



HONOR AND REMEMBER

YMCA OF GREATER LOUISVILLE



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9/11 MEMORIAL STAIR CLIMB

TRAINING SCHEDULE ★ WEEKS 1-3

WEEK 1 — July 29–August 4

DAY 1

½ mile walk, 25 air squats
2 sets of 10 weighted squats or leg press (low weight)
2 sets of 10 calf raises
30 flights on stairmaster

DAY 2

½ mile walk, 25 air squats
2 sets of 10 walking lunges
2 sets 10 dead lifts or seated leg curls (low weight)
35 flights on stairmaster

DAY 3

½ mile walk, 25 air squats
3 sets of 10 weighted squats or leg press (low weight)
3 sets of 10 calf raises
40 flights on stairmaster

DAY 4

½ mile walk, 25 air squats
3 sets of 10 walking lunges
3 sets 10 dead lifts or seated leg curls (low weight)
45 flights on stairmaster

WEEK 2 — August 5–11

DAY 1

½ mile walk/jog, 30 air squats
2 sets of 10 walking lunges
2 sets 10 dead lifts or seated leg curls (low weight)
35 flights on stairmaster

DAY 2

½ mile walk/jog, 30 air squats
2 sets of 10 weighted squats or leg press (low weight)
2 sets of 10 calf raises
40 flights on stairmaster

DAY 3

½ mile walk/jog, 30 air squats
3 sets of 10 walking lunges
3 sets 10 dead lifts or seated leg curls (low weight)
45 flights on stairmaster

DAY 4

½ mile walk/jog, 30 air squats
3 sets of 10 weighted squats or leg press (low weight)
3 sets of 10 calf raises
50 flights on stairmaster

WEEK 3 — August 12–18

DAY 1

½ mile walk/jog, 35 air squats
3 sets of 10 walking lunges
3 sets 10 dead lifts or seated leg curls (increase weight from previous week)
40 flights on stairmaster

DAY 2

½ mile walk/jog, 35 air squats
3 sets of 10 weighted squats or leg press (increase weight from previous week)
3 sets of 10 calf raises
45 flights on stairmaster

DAY 3

½ mile walk/jog, 35 air squats
3 sets of 10 walking lunges
3 sets 10 dead lifts or seated leg curls (increase weight from previous week)
50 flights on stairmaster

DAY 4

½ mile walk/jog, 35 air squats
3 sets of 10 weighted squats or leg press (increase weight from previous week)
3 sets of 10 calf raises
55 flights on stairmaster

9/11 MEMORIAL STAIR CLIMB

TRAINING SCHEDULE ★ WEEKS 4-6

WEEK 4 — August 19-25

DAY 1

½ mile walk/jog, 40 air squats
3 sets of 10 walking lunges
3 sets 8 dead lifts or seated leg curls (heavy weight)
50 flights on stairmaster

DAY 2

½ mile walk/jog, 40 air squats
3 sets of 8 weighted squats or leg press (heavy weight)
3 sets of 10 calf raises
55 flights on stairmaster

DAY 3

½ mile walk/jog, 30 air squats
4 sets of 10 walking lunges
4 sets 8 dead lifts or seated leg curls (heavy)
60 flights on stairmaster

DAY 4

½ mile walk/jog, 30 air squats
4 sets of 8 weighted squats or leg press (heavy)
4 sets of 10 calf raises
65 flights on stairmaster

WEEK 5 — August 26-September 1

DAY 1

½ mile walk/jog, 45 air squats
4 sets of 10 walking lunges
4 sets 10 dead lifts or seated leg curls (heavy)
55 flights on stairmaster

DAY 2

½ mile walk/jog, 45 air squats
4 sets of 10 weighted squats or leg press (heavy)
4 sets of 10 calf raises
60 flights on stairmaster

DAY 3

½ mile walk/jog, 45 air squats
4 sets of 10 walking lunges
4 sets 10 dead lifts or seated leg curls (increase weight from previous week)
65 flights on stairmaster

DAY 4

½ mile walk/jog, 45 air squats
4 sets of 10 weighted squats or leg press (increase weight from previous week)
4 sets of 10 calf raises
70 flights on stairmaster

WEEK 6 — September 2-8

DAY 1

50 air squats
60 flights on stairmaster

DAY 2

55 air squats
70 flights on stairmaster

DAY 3

55 air squats
80 flights on stairmaster

DAY 4

50 air squats
90 flights on stairmaster

September 11, 2024

110 flights on stairmaster

Please refrain from including weapons with your full-gear climb.

