



ADVANCEDATHLETICS

The Infamous "Santa Monica Stairs"

This is a sample workout created by Adam Friedman, CSCS, CN, and founder of Advanced Athletics, Inc.

***170 Stairs per flight**

Workout: Intermediate-Advanced Level/ 2-3 X a Week / 35 Min

Time	Sets	THR Zone	Intensity
5 Minute Jog		60-70%	50%
5 Minute Form Stair Stepping (1 st Half Single Step / 2 nd Half 2 Steps)	2	65-75%	50%
15 Minutes Interval Stairs			
Sprint 1 st half Doubles / Jog 2 nd half Doubles Jog Down Repeat 2 X	2	80-90% 75-85% 75-65%	75% 50%
Sprint 1 st half Singles / Jog 1 st half down Sprint 1 st half Singles / Walk 2 nd half Doubles Jog Down	1	80-90% 80-70% 80-90% 85-75% 75-65%	75% 50% 85% 50% 50%
Sprint 1 st Half Doubles Walk 2 nd Half Doubles Jog Down	1	85-95% 85-75% 75-65%	85% 50% 50%
10 Minute Cool-down Jog		65%	50%

Stretch (especially calves)

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Stair workouts can be done anywhere there is a flight of stairs of at least 15 steps. This can be your home, office building, local park, etc.

Beginner – Intermediate Level

If you are not yet accustomed to doing a stair workout or walking stairs period, it is best to begin with doing only 3-5 flights total. (The average flight of steps is 15 steps.) Over a period of weeks and months focus on just increasing the number of stairs within a specific period 30 – 45 minutes. The performance goals for you are to:

- Have little or no rest in between sets of stairs
- Increase the number of sets over the course of days, weeks, and months.
- Feel better overall

Intermediate to Advanced Level

Incorporate timed intervals and recovery periods to mark specific improvement. Increasing the number of sets will also create improvement overall. The performance goals for you are to

- Increase speed and decrease time
- Improve the working heart rate
- Improve the recovery heart rate

*Tips:

- Focus on breathing to support the exertion on the way up, and the recovery on the way down.
- Focus on moving through your center (hips & abdomen) to drive you forward and up the stairs.
- Focus on driving through the entire foot as you step up to engage the upper thighs and glutes. (The more muscle involved the more calories burned.) This does not apply when you are jogging or sprinting up the stairs.
- It is just as important to pay attention to how well you control your movement going down as it does going up. Stay light going down instead of coming down hard on each step. Utilize your muscles to soften the impact on your joints and bones. YOUR BODY WILL THANK YOU!
- Record progress each workout to keep you motivated. You can detail as much as you want from number of sets, stairs, duration, heart rates (average, maximum, and recovery), and how you felt (before, during, and after) doing them.

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Stair Facts:

- The average flight of stairs is 15 steps.
- The Empire State Building has 102 floors and 1860 steps.
- The Washington Monument has 897 steps.
- The Eiffel Tower has 1652 steps to the very top, and 704 allowed by visitors.

Caution:

A stair workout is considered safe; however it is recommended that a partner or trainer is present in case of accidental injury. Seek approval from a doctor before performing the exercise if you are experiencing or have in the past experienced a heart condition, high blood pressure, bone or joint problem, diabetes, experienced chest pain (while sedentary or during exercise), lose your balance because of dizziness, loss of consciousness, or any other reason why you should not do physical activity.

Notice: The information contained on this worksheet is for educational purposes only, and should not be construed as medical advice. You should consult a physician before beginning a new diet or exercise program. The results, if any, from the exercises may vary from person-person. Engaging in any exercise or fitness program involves the risk of injury. Advanced Athletics, Inc. is not be liable for any claims for injuries or damages resulting from or connected with the use of this worksheet. Advanced Athletics cannot answer specific questions about your fitness condition without first establishing a trainer-client relationship.

***Call or Email to schedule your Complimentary
30-Minute Assessment.***

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