



Training Guide

Welcome climbers! This is your National MS Society New Jersey Metro Chapter Climb to the Top Training Guide. This guide will help to prepare you to successfully cross the finish line on March 28th, 2015!

Before you head out for your first workout, it's important to evaluate what your current fitness level is. This training guide will impact each participant differently so feel free to adjust it fit within your comfort zone. Be honest with yourself when you're analyzing this plan. Completing the Climb to the Top will be one of your greatest accomplishments and we want you to finish it in the healthiest and safest way possible!

So what type of climber are you?

Beginner – You have recently started working out (within the last year) or this training guide is your first step to becoming a healthier and more fit you!

Intermediate – You work out frequently but don't compete in races or competitions.

Advanced – You work out regularly and compete in races/ competitions on a frequently.

*If you have health concerns such as: diabetes, high blood pressure, a heart condition, injury or are pregnant, etc. please consult with your doctor first.

Training guide key:

- Working out
 - Make sure that you properly stretch before and after your workouts. This will help prevent injuries and sore muscles.
 - Hydrate, hydrate, hydrate! Water and drinks with electrolytes in them will help you be on the top of your game. If these workouts are more than your usual routine, be sure to drink more than you usually do.
 - RICE – Rest, Ice, Compression, Elevation. If you are starting to feel sore or you have an injury, follow this remedy to get you back on those stairs in no time!
 - If it's a serious injury, don't be a hero and get it checked out by a physician immediately.
- Climb days
 - It's important to get your body and mind used to climbing on certain days so that when event day comes, you are ready to climb to new heights! By climbing every Saturday, your body will be mentally prepared and used to its routine.
 - If you don't have access to a building's stairwell, get creative! You can go to a track and run up the bleachers, go to the gym and use their stair stepping machine, go for a hike or run up the stairs in your house. It all counts!

- Cardio – Cardiovascular exercise
 - This will be a key component while you are climbing the stairs. The better and more trained your cardiovascular system is, the better your breathing patterns will be which will help you climb those 822 stairs with ease!
 - Below are a few cardio workout ideas:
 - Cycling, swimming, jumping rope, kickboxing, zumba, yoga
- Walk/Run – Pick your own pace!
 - Every day you are going to feel differently so take these opportunities to push yourself to the next level or take it easy!
- OFF – REST
 - After all of your hard work during the week, you deserve some days off too! Like the consistency of your climbing days, it is a good idea to keep your off days consistent too. This helps your body get on a schedule and makes it easier to remember what you are achieving that day.
 - Don't feel bad about your days off! Everyone needs them. If you want to do stretches, strides (elongated running in short distances) or yoga on your off days to loosen up, your body will thank you!
- Too hard or too easy?
 - Feel free to alter this to fit the climber that you are!

If you have any questions throughout your training, please feel free to reach out to Elizabeth.Shaw@nmss.org or 732-660-1005 ext. 43212

Please note that this training guide is not a certified training guide. This guide was created based on the experience and knowledge of our staff.



Training Guide

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Week #1 January 1- 4				Walk (10mins)	Cardio (15mins)	Climb (2 flights)	OFF	12 weeks out
Week #2 January 5 - 11	Walk (15mins)	OFF	Cardio (15mins)	OFF	Walk (10mins)	Climb (5 flights)	OFF	11 weeks out
Week #3 January 12 - 18	Walk (15mins)	OFF	Cardio (18mins)	OFF	Walk (12mins)	Climb (9 flights)	OFF	10 weeks out
Week #4 January 19 - 25	Cardio (18mins)	Walk/Run (10mins)	Cardio (20mins)	OFF	Walk (15mins)	Climb (12 flights)	OFF	9 weeks out
Week #5 Jan 26 – Feb 1	Cardio (20mins)	Walk/Run (15mins)	Cardio (25mins)	OFF	Walk (20mins)	Climb (15 flights)	OFF	8 weeks out
Week #6 February 2 - 8	Cardio (23mins)	Walk/Run (18mins)	Cardio (25mins)	OFF	Walk (23mins)	Climb (18 flights)	OFF	7 weeks out
Week #7 February 9 - 15	Cardio (25mins)	Walk/Run (22mins)	Cardio (30mins)	OFF	Walk/Run (25mins)	Climb (22 flights)	OFF	6 weeks out
Week #8 February 16 - 22	Cardio (28mins)	Walk/ Run (25mins)	Cardio (35mins)	OFF	Walk/ Run (20mins)	Climb (25 flights)	OFF	5 weeks out



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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Week #9 Feb 23 – Mar 1	Cardio (35mins)	Walk/Run (30mins)	Cardio (40mins)	OFF	Walk/Run (30mins)	Climb (28 flights)	OFF	4 weeks out
Week #10 March 2 - 8	Cardio (35mins)	Walk/Run (35mins)	Cardio (45mins)	OFF	Walk/Run (30mins)	Climb (31 flights)	OFF	3 weeks out
Week #11 March 9 - 15	Cardio (35mins)	Walk/Run (30mins)	Cardio (50mins)	OFF	Walk/Run (35mins)	Climb (30 flights)	OFF	2 weeks out
Week #12 March 16 - 22	Cardio (20mins)	Walk/Run (30mins)	Cardio (35mins)	OFF	Walk/Run (35mins)	Climb (20 flights)	OFF	1 week out
Week #13 March 23 - 29	Cardio (20mins)	Walk/Run (20mins)	Cardio (25mins)	OFF	Walk (20mins)	CLIMB TO THE TOP!!	OFF	Happy Climbing!