

Training Plan: Calgary Firefighter Stairclimb Challenge

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	15	6	9
2	30	9	23
3	38	15	23
4	38	23	15
5	46	30	16
6	61	23	38
7	38	30	11
8	46	30	15
9	61	38	22
10	46	46	0
11	53	30	23
12	53	46	11
13 WEEK OF EVENT	Maintain a moderate level of activity. Take a rest from stairclimb training 72hrs before the event.		

Keep in mind this is only one example of a stairclimb training plan. Feel free to tweak the plan to fit your personal needs and goals. Train within your current fitness level then change it up as needed as your speed and endurance improve. Have fun while you train and remember the reason you're doing it: to support firefighters and citizens affected by cancer.

* One of the most common pieces of feedback we get every year is about how to stay cool during the climb. Remember to stay hydrated during your training and on the day of the climb.