

SCA Advanced 5 Week Training Program: *The Hardcore*



This program is for those with an excellent to elite fitness base. You may be a high end fitness enthusiast or a competitive athlete e.g. rower, runner, cyclist. You train 5-7 times per week including resistance training, high intensity cardiovascular exercise and you may find yourself competing in events of some nature at least once a month. You have a high tolerance to pain and love to train really really HARD!

Before you start:

- For this program train using a stair case that has 200+ 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	Gym	Cycle or Spin	Gym	Stair Climbing	Rest	Long Distance
Description	3x3 stair ascents with 60secs rest between sets.	Refer to provided program	45mins	Refer to provided program	3x3 stair ascents with 60secs rest between sets.		Cycle or jog for 30-45 minutes

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

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Week 3	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Session	Stair Climbing	Gym	Cycle or Spin	Rest	Stair Climbing	Gym	Rest
Description	3x5 stair ascents with 60secs rest between sets.	Refer to provided program	45mins		3x5 stair ascents with 60secs rest between sets.	Refer to provided program	

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

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 Cycle	Rest & Recover	Race!
Description		Refer to provided program		3x3 stair ascents with 60secs rest between sets.	30mins		

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.

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SCA Advanced 5 Week Training Program: Gym Program



Exercise	Week 1	Week 2	Week 3	Week 4	Week 5
Rower	1500m Record Time	1500m Record Time	1500m Record Time	1500m Record Time	Repeat Week 1
Stair Master (Machine)	60sec easy / 60sec hard for 4-6 minutes	60sec easy / 60sec hard for 6-8 minutes	60sec easy / 60sec hard for 8-10 minutes	60sec easy / 60sec hard for 10-12 minutes	
Squats	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	Sets: 3 Reps: 20-25 Rest: 30-60secs between sets	
Seated Rows	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	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: 45 secs Rest: 30-60 secs between sets	Sets: 3 Reps: 45 secs Rest: 30-60secs between sets	Sets: 3 Reps: 60 secs Rest: 30-60secs between sets	Sets: 3 Reps: 60 secs Rest: 30-60secs between sets	
Alternating Cable Rows	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	Sets: 3 Reps: 10-15 each arm Rest: 30-60secs between sets	
Calf Raises	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	Sets: 3 Reps: 15-20 Rest: 30-60secs between sets	
Dumbbell Arm Swings	Sets: 2 Reps: 45secs Rest: 30-60secs between sets	Sets: 3 Reps: 45secs Rest: 30-60secs between sets	Sets: 3 Reps: 60secs Rest: 30-60secs between sets	Sets: 3 Reps: 60secs Rest: 30-60secs between sets	
L & R Side Plank / Bridge	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	Sets: 3 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.

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