

# Urban Grind – Fit for March

Brought to you by: Shaun Stephens-Whale

				CARDIO 30 mins	STRETCH / YOGA	CHALLENGE 1 10 Vertical Minutes
				01	02	03
CARDIO 30 mins	STRETCH / YOGA	URBAN GRIND Time Yourself	CARDIO 35 mins	GYM	STRETCH / YOGA	CHALLENGE 2 The Ladder Pyramid
04	05	06	07	08	09	10
CARDIO 40 mins	STRETCH / YOGA	URBAN GRIND High 5 Intervals	CARDIO 45 mins	GYM	STRETCH / YOGA	CHALLENGE 3 15 Vertical Minutes
11	12	13	14	15	16	17
CARDIO 50 mins	STRETCH / YOGA	URBAN GRIND On-Offs	CARDIO 60 mins	GYM	STRETCH / YOGA	CHALLENGE 4 50 Floors
18	19	20	21	22	23	24
CARDIO 30 mins	STRETCH / YOGA	URBAN GRIND Race	<p><i>“Of all the different types of training I do, there is perhaps no better way of getting a quick, effective, full body workout than going up stairs.”</i></p> <p>— Shaun Stephens-Whale, BC’s elite Tower Runner</p>			
25	26	27				

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<p><b>CARDIO</b> Run, bike, rowing, stair climb, etc.</p>	<p>This should be done at light to moderate intensity.</p>
<p><b>GYM</b> Lunges, squats, leg-press, and plyometric exercises (jumps).</p>	<p>Focus on core and lower body to improve your stair climbing performance.</p>
<p><b>STRETCH / YOGA</b> Quadriceps, calves, hips, etc.</p>	<p>Recovery days are just as important as workout days.</p>
<p><b>STAIR CLIMBS</b></p> <p>*best if you have access to a stairwell of at least 10 floors (more is better)!</p> <p><b>OR</b></p> <p>Use a stair climber machine as an alternative</p>	<ol style="list-style-type: none"> <li>1. Warm up for 10 mins.</li> <li>2. Climb 2 steps at a time or use a combination of double / single steps.</li> <li>3. Take the elevator down if possible.</li> <li>4. Cool down for 5+ mins.</li> </ol>

## WEEK 1: MARCH 1 – 8

### Saturday Stair Climb Challenges | 10 Vertical Minutes

Climb stairs for 10 minutes without stopping.

#### Urban Grind | Time yourself!

This will provide you with a benchmark for your next month of training.

## WEEK 2: MARCH 9 – 15

### Saturday Stair Climb Challenges | The Ladder Pyramid

Start by climbing 1 floor, and then return to the ground floor. Then climb 2 floors and return to the ground floor. Continue adding 1 floor until 10 minutes is up. **BONUS:** Return the bottom and start climbing one less floor each time. (i.e. climb down 10 floors, now climb up 9, climb down, and then climb 8, etc.)

#### Urban Grind | High 5 intervals

Run up 5 floors and then take 2 minutes of active recovery. Repeat until you reach the top of Vancouver Lookout. **BONUS:** Do it a second time!

## WEEK 3: MARCH 16 - 22

### Saturday Stair Climb Challenges | 15 Vertical Minutes

Climb as many floors as possible in 15 minutes. Same as Challenge 1, except longer! **BONUS:** Take a 5 minute break and climb for another 15 minutes

#### Urban Grind | On-Offs

Run up 1 floor hard and then run up 1 floor easy, repeat until you reach the top of Vancouver Lookout. **BONUS:** Climb up 2 floors hard and then 1 floor easy, repeat until you reach the top.

## WEEK 4: MARCH 23 – MARCH 29

### Saturday Stair Climb Challenges | 50 Floors

Climb a total of 50 floors. You may need to go up and down the stairwell several times to complete 50 floors. **BONUS:** Climb 100 floors

#### Urban Grind | Timed Race

Participants will be provided with a timer on the last day – this will be your opportunity to measure your progress. Good luck!



## Shaun Stephens-Whale

Shaun Stephens-Whale was born in 1989 in Roberts Creek, BC. After being diagnosed with asthma, his parents took a proactive approach to his condition and encouraged an active lifestyle of running and exercise.

Shaun discovered his love for running at a young age. At age 12, he saw a brochure from the BC Lung Association's Climb the Wall event at the Sheraton Wall Centre and decided to take on his first race. To prepare, Shaun sprinted up and down the stairs in his home.

Over the years, his stair climbing has evolved from his home to Vancouver high-rises to competitive tower races including the Eiffel Tower, The Empire State Building, and Abu Dhabi's Etihad Tower.