

Total Motion Stair Running Program - Beginner

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Weeks 1 - 2	Moderate intensity (6-7/10 intensity) training 30 minutes - choose something CV e.g. walk, jog, ride bike, X-trainer	Broadgate Tower - One climb split into 5 stories in a row - rest 2 minutes - repeat. Alternate session - go for a 15 minute jog or fast walk - find a set of stairs at least 10. Go up and down 10 times as fast as possible with 30 second break in between each set	Repeat Monday	Strength 1	Rest and Stretch Day	Intervals - walk 5 minutes - run 1 minute - repeat x 5	Rest and Stretch Day
Weeks 3 - 4	Moderate intensity (6-7/10 intensity) training 35 minutes - choose something CV e.g. walk, jog, ride bike, X-trainer	Broadgate Tower - Walk 7 - rest 1 minute - repeat Alternate session - go for a 15 minute jog or fast walk - find a set of stairs at least 10. Go up and down 15 times as fast as possible with 30 second break in between each set	Repeat Monday	Strength 1	Rest and Stretch Day	Intervals - Walk 2 minutes - jog 3 minutes - repeat x 6	Rest and Stretch Day
Week 5 - 6	Moderate intensity (6-7/10 intensity) training 45 minutes - choose something CV e.g. walk, jog, ride bike, X-trainer	Broadgate Tower - 5 - 10 - 5 - 10 - 5 - rest 1 minute. Alternate session - go for a 20 minute jog or fast walk - find a set of stairs at least 10. Go up and down 15 times as fast as possible with 30 second break in between each set. 5 minute jog or walk	Repeat Monday	Strength 1	Rest and Stretch Day	Intervals - Walk 1 minutes - jog 4 minutes - repeat x 6	Rest and Stretch Day
Week 7 - 8	Moderate intensity (6-7/10 intensity) training 35 minutes - choose something CV e.g. walk, jog, ride bike, X-trainer. Add in strength program from Thursday session	Broadgate Tower - walk half rest 2 minutes - walk 2nd half. Alternate - repeat session	Repeat only moderate CV exercise from Monday - no strength	Strength 1	Rest and Stretch Day	Intervals - Walk 1 minutes - jog 5 minutes - repeat x 7	Rest and Stretch Day
Week 9 - 10	Moderate intensity (6-7/10 intensity) training 35 minutes - choose something CV e.g. walk, jog, ride bike, X-trainer. Add in strength program from Thursday session	Broadgate Tower - repeat last session - rest 1 minute only. Alternate session - go for a 15 minute jog or fast walk - find a set of stairs at least 10. Go up and down 15 times as fast as possible with 30 second break in between each set. 10 minute run/jog	Repeat only moderate CV exercise from Monday - no strength	Strength 2	Rest and Stretch Day	CV training - 15 minutes easy (5-6/10, 10 minutes medium (6-7/10, 10 minutes hard (7-9/10)	Rest and Stretch Day
Week 11 - 12	Moderate intensity (6-7/10 intensity) training 40 minutes - choose something CV e.g. walk, jog, ride bike, X-trainer. Add in strength program from Thursday session	Broadgate Tower - warm up - walk to top in one. Main set - 5 easy (casual walk) - 5 medium (fast walk) - 5 hard (sprint walk). Repeat. Walk final 5 easy. Alternate session - go for a 20 minute jog or fast walk - find a set of stairs at least 10. Go up and down 20 times as fast as possible with 30 second break in between each set. 10 minute run/jog	Repeat only moderate CV exercise from Monday - no strength	Strength 2	Rest and Stretch Day	CV training - 15 minutes easy (5-6/10, 15 minutes medium (6-7/10, 15 minutes hard (7-9/10)	Rest and Stretch Day
Week 13 - 14	Moderate-high intensity (7-8/10 intensity) training 35 minutes - choose something CV e.g. walk, jog, ride bike, X-trainer. Add in strength program from Thursday session	Bridget tower - Walk to top one time - try and beat best time Alternate session - go for a 20 minute jog or fast walk - find a set of stairs at least 10. Go up and down 20 times as fast as possible - no rest in between sets. 10 minute run/jog	Repeat only moderate CV exercise from Monday - no strength	Strength 2	Rest and Stretch Day	CV training - 20 minutes easy (5-6/10, 20 minutes medium (6-7/10, 10 minutes hard (7-9/10)	Rest and Stretch Day

Week 15 - 16	Moderate-High intensity (6-7/10 intensity) training 40 minutes - choose something CV e.g. walk, jog, ride bike, X-trainer. Add in strength program from Thursday session	Week 15 - Broadgate Tower - 10 easy - rest 2 minutes - 10 medium - rest 2 minutes - 10 hard - rest 2 minutes - 5 easy. Easy walk to top if able Week 16 - Time trial to top. Alternate session - go for a 30 minute jog or fast walk - find a set of stairs at least 10. Go up and down 30 times as fast as possible - short rest to take a few breaths and then repeat. 10 minute run/jog to finish.	Repeat only moderate CV exercise from Monday - no strength	Strength 2	Rest and Stretch Day	CV training - 25 minutes easy (5-6/10, 10 minutes medium (6-7/10, 10 minutes hard (7-9/10)	Rest and Stretch Day
Notes:	After every session please complete the outlined stretches. For the days that are Rest and Stretch, target the muscles that are the most sore and stretch them with the appropriate exercise.	If you have to miss a session due to time issues, skip the Wednesday session.	Strength program weeks 1-8: PLEASE SEE BELOW	Strength program weeks 9-16: PLEASE SEE BELOW			

STRENGTH PROGRAM WEEKS 1 - 8

Notes: Complete all exercises on Strength Days. Add weight to exercises if possible with dumbbells / backpacks as a progression. Complete all or two stretches you find the most difficult on Rest Days.

1- Squat with arms forward - Sets:3 / Repetition:12-15 / Weight:Body weight



Stand with both feet hip width apart and facing forward. Slowly lower your body into a squat position (knees 90°) while keeping your back straight and your knee caps aligned with your second toes. Lean slightly forward just like you were sitting in a chair, keeping your heels on the ground. Push through your heels and activate your glutes to come back to standing. Repeat.

2- Backwards lunge (same side) - Sets:3 / Repetition:12-15 / Weight:Body weight



Stand with your feet together and step directly backward. Once balance is established on both feet, flex the front knee so the trail leg can bend toward the floor. At the bottom position, the lead leg is flexed at 90 degrees. To go back up, push off the floor with the trail foot while extending the knee and hip of the front leg. Complete all the reps on one side before switching to the other leg. Keep the torso upright during the movement.

3- Standing plantar flexion - Sets:3 / Repetition:12-15 / Weight:Body weight



Stand on both feet on the floor or a small step next to a chair or table. Come onto the toes (raise heels) of both feet without bending the knee. Return to the initial position and repeat.



4- Push-ups *Perform on Knees if needed* - Sets:3 / Repetition:12-15 / Weight:Body weight



Put your feet together and place your hands slightly outside of your shoulders. Lower yourself all the way down so your chest almost makes contact with the ground and push back up. Make sure to brace your abdominals and move yourself in one block so your pelvis is in line with the rest of your body at all times. Do not let your chin move forward. Keep your head in line with your spine.

5- Bent-Over Row - Sets:3 / Repetition:12-15 / Weight:If possible



Step on a band and hold the other ends in your hands. Bend your knees, push your hips back and lean forward with your torso. Try to be in a 45° angle or more. With your chest out and back straight, row the band in a controlled movement to your sides, in line with your navel. Do not poke forward with your chin/head. Never round your lower back.

6- Abdominal plank *Perform on Knees if needed* - Sets:4 / Repetition:30secs / Weight:Body weight



Place the elbows directly under the shoulders and prop yourself on the elbows, keeping a neutral back and head aligned with the spine. Hold the position.

7- Gluteal stretch - Sets:5 / Repetition:30secs / Hold:30secs



Lie on your back with your knees bent and your feet on the floor. Cross the ankle of the leg to stretch over your other knee. Gently pull the knee with the opposite hand toward the opposite shoulder until a stretch is felt in the buttocks.

8- Stretching quadriceps - Sets:5 / Repetition:30secs / Hold:30secs



Lie on your side with your injured leg up and your bottom knee bent in front of you to protect your back. Reach back and grasp your ankle of your injured leg and gently pull towards your buttocks. Move your knee back without arching your back until you feel a stretch in the front of your thigh. Keep your knee as low to the floor as possible and maintain the position. You can use a towel or belt around your ankle to pull it towards your buttocks.

9- Standing calf stretching - Sets:5 / Repetition:30secs / Hold:30secs

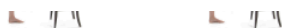


Stand and place both hands on a wall, with your feet about half a meter from the wall. Place one leg behind the other and lean your body forward without bending the back knee until you feel a stretch in your back calf. Maintain the stretch and relax.

10- Hamstring stretch - Sets:5 / Repetition:30secs / Hold:30secs



Stand with one foot on a stool in front of you. Straighten your leg and stick your buttock out to arch your lower back. Lean your body forward until you feel a stretch behind your thigh. Maintain the stretch for the recommended time.



11- Stretching pectoral minor - Sets:5 / Repetition:30secs / Hold:30secs



Stand beside a wall and place the forearm against the wall with elbow bent to 90 degrees. Slowly move forward and turn body away from the arm until a stretch is felt in the chest or the anterior aspect of the shoulder. Maintain the position and relax.



Exercise 1 : Squat with arms forward

Sets:3 / Repetition:12-15 / Weight:Body weight



Exercise 2 : Backwards lunge (same side)

Sets:3 / Repetition:12-15 / Weight:Body weight



Exercise 3 : Standing plantar flexion

Sets:3 / Repetition:12-15 / Weight:Body weight



Exercise 4 : Push-ups *Perform on Knees if needed*

Sets:3 / Repetition:12-15 / Weight:Body weight



Exercise 5 : Bent-Over Row

Sets:3 / Repetition:12-15 / Weight:If possible



Exercise 6 : Abdominal plank *Perform on Knees if needed*

Sets:4 / Repetition:30secs / Weight:Body weight



Exercise 7 : Gluteal stretch

Sets:5 / Repetition:30secs / Hold:30secs



Exercise 8 : Stretching quadriceps

Sets:5 / Repetition:30secs / Hold:30secs



Exercise 9 : Standing calf stretching

Sets:5 / Repetition:30secs / Hold:30secs



Exercise 10 : Hamstring stretch

Sets:5 / Repetition:30secs / Hold:30secs



Exercise 11 : Stretching pectoral minor

Sets:5 / Repetition:30secs / Hold:30secs

STRENGTH PROGRAM WEEKS 9 - 16

1- Kettlebell deadlift - Sets:3 / Repetition:12 / Weight:if possible



Place two kettlebells next to your feet.
Keeping the back straight, bend over to grasp the handles.
Extend your hips and knees to lift the kettlebells off the floor.
Keep your torso-to-floor angle constant (until the hands meet your knees) and shoulders over the weights.
Do not let your hips rise before your shoulders.
As the kettlebells rise just above your knees, push your hips forward.
Continue to extend your hips and knees until your body reaches a fully erect torso position.

2- Single leg box squat - Sets:3 / Repetition:12 / Weight:if possible



Stand on one leg back to a bench or box.
Squat down to sit back on the bench, keeping your back straight and foot flat on the floor.
You can reduce the bench/box height over time to increase the challenge.

3- Split squat - Bodyweight - Sets:4 / Repetition:30secs / Weight:Bodyweight



With your feet one in front of another at hip width, lower the back knee close to the floor and behind the front heel.
Keep your balance and lift yourself back up to the standing position.
The knees should be bent at 90° in the bottom position.

4- Single leg heel raise - Sets:3 / Repetition:12 / Weight:if possible



Stand on one foot on the floor next to a chair or table for balance.
Raise the heel to go onto your toes without bending your knee.
Lower to the starting position and repeat.

5- Push-ups *Perform on Knees if needed* - Sets:3 / Repetition:12-15 / Weight:Body weight



Put your feet together and place your hands slightly outside of your shoulders.
Lower yourself all the way down so your chest almost makes contact with the ground and push back up.
Make sure to brace your abdominals and move yourself in one block so your pelvis is in line with the rest of your body at all times.
Do not let your chin move forward. Keep your head in line with your spine.

6- 1 arm dumbbell row - Sets:3 / Repetition:12 / Weight:if possible



Support yourself on a bench, bed or chair(s) as shown.
Squeeze the shoulder blade and pull the weight toward the side of your body, next to your stomach.
You should focus on the shoulder blade muscles pulling the arm up.
Let the forearm hang free and lead with the upper arm and elbow.
Be sure to have the hips parallel to the ground at all times by flexing or moving the support leg accordingly.

7- Side plank *Perform on Knees if needed* - Sets:4 / Repetition:30secs / Weight:Bodyweight



Lie on the side with the elbow positioned under the shoulder.
Prop yourself on the elbow to go into a side plank position and hold, keeping the torso, hips and feet in a straight line.



8- Hops - Sets:5 / Repetition:20secs



Stand in one place and do small hops with different heights (a few hops at 30%, hops at 50%, and hops at 70% of their maximum).

9- Side to side 1 leg hop - Sets:5 / Repetition:20secs / Duration:Each side



Standing on one leg, bounce successively side to side, keeping the knee, hip and torso stable.

10- Gluteal stretch - Sets:5 / Repetition:30secs / Hold:30secs



Lie on your back with your knees bent and your feet on the floor.
Cross the ankle of the leg to stretch over your other knee.
Gently pull the knee with the opposite hand toward the opposite shoulder until a stretch is felt in the buttocks.

11- Stretching quadriceps - Sets:5 / Repetition:30secs / Hold:30secs



Lie on your side with your injured leg up and your bottom knee bent in front of you to protect your back.
Reach back and grasp your ankle of your injured leg and gently pull towards your buttocks.
Move your knee back without arching your back until you feel a stretch in the front of your thigh.
Keep your knee as low to the floor as possible and maintain the position.
You can use a towel or belt around your ankle to pull it towards your buttocks.

12- Standing calf stretching - Sets:5 / Repetition:30secs / Hold:30secs



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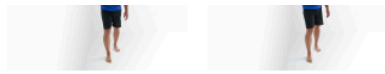


Stand with one foot on a stool in front of you.
Straighten your leg and stick your buttock out to arch your lower back.
Lean your body forward until you feel a stretch behind your thigh.
Maintain the stretch for the recommended time.

14- Stretching pectoral minor - Sets:5 / Repetition:30secs / Hold:30secs



Stand beside a wall and place the forearm against the wall with elbow bent to 90 degrees.
Slowly move forward and turn body away from the arm until a stretch is felt in the chest or the anterior aspect of the shoulder.
Maintain the position and relax.



Exercise 1 : Kettlebell deadlift

Sets:3 / Repetition:12 / Weight:if possible



Exercise 2 : Single leg box squat

Sets:3 / Repetition:12 / Weight:if possible



Exercise 3 : Split squat - Bodyweight

Sets:4 / Repetition:30secs / Weight:Bodyweight



Exercise 4 : Single leg heel raise

Sets:3 / Repetition:12 / Weight:if possible



Exercise 5 : Push-ups *Perform on Knees if needed*

Sets:3 / Repetition:12-15 / Weight:Body weight



Exercise 6 : 1 arm dumbbell row

Sets:3 / Repetition:12 / Weight:if possible



Exercise 7 : Side plank *Perform on Knees if needed*

Sets:4 / Repetition:30secs / Weight:Bodyweight



Exercise 8 : Hops

Sets:5 / Repetition:20secs



Exercise 9 : Side to side 1 leg hop

Sets:5 / Repetition:20secs / Duration:Each side



Exercise 10 : Gluteal stretch

Sets:5 / Repetition:30secs / Hold:30secs



Exercise 11 : Stretching quadriceps

Sets:5 / Repetition:30secs / Hold:30secs



Exercise 12 : Standing calf stretching

Sets:5 / Repetition:30secs / Hold:30secs



Exercise 13 : Hamstring stretch

Sets:5 / Repetition:30secs / Hold:30secs



Exercise 14 : Stretching pectoral minor

Sets:5 / Repetition:30secs / Hold:30secs

