

Whether you are looking to complete or compete in the BOW Tower challenge, make race day safe and fun with a few simple training considerations:

1. Follow a progression which builds appropriately to your current fitness level by increasing intensity one element at a time through changes to speed, distance, and load
2. Cross train to strengthen supporting systems i.e. train your arms to help "pull" you up the stairs
3. Take time to recover between workouts and support your efforts with proper nutrition
4. Keep a training log to track progress and determine appropriateness of intensity
5. Talk to firefighters who have already done the climb

There are many different ways to approach training for this event. We have created a simple 3x week outline over 13 weeks so you may create a program to fit your needs. **Each workout should be done once per week.**

Workout 1 HIGH INTENSITY CIRCUIT

- Be specific. Target leg muscles used in stair climbing with exercises such as lunges, medball thrusters, and box/ bench step ups.
- Incorporate pulling movements and core exercises such as inverted rows and inchworms.
- Choose 5 exercises and perform each exercise for 1 minute with no rest between. This is one round. Aim to build to 4-5 rounds with a 1 minute rest in between rounds.
- Push yourself, and remember to back off if you are losing form in the exercise .

Workout 2 ENDURANCE CARDIO

- Walk, run, bike, row (indoor/outdoor)
- Focus on building your endurance (distance first, then increase time within that distance)
- Done at a comfortable pace that allows you to talk but not sing, keep your body relaxed.
- Average time for the BOW Tower stairs last year was approximately 20 minutes so aim to increase the amount of work you can comfortably do within 20-30 minutes.

Workout 3 STAIRS

- The Princes Island Park (Memorial) stairs in Calgary are just over 7 floors. In fact, taking these stairs 7 times to the top approximates the total number of BOW Tower stairs.
- If your town's tallest building is 3 floors, climbing up 14 times approximates the BOW tower's 1204 steps.

SAMPLE STAIR WORKOUT

| Week | Total Floors to climb | *Floors climbed in Duty Gear | Floors Without Duty Gear |
|---------------------------|--|-------------------------------------|---------------------------------|
| 1 Feb 1-7 | 15 | 6 | 9 |
| 2 Feb 8-14 | 30 | 9 | 23 |
| 3 Feb 15-21 | 38 | 15 | 23 |
| 4 Feb 22-28 | 38 | 23 | 15 |
| 5 Feb 29-Mar 6 | 46 | 30 | 16 |
| 6 Mar 7-13 | 61 | 23 | 38 |
| 7 Mar 14-20 | 38 | 30 | 11 |
| 8 Mar 21-27 | 46 | 30 | 15 |
| 9 Mar 27-Apr 3 | 61 | 38 | 22 |
| 10 Apr 4-10 | 46 | 46 | 0 |
| 11 Apr 11-17 | 53 | 30 | 23 |
| 12 Apr 18-24 | 53 | 46 | 11 |
| 13 Apr 25-May 1 | WEEK OF EVENT Maintain a moderate level of activity, ensure 72 hrs rest from stair training prior to challenge day | | |

Please keep in mind this is only one version of a number of ways to train for an event like this, so add and delete as best fits your personal needs and goals. Train within your current fitness level while making thoughtful changes to speed, distance or load as you progress through the weeks. Have fun and remember this is all for a great cause!

***Please note** - one of the common comments heard last year was around heat management in duty gear. Stay hydrated!