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12 Week Trek Up the Tower Training Plan - Advanced YMCA OF GREATER OMAHA

Welcome to the Advanced Training plan for the Trek Up The Tower. This training plan is designed for Advanced Climbers who are interested in completing or improving your time for Trek Up The Tower or accepting the Vertical Mile Challenge. Stairclimbing events use a variety of muscles and will challenge your cardiovascular system, so it is very important that you don't just hit the Stair Climber (stepmill) 5 times a week. You will want to incorporate cardio and strength training into your workout in order to condition your entire body to support you as you complete the Great Staircase Space Race! The following format is a general guide to follow over 12 weeks. If you have questions about your training, please be sure to reach out to your local gym or YMCA. You have chosen an amazing challenge and we thank you for letting us support you in your Journey to Space! Good Luck!



First National Bank



TRAINING PLAN KEY: FULL BODY RESISTANCE TRAINING

Workout A: 4 Sets, 8–12 Reps per set: Mix 4–6 different exercises favoring **lower body**. Loads should be around 70–75% of your estimated 1 rep max. Challenge yourself by increasing weight throughout the 12 week training plan.

Workout B: 4 Sets, 8–12 Reps per set: Mix 4–6 different exercises favoring **upper body**. Loads should be around 70–75% of your estimated 1 rep max. Challenge yourself by increasing weight throughout the 12 week training plan.

Workout C: 3 Sets, 4–6 Reps per set: Mix 4–8 different exercises favoring your **upper & lower body**. Loads should be around 70–85% of your estimated 1 rep max. Challenge yourself by increasing weight throughout the 12 week training plan.

Workout D: 3 Sets, 4–6 Reps per set: Mix 4–8 different exercises favoring your **upper & lower body**. Loads should be around 65–75% of your estimated 1 rep max. Challenge yourself by increasing weight throughout the 12 week training plan.

Examples of exercises for workouts A–D can be found at trekupthetower.org.

12 WEEK ADVANCED TRAINING PLAN

| WEEK | SUN-DAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATUR-DAY |
|------|-------------|--------------------------------------|--|-----------|--|--------------------------------------|-------------|
| 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 minute Stepmill or Incline Walk/Jog | Workout B | 30 minute 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 minute Stepmill or Incline Walk/Jog | Workout B & Incline Sprints (12 min) | Active Rest |
| 5 | Active Rest | Workout A | 35 minute Stepmill or Incline Walk/Jog | Workout B | 35 minute Stepmill or Incline Walk/Jog | Workout A | Active Rest |
| 6 | Active Rest | Workout B | 38 minute Stepmill or Incline Walk/Jog | Workout A | 38 minute 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 minute Stepmill or Incline Walk/Jog | Workout A & Incline Sprints (12 min) | Active Rest |
| 8 | Active Rest | Workout C & Incline Sprints (12 min) | 42 minute Stepmill or Incline Walk/Jog | Workout C | 42 minute 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 minute Stepmill or Incline Walk/Jog | Workout D | 45 minute Stepmill or Incline Walk/Jog | Workout D & Incline Sprints (12 min) | Active Rest |
| 11 | Active Rest | Workout D | 45 minute Stepmill or Incline Walk/Jog | Workout D | 45 minute Stepmill or Incline Walk/Jog | Rest | Active Rest |
| 12 | Active Rest | Rest | 30 minute Stepmill or Incline Walk/Jog | Rest | 30 minute Stepmill or Incline Walk/Jog | Rest | Race Day |

- 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.