

Mountaineering Fitness: Beginner Training Manual

Formerly: Couch to Colorado 14er Program

a fitness plan for armchair mountaineers

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TRAINING GOAL CHARTS – July 12 2014

NOTE: This is the complete Training Goals from Weeks 5 to 10. The next Training Goals email will include Weeks 11 to 16 and directions for tapering and maintaining your fitness as you approach your climb or hike.

Weekly Training Breakdowns

Now as I promised, for those that just want an easy to follow plan without having to do all the math, we'll get into the meat of the Main Training Cycle. Following are the charts and descriptions in two week groups. We'll do this for each of the different types of cardio training we've already begun.

Weeks 5 and 6

In these two weeks we'll be making a bit of a step up from the previous Adjustment Cycle weeks. You'll need to make sure you're eating healthy and getting enough rest. If you are doing other sports please consider doing them at a lower level than you're used to unless you know for sure you are recovering well from your mountaineering fitness training.

Now is the time to put your backpack on and start training with that as you prepare for the big mountain ahead. In Week 5 you could wear just the backpack and figure out how to adjust it so that you have the freedom of movement that works for you without it annoying you. In Week 6 add in a pound or two of weight. You might have to adjust it some if added weight bugs you anywhere. You might have to do that every week as you add more and more weight.

Treadmill:

We'll begin with our training targets. You've been training at 12% if you've been following the plan as written up to now. That' means we're going to jump up to 15% and stay there, assuming you don't have access to an Incline Treadmill. If you do, skip ahead to that section now.

At 15% you'll need to get in 1.43 miles of training in Week 5, and 1.58 miles in Week 6. It's quite easy to do that in two sessions of 60:00. In Week 5 go .72 miles in 60:00 at 15%. In Week 6 go .79 miles in 60:00 at 15%. You can just go slow at the beginning and end and a bit faster in the middle to get your warm-up and cool-down in. If you go a minute or two more or less than 60:00 it's not a big deal now. You're used to training that long. The most important thing is to get in those miles at 15% and the speed will come later. Be sure to do your best to do it hands-free. No rails!

For the remaining two cardio sessions in Week 5 you'll have to 1.92 miles in 60:00 each, which is easy to do at 2.0 MPH. In Week 6 you'll need to do 2.1 miles which you could do in 60:00 if you go fairly quickly. Otherwise going over by a few minutes isn't a big deal.

The chart, next page are first, the goal numbers you're striving to achieve. The second chart is the training program protocols you'll be following for Weeks 5 & 6.

Treadmill Weeks 5 & 6 Goal and Training Charts

Week	Target Vertical	Target Miles	Miles at 3%	Miles at 6%	Miles at 12%	Miles at 15%
5	1,130	5.26	7.13	3.57	1.78	1.43
6	1,255	5.78	7.92	3.96	1.98	1.58

Weekdays	Week Five Training	Week Six Training
Monday	Treadmill - 15% - .72 mi - 60:00	Treadmill - 15% - .79 mi - 60:00
Tuesday	Strength	Strength
Wednesday	Walking - 1.92 mi - 60:00	Walking - 2.1 mi - 60:00
Thursday	Strength	Strength
Friday	Treadmill - 15% - .72 mi - 60:00	Treadmill - 15% - .79 mi - 60:00
Saturday	Walking - 1.92 mi - 60:00	Walking - 2.1 mi - 60:00

Incline Treadmill:

If you have access to an Incline Treadmill this is the week to start riding it beyond what a typical normal treadmill can do. Set it to 16% and do your best to not hang on.

For Week 5 we'll need to do two sessions at .67 miles in 60:00 at 16%. You'll be going at about .8 MPH for much of that, if you'll need to be going about .6 MPH at the warm-up and cool-down. You'll need to kind of figure that out on the fly. As for the treadmill protocols above, it's most important to get in your miles and be a bit fast or slow on the time.

You'll then need to make up your miles with two sessions of walking 1.96 miles in 60:00. Again, that's about an average speed of 2.0 MPH. Very achievable now.

For Week 6 we'll need to do .75 miles in 60:00 at 16% during two training sessions. During the other two sessions you'll need to walk 2.15 miles in 60:00 give or take. That's just a little over 2.0 MPH which is what you've been training at most of the time up to now. You can do it.

Charts on following page are first, the goals, and second, your daily training sessions.

Incline Treadmill Weeks 5 & 6 Goal and Training Charts

Week	Target Vertical	Target Miles	Miles at 16%	Miles at 24%	Miles at 32%	Miles at 40%
5	1,130	5.26	1.34	0.89	0.67	0.53
6	1,255	5.78	1.49	0.99	0.74	0.59

Weekdays	Week Five Training	Week Six Training
Monday	Treadmill - 16% - .67 mi - 60:00	Treadmill - 16% - .75 mi - 60:00
Tuesday	Strength	Strength
Wednesday	Walking - 1.96 mi - 60:00	Walking - 2.15 mi - 60:00
Thursday	Strength	Strength
Friday	Treadmill - 16% - .67 mi - 60:00	Treadmill - 16% - .75 mi - 60:00
Saturday	Walking - 1.96 mi - 60:00	Walking - 2.15 mi - 60:00

Stepmill:

This week you should be solidly locked into the 30 SPM speed. If you're still at 25 SPM then it would be nice to shake up your routine some and get in some time at 30 SPM even if you have to hang on to do it.

For these two weeks we'll continue on with the two sessions of Stepmill training with a walking warm-up and cool-down.

For Week 5 you'll do 15:00 at 2.0 MPH walking, then 31:30 on the Stepmill at 30 SPM, then another walking cool-down of 15:00 at 2.0 MPH. You'll then need to get in two walking sessions of 1.63 miles in 45:00.

Then in Week 6 we'll need you to do the same 15:00 at 2.0 MPH warm-up and cool-down surrounding 35:00 on the Stepmill at 30 SPM. You'll then achieve your mileage goals by walking at 2.0 MPH for 1.89 miles in about 50:00 for the remaining two cardio sessions.

The following charts show first, the goals for this two weeks of program, followed by the daily workout chart.

Stepmill Weeks 5 & 6 Goal and Training Charts

Training Week	Target Vertical	Target Miles	Minutes at 25 SPM	Minutes at 30 SPM	Minutes at 35 SPM	Minutes at 40 SPM
5	1,255	5.26	75.31	62.76	53.80	47.07
6	1,395	5.78	83.68	69.74	59.77	52.30

Weekday	Week Five Training	Week Six Training
Monday	Treadmill - 15:00 @ 2.0 MPH; Stepmill - 31:30 @ 30 SPM, Treadmill - 15:00 @ 2.0 MPH	Treadmill - 15:00 @ 2.0 MPH; Stepmill - 35:00 @ 30 SPM, Treadmill - 15:00 @ 2.0 MPH
Tuesday	Strength	Strength
Wednesday	1.63 Miles Walking in 45:00	1.89 Miles Walking in 50:00
Thursday	Strength	Strength
Friday	Treadmill - 15:00 @ 2.0 MPH; Stepmill - 31:30 @ 30 SPM, Treadmill - 15:00 @ 2.0 MPH	Treadmill - 15:00 @ 2.0 MPH; Stepmill - 35:00 @ 30 SPM, Treadmill - 15:00 @ 2.0 MPH
Saturday	1.63 Miles Walking in 45:00	1.89 Miles Walking in 50:00

Box and Stairs:

Weeks 5 and 6 will be a ton of fun with boxes and stairs. If you recall we were at 12" as our goal for boxes this week. Hopefully you're ready. We're going to share the charts for these two exercises.

First for stairs, assuming 9" as before we'll need to do 1674 steps in Week 5 and 1860 steps in Week 6.

For Week 5, at 20 SPM (Steps Per Minute) that's 84 total minutes of training. We could easily do that in two 42:00 sessions of 837 steps with 10:00 each of warm-up and cool-down walking at 2.0 MPH for a total training time of 62:00. That leaves us with two walking sessions of 1.96 miles in 60:00, approximately 2.0 MPH.

For Week 6 stairs we'll need to do two sessions of stairs of 930 steps in 46:30 at about 20 SPM. With warm-up and cool-down walking for 10:00 at 2.0 MPH in each session we'll be training for a total time of 66:30, again quite reasonable. With that you'd then need to get in two sessions of walking of 2.22 miles each. At a speed of 2.0 MPH that would take about 67:00, still within reason since this is our 6th week of training and we do need to bump it up a bit.

For box stepping now we're on the 12" box. For 12" I much prefer a Plyo Box over about any other option. If you're handy you could build one out of 3/4" plywood that would be bombproof, but your life is in your own hands if you choose that option.

For Week 5 let's do two sessions of 12" box stepping, 628 steps in 31:30 surrounded by warm-up and cool-down sessions of 2.0 MPH walking for 15:00 each for a total of 61:30 of training time for each of the two sessions. That leaves us with two walking sessions of 1.63 miles each over about 45:00.

Then on Week 6 we'll do two sessions of 12" box stepping, 700 steps in 35:00, again surrounded by 15:00 warm-up and cool-down walking at 2.0 MPH. That's a lot of warm-up and cool-down by the way, and if you don't want to spend that much time on these days you'll have to make it up on the other days. Speaking of which, you'll need to do two sessions of walking for 1.89 miles in about 50:00. That's about 2.3 MPH in case you're curious. If it takes you more time it's all good. Remember, it's most important to get in your vertical and your miles rather than training for time.

Charts next page are the training goals for boxes and stairs, followed by the workouts for stairs, then the workouts for boxes.

Box and Stairs Weeks 5 & 6 Goal and Training Charts

Training Week	Target Vertical	Target Miles	Steps at 9"	Steps at 12"	Steps at 15"	Steps at 18"
5	1,255	5.26	1674	1255	1004	837
6	1,395	5.78	1860	1395	1116	930

Weekdays	Stairs: Week Five Training	Stairs: Week Six Training
Monday	Walking - 10:00 @ 2.0 MPH; Stairs - 837 Steps in 42:00; Walking - 10:00 @ 2.0 MPH	Walking - 10:00 @ 2.0 MPH; Stairs - 930 Steps in 46:30; Walking - 10:00 @ 2.0 MPH
Tuesday	Strength	Strength
Wednesday	1.96 Miles Walking in 60:00	2.22 Miles Walking in 65:00
Thursday	Strength	Strength
Friday	Walking - 10:00 @ 2.0 MPH; Stairs - 837 Steps in 42:00; Walking - 10:00 @ 2.0 MPH	Walking - 10:00 @ 2.0 MPH; Stairs - 930 Steps in 46:30; Walking - 10:00 @ 2.0 MPH
Saturday	1.96 Miles Walking in 60:00	2.22 Miles Walking in 65:00

Weekdays	Box: Week Five Training	Box: Week Six Training
Monday	Walking - 15:00 @ 2.0 MPH; 12" box - 628 Steps in 31:30; Walking - 15:00 @ 2.0 MPH	Walking - 15:00 @ 2.0 MPH; 12" box - 700 Steps in 35:00; Walking - 15:00 @ 2.0 MPH
Tuesday	Strength	Strength
Wednesday	1.63 Miles Walking in 45:00	1.89 Miles Walking in 50:00
Thursday	Strength	Strength
Friday	Walking - 15:00 @ 2.0 MPH; 12" box - 628 Steps in 31:30; Walking - 15:00 @ 2.0 MPH	Walking - 15:00 @ 2.0 MPH; 12" box - 700 Steps in 35:00; Walking - 15:00 @ 2.0 MPH
Saturday	1.63 Miles Walking in 45:00	1.89 Miles Walking in 50:00

Weeks 7 and 8

In these two weeks we'll be making another step up from the previous Main Training Cycle weeks. You'll still need to make sure you're eating healthy and getting enough rest. I'll assume you've cut back a little bit on other sports, primarily because right now this is a heavy load to adjust to. You need to recover.

For Week 7 bring your backpack weight up to 3 pounds and for Week 8 you'll want it to be 4 pounds. Remember that just about anything you put in there will work for training. Water bottles are good. Just remember that 16 oz. of water is a pound and the normal disposable bottles are almost weightless.

Treadmill:

We'll begin with our training targets. Remember to do your best to go hands-free at 15%. That means don't hang onto the rails. Of course, if you have to you have to, but over the next few weeks try hard to let go of them.

At 15% you'll need to get in 1.76 miles of training in Week 7, and 1.96 miles in Week 8. It's again quite easy to do that in two sessions of 60:00. In Week 5 go .88 miles in 60:00 at 15%. In Week 6 go .98 miles in 60:00 at 15%. You can just go slow at the beginning and end and a bit faster in the middle to get your warm-up and cool-down in. If you go a minute or two more or less than 60:00 it's still not a big deal. The most important thing is to get in those miles at 15% and the speed will come later.

For the remaining two cardio sessions in Week 7 you'll have to 2.3 miles, which you could do in 60:00 if you go fast, but 70:00 is more in tune with what we've been doing. In Week 8 you'll need to achieve two sessions of 2.52 miles in 75:00 or less (at 2.0 MPH).

The chart, next page are first, the goal numbers you're striving to achieve. The second chart is the training program protocols you'll be following for Weeks 7 & 8.

Treadmill Weeks 7 & 8 Goal and Training Charts

Week	Target Vertical	Target Miles	Miles at 3%	Miles at 6%	Miles at 12%	Miles at 15%
7	1,395	6.36	8.81	4.40	2.20	1.76
8	1,550	7.00	9.78	4.89	2.45	1.96

Weekdays	Week Seven Training	Week Eight Training
Monday	Treadmill - 15% - .88 mi - 60:00	Treadmill - 15% - .98 mi - 60:00
Tuesday	Strength	Strength
Wednesday	Walking - 2.3 mi - 70:00	Walking - 2.52 mi - 75:00
Thursday	Strength	Strength
Friday	Treadmill - 15% - .88 mi - 60:00	Treadmill - 15% - .98 mi - 60:00
Saturday	Walking - 2.3 mi - 70:00	Walking - 2.52 mi - 75:00

Incline Treadmill:

Again this week, set it to 16% and do your best to not hang on for the ride. Hands-free is your goal. No rails.

In Week 7 do two sessions at .825 miles in 60:00 at 16%. Remember to get in a warm-up and cool-down at a lesser speed and if you need to go an extra 10:00 do it. Remember, it's most important to get in your miles and be a bit fast or slow on the time.

You'll then need to make up your miles with two sessions of walking 2.355 miles in 70:00.

For Week 8 we'll need to do .915 miles in about 60:00 to 70:00 at 16% during two training sessions. During the other two sessions you'll need to walk 2.585 miles in 75:00 give or take. That's just a little over 2.0 MPH which is what you've been training at most of the time up to now. You can do it. Notice that we're creeping up our time for training a little bit at a time now.

Charts on following page are first, the goals, and second, your daily training sessions.

Incline Treadmill Weeks 7 & 8 Goal and Training Charts

Week	Target Vertical	Target Miles	Miles at 16%	Miles at 24%	Miles at 32%	Miles at 40%
7	1,395	6.36	1.65	1.10	0.83	0.66
8	1,550	7.00	1.83	1.22	0.92	0.73

Weekdays	Week Seven Training	Week Eight Training
Monday	Treadmill - 16% - .83 mi - 70:00	Treadmill - 16% - .92 mi - 70:00
Tuesday	Strength	Strength
Wednesday	Walking - 2.36 mi - 70:00	Walking - 2.6 mi - 75:00
Thursday	Strength	Strength
Friday	Treadmill - 16% - .83 mi - 70:00	Treadmill - 16% - .92 mi - 70:00
Saturday	Walking - 2.36 mi - 70:00	Walking - 2.6 mi - 75:00

Stepmill:

Now is the time to make sure you are solidly locked into the 30 SPM speed. If that means you're still hanging on we can make that work for now, but please work toward letting go, maybe by alternating a hand off the rails now and then.

For these two weeks we'll continue on with the two sessions of Stepmill training with a walking warm-up and cool-down.

For Week 7 you'll do 15:00 at 2.0 MPH walking, then 38:45 on the Stepmill at 30 SPM, then another walking cool-down of 15:00 at 2.0 MPH. That's just under 70:00. You'll then need to get in two walking sessions of 2.18 miles in 60:00 to 65:00.

Then in Week 8 we'll need you to do the same 15:00 at 2.0 MPH warm-up and cool-down surrounding 43:00 on the Stepmill at 30 SPM. This is going to end up being 73:00 and the longest workout you've done yet. You'll have to achieve your mileage goals by walking at 2.0 MPH for 2.5 miles in about 75:00 for the remaining two cardio sessions.

The following charts show first, the goals for this two weeks of program, followed by the daily workout chart.

Stepmill Weeks 7 & 8 Goal and Training Charts

Training Week	Target Vertical	Target Miles	Minutes at 25 SPM	Minutes at 30 SPM	Minutes at 35 SPM	Minutes at 40 SPM
7	1,550	6.36	92.98	77.48	66.41	58.11
8	1,722	7.00	103.31	86.09	73.79	64.57

Weekday	Week Seven Training	Week Eight Training
Monday	Treadmill - 15:00 @ 2.0 MPH; Stepmill - 38:45 @ 30 SPM, Treadmill - 15:00 @ 2.0 MPH	Treadmill - 15:00 @ 2.0 MPH; Stepmill - 43:00 @ 30 SPM, Treadmill - 15:00 @ 2.0 MPH
Tuesday	Strength	Strength
Wednesday	2.18 Miles Walking in 65:00	2.5 Miles Walking in 75:00
Thursday	Strength	Strength
Friday	Treadmill - 15:00 @ 2.0 MPH; Stepmill - 38:45 @ 30 SPM, Treadmill - 15:00 @ 2.0 MPH	Treadmill - 15:00 @ 2.0 MPH; Stepmill - 43:00 @ 30 SPM, Treadmill - 15:00 @ 2.0 MPH
Saturday	2.18 Miles Walking in 65:00	2.5 Miles Walking in 75:00

Box and Stairs:

Weeks 7 and 8 will be even more fun with your boxes and stairs. We're going to stick with 12" as our goal for boxes this week.

First for stairs, assuming 9" as before we'll need to do 2066 steps in Week 7 and 2296 steps in Week 8.

For Week 7 at 20 SPM (Steps Per Minute) that's 84 total minutes of training. We could easily do that in two 51:40 sessions of 1033 steps with 10:00 each of warm-up and cool-down walking at 2.0 MPH for a total training time of approximately 72:00. That leaves us with two walking sessions of 2.51 miles in 75:00.

For Week 8 stairs we'll need to do two sessions of stairs of 1148 steps in 57:30 at about 20 SPM. With warm-up and cool-down walking for 10:00 at 2.0 MPH in each session we'll be training for a total time of 77:30, again getting longer and longer. That leaves us with two walking sessions of 2.83 miles each over about 80:00. Like I've said before several times, if you can go faster than 2.0 MPH you can take the time down a bit on these long walks.

For box stepping now we're still on the 12" box. We're going to stay with that 12" box for the rest of this Main Training Cycle. I provide the information for the taller boxes in case you're strong, fast, and adventurous. Just don't get hurt.

For Week 7 let's do two sessions of 12" box stepping, 775 steps in 38:45 surrounded by warm-up and cool-down sessions of 2.0 MPH walking for 15:00 each for a total of 68:45 of training time for each of the two sessions. We'll need to walk for the other two cardio sessions. Do two walking sessions of 2.18 miles in 60:00 to 65:00.

Then on Week 8 we'll do two sessions of 12" box stepping, 861 steps in 43:00, again surrounded by 15:00 warm-up and cool-down walking at 2.0 MPH. That's a lot of warm-up and cool-down by the way, and if you don't want to spend that much time on these days you'll have to make it up on the other days. Speaking of which, you'll need to do two sessions of walking for 2.5 miles in about 75:00. That's only about 2.0 MPH in case you're curious. If it takes you more or less time it's all good. Remember, it's most important to get in your vertical and your miles rather than training for time.

Charts next page are the training goals for boxes and stairs, followed by the workouts for stairs, then the workouts for boxes.

Box and Stairs Weeks 7 & 8 Goal and Training Charts

Training Week	Target Vertical	Target Miles	Steps at 9"	Steps at 12"	Steps at 15"	Steps at 18"
7	1,550	6.36	2066	1550	1240	1033
8	1,722	7.00	2296	1722	1377	1148

Weekdays	Stairs: Week Seven Training	Stairs: Week Eight Training
Monday	Walking - 10:00 @ 2.0 MPH; Stairs - 1033 Steps in 51:40; Walking - 10:00 @ 2.0 MPH	Walking - 10:00 @ 2.0 MPH; Stairs - 1148 Steps in 57:30; Walking - 10:00 @ 2.0 MPH
Tuesday	Strength	Strength
Wednesday	2.51 Miles Walking in 75:00	2.83 Miles Walking in 80:00
Thursday	Strength	Strength
Friday	Walking - 10:00 @ 2.0 MPH; Stairs - 1033 Steps in 51:40; Walking - 10:00 @ 2.0 MPH	Walking - 10:00 @ 2.0 MPH; Stairs - 1148 Steps in 57:30; Walking - 10:00 @ 2.0 MPH
Saturday	2.51 Miles Walking in 75:00	2.83 Miles Walking in 80:00

Weekdays	Box: Week Seven Training	Box: Week Eight Training
Monday	Walking - 15:00 @ 2.0 MPH; 12" box - 775 Steps in 38:45; Walking - 15:00 @ 2.0 MPH	Walking - 15:00 @ 2.0 MPH; 12" box - 861 Steps in 43:00; Walking - 15:00 @ 2.0 MPH
Tuesday	Strength	Strength
Wednesday	2.18 Miles Walking in 65:00	2.5 Miles Walking in 75:00
Thursday	Strength	Strength
Friday	Walking - 15:00 @ 2.0 MPH; 12" box - 775 Steps in 38:45; Walking - 15:00 @ 2.0 MPH	Walking - 15:00 @ 2.0 MPH; 12" box - 861 Steps in 43:00; Walking - 15:00 @ 2.0 MPH
Saturday	2.18 Miles Walking in 65:00	2.5 Miles Walking in 75:00

Weeks 9 and 10

These two weeks mark the beginning of the second half of your training for your big adventure. Hopefully you've planned it all come to a point on Week 17 or Week 18 when you do your big climb.

In Week 9 we'll shoot for 5 pounds in the backpack, and 6 pounds in Week 10. It's not a lot of weight and shouldn't throw you off too badly. Be sure to pad whatever you are using for weight so it doesn't poke you in the back.

Treadmill:

Since we've hit the maximum inclination your treadmill can do, stay at 15%, unless you suddenly get access to an Incline Treadmill and want to make some strong progress.

In Week 9 go 1.085 miles in 60:00 at 15%. In Week 10 go 1.21 miles in 60:00 to 65:00 at 15%. Don't forget to get your warm-up and cool-down in, even if you have to go a bit longer. Remember - the most important thing is to get in those miles at 15% and the speed will come with training. Hands-free. No rails!

For the remaining two cardio sessions in Week 9 you'll have to 2.765 miles each. At only 2.0 MPH that's about 83:00. That's a long time. If you can go faster it's a shorter time. Give it a shot. For Week 10 we'll need to get in our two sessions of 3.025 miles which is about 90:00 at 2.0 MPH.

The chart, next page are first, the goal numbers you're striving to achieve. The second chart is the training program protocols you'll be following for these two weeks.

Treadmill Weeks 9 & 10 Goal and Training Charts

Week	Target Vertical	Target Miles	Miles at 3%	Miles at 6%	Miles at 12%	Miles at 15%
9	1,722	7.70	10.87	5.44	2.72	2.17
10	1,913	8.47	12.08	6.04	3.02	2.42

Weekdays	Week Nine Training	Week Ten Training
Monday	Treadmill - 15% - 1.1 mi - 60:00	Treadmill - 15% - 1.2 mi - 65:00
Tuesday	Strength	Strength
Wednesday	Walking - 2.77 mi - 83:00	Walking - 3.0 mi - 90:00
Thursday	Strength	Strength
Friday	Treadmill - 15% - 1.1 mi - 60:00	Treadmill - 15% - 1.2 mi - 65:00
Saturday	Walking - 2.77 mi - 83:00	Walking - 3.0 mi - 90:00

Incline Treadmill:

As before, set it to 16% and do your best to not hang on. We'll be bumping it up to 24% in a couple of weeks, so be prepared if this is the equipment you've chosen. At 24% you'll be getting in about the steepest training you'll need for a typical non-technical mountain. Especially if you're coming into this as a beginner right off the couch.

For Week 9 we'll need to do two sessions at 1.02 miles in 60:00 at 16%. As our weekly mileage goals increase we'll have to start including walking warm-ups for these short mile sessions. But again, go slow at the start and near the finish of your 1.02 miles and shoot for that 60:00, going out as long as 70:00 if you need it.

You'll then need to make up your miles with two sessions of walking 2.83 miles in 90:00. That's going just a touch slower than 2.0 MPH. Go faster if you can.

For Week 10 we'll need to do 1.13 miles in 60:00 at 16% during two training sessions. You'll need to be picking up the pace a bit if you want to keep your time reasonable while still getting in a warm-up and cool-down. During the other two sessions you'll need to walk 3.105 miles in 90:00 give or take. That's just a little over 2.0 MPH which is what you've been training at most of the time up to now. Again, go faster if you can.

Charts on following page are first, the goals, and second, your daily training sessions.

Incline Treadmill Weeks 9 & 10 Goal and Training Charts

Week	Target Vertical	Target Miles	Miles at 16%	Miles at 24%	Miles at 32%	Miles at 40%
9	1,722	7.70	2.04	1.36	1.02	0.82
10	1,913	8.47	2.26	1.51	1.13	0.91

Weekdays	Week Nine Training	Week Ten Training
Monday	Treadmill - 16% - 1.0 mi - 60:00	Treadmill - 16% - 1.1 mi - 60:00
Tuesday	Strength	Strength
Wednesday	Walking - 2.83 mi - 90:00	Walking - 3.1 mi - 90:00
Thursday	Strength	Strength
Friday	Treadmill - 16% - 1.0 mi - 60:00	Treadmill - 16% - 1.1 mi - 60:00
Saturday	Walking - 2.83 mi - 90:00	Walking - 3.1 mi - 90:00

Stepmill:

By now you should be feeling a lot more comfortable at 30 SPM. If you're chomping at the bit and want to go faster, the chart shows you how to calculate your numbers using previous examples if you want it.

For Week 9 you'll do 15:00 at 2.0 MPH walking, then 47:50 on the Stepmill at 30 SPM, then another walking cool-down of 15:00 at 2.0 MPH. That totals just under 78:00. You'll then need to get in two walking sessions of 2.85 miles in 90:00 or less. You'll prefer less.

Then in Week 10 we'll need you to do the same 15:00 at 2.0 MPH warm-up and cool-down surrounding 53:10 on the Stepmill at 30 SPM. You'll then achieve your mileage goals by walking 3.235 miles in about 90:00 for the remaining two cardio sessions. Note that is a bit faster than 2.0 MPH. Pick up the pace now. It's been over two months now since you started this.

The following charts show first, the goals for this two weeks of program, followed by the daily workout chart.

Stepmill Weeks 9 & 10 Goal and Training Charts

Training Week	Target Vertical	Target Miles	Minutes at 25 SPM	Minutes at 30 SPM	Minutes at 35 SPM	Minutes at 40 SPM
9	1,913	7.70	114.79	95.66	81.99	71.74
10	2,126	8.47	127.55	106.29	91.10	79.72

Weekday	Week Nine Training	Week Ten Training
Monday	Treadmill - 15:00 @ 2.0 MPH; Stepmill - 47:50 @ 30 SPM; Treadmill - 15:00 @ 2.0 MPH	Treadmill - 15:00 @ 2.0 MPH; Stepmill - 53:10 @ 30 SPM; Treadmill - 15:00 @ 2.0 MPH
Tuesday	Strength	Strength
Wednesday	2.85 Miles Walking in 90:00	3.24 Miles Walking in 90:00
Thursday	Strength	Strength
Friday	Treadmill - 15:00 @ 2.0 MPH; Stepmill - 47:50 @ 30 SPM; Treadmill - 15:00 @ 2.0 MPH	Treadmill - 15:00 @ 2.0 MPH; Stepmill - 53:10 @ 30 SPM; Treadmill - 15:00 @ 2.0 MPH
Saturday	2.85 Miles Walking in 90:00	3.24 Miles Walking in 90:00

Box and Stairs:

Hope you're having a great time. It can be pretty intense and tough psychologically to do stairs and boxes. Both require a lot of concentration to get a lot of steps in over an hour or more. If you've stuck to it this long I'm impressed with your fortitude.

First for stairs, we'll need to get in 2551 steps in Week 9 and 2834 steps in Week 10.

Let's do three sessions in Week 9 to keep the total time on the stairs reasonable. That's three sessions of 850 steps in 42:30 at 20 SPM. Let's also do 20:00 each of warm-up and cool-down walking at 2.0 MPH for a total training time of 82:30. Those warm-up and cool-down walks add up to 4.0 miles. That leaves us with only one walking session of 3.7 miles in 90:00, if you can book it at approximately 2.5 MPH.

For Week 10 stairs we'll need to do three sessions of stairs of 945 steps in 47:15 at about 20 SPM. With warm-up and cool-down walking for 20:00 each at 2.0 MPH in each session we'll be training for a total time of 87:15. With that you'd then need to get in one session of walking of 4.47 miles. At a speed of 2.25 MPH that would take about 120:00, or nearly 2 hours. This is going to be about as long as we can go with the program. From now on you'll have to start picking up the pace a bit if you want to successfully meet all your goals using stairs.

For box stepping Week 9 let's do two sessions of 12" box stepping, 956 steps in 47:50 surrounded by warm-up and cool-down sessions of 2.0 MPH walking for 15:00 each for a total of 77:50 of training time for each of the two sessions. That leaves us with two walking sessions of 2.85 miles each over about 90:00.

Then on Week 10 we'll do two sessions of 12" box stepping, 1063 steps in 53:15, again surrounded by 15:00 warm-up and cool-down walking at 2.0 MPH. That's a lot of warm-up and cool-down by the way, and if you don't want to spend that much time on these days you'll have to make it up on the other days or go faster on these days. Then do two sessions of walking for 3.235 miles in about 90:00. Remember that's at about 2.2 MPH. If it takes you more or less time it's all part of the plan. Remember, put it all in your training journal and see if you can make a little progress each time.

Charts next page are the training goals for boxes and stairs, followed by the workouts for stairs, then the workouts for boxes.

Box and Stairs Weeks 9 & 10 Goal and Training Charts

Training Week	Target Vertical	Target Miles	Steps at 9"	Steps at 12"	Steps at 15"	Steps at 18"
9	1,913	7.70	2551	1913	1531	1275
10	2,126	8.47	2834	2126	1701	1417

Weekdays	Stairs: Week Nine Training	Stairs: Week Ten Training
Monday	Walking - 20:00 @ 2.0 MPH; Stairs - 850 Steps in 42:30; Walking - 30:00 @ 2.0 MPH	Walking - 20:00 @ 2.0 MPH; Stairs - 945 Steps in 47:15; Walking - 20:00 @ 2.0 MPH
Tuesday	Strength	Strength
Wednesday	Walking - 20:00 @ 2.0 MPH; Stairs - 850 Steps in 42:30; Walking - 30:00 @ 2.0 MPH	Walking - 20:00 @ 2.0 MPH; Stairs - 945 Steps in 47:15; Walking - 20:00 @ 2.0 MPH
Thursday	Strength	Strength
Friday	Walking - 10:00 @ 2.0 MPH; Stairs - 850 Steps in 42:30; Walking - 30:00 @ 2.0 MPH	Walking - 20:00 @ 2.0 MPH; Stairs - 945 Steps in 47:15; Walking - 20:00 @ 2.0 MPH
Saturday	3.7 Miles Walking in 90:00	2.22 Miles Walking in 65:00

Weekdays	Box: Week Nine Training	Box: Week Ten Training
Monday	Walking - 15:00 @ 2.0 MPH; 12" box - 956 Steps in 47:50; Walking - 15:00 @ 2.0 MPH	Walking - 15:00 @ 2.0 MPH; 12" box - 1063 Steps in 53:15; Walking - 15:00 @ 2.0 MPH
Tuesday	Strength	Strength
Wednesday	2.85 Miles Walking in 90:00	3.24 Miles Walking in 90:00
Thursday	Strength	Strength
Friday	Walking - 15:00 @ 2.0 MPH; 12" box - 956 Steps in 47:50; Walking - 15:00 @ 2.0 MPH	Walking - 15:00 @ 2.0 MPH; 12" box - 1063 Steps in 53:15; Walking - 15:00 @ 2.0 MPH
Saturday	2.85 Miles Walking in 90:00	3.24 Miles Walking in 90:00