hamstrings/Glutes

Training Cues:

- Full-body should be in contact with the ground during the beginning phase
- To get to the finish position
- If energy permits, jump at the top of the movement



Training Block D

(completes 3 rounds of exercises. Rest :120-:180 seconds after each round) *

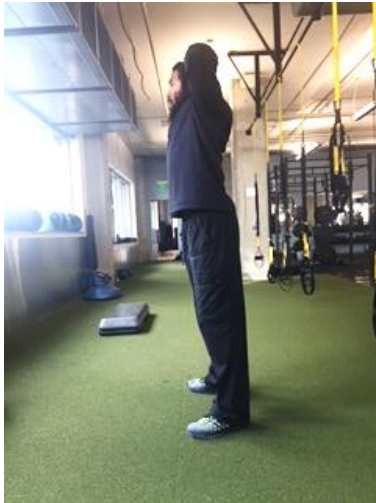
Muscles worked (for ALL movements): Quads/ Hips/Hamstrings/Glutes/Calves

D1) Air Squats x 12

Training Cues:

- Distribute your weight between mid-foot and heel. You should not be on your toes.
- Maintain vertical shins

Start



Finish



D2) Squat Jumps x 12

Training Cues:

- During the jump phase, to ensure maximum power and efficiency fully extend ankles, knees, and hips
- Maintain neutral posture during landing phase of jump avoid excessive flexion (forward bending) of the torso. The landing should be soft

Start



Finish



D3) BW Alt. Lunge x 12

- The shin of the forward leg should remain vertical
- To maintain continuous tensions and ensure full range of motion, the back knee should remain about 1" above the ground

Front



Side



D4) Split Jumps x 12

- During the jump phase, to ensure maximum power and efficiency fully extend ankles, knees, and hips
- Maintain neutral posture during landing phase of jump avoid excessive flexion (forward bending) of the torso. The landing should be soft



Start



Jump



Finish