

## 9/11 Memorial Stair Climb Created by 5-5-5 Fitness

A-Shift 9-week stair climb training program (full bunker gear)  
\*assuming work days of July 8,11,14, 17,etc....

Some facts:

Building: Renaissance Tower, Dallas, Texas. 55 stories in height (including 2 basement levels)  
110 story climb. 2 ascents, 2 descents  
20 steps=1 story (going up)  
Tread height= approximately 7 5/8"  
Total height climbed= approximately 1,450 feet up and 1,450 feet down  
Major muscles used: calves, hamstrings, quadriceps, glutes.  
Minor muscles used: abdominals, shoulders, forearms, pectorals. (By using the railing to assist going up and down)  
Average weight of American firefighter fully bunked out (gear + SCBA)= 250lbs  
Areas of conditioning: strength and endurance

Equipment needed:

20" and 24" stable item to perform step-ups such as box, bench or tailboard of apparatus.  
Weighted vest or backpack if climbing in full gear. Ebay has many weight vest at different weights available at reasonable prices.  
Stair mill, stadium bleachers and/or building at least 10 stories in height.  
Barbell and weights for deadlifts, back squats, stiff legged deadlifts.

Water intake: 1 gallon a day for the first 6 weeks. Weeks 7-9 1.25 gallons a day.

Nutrition: Food is medicine. Food is fuel. And food can be the key to an athlete's success. Just like a car needs gas to run, your body needs energy to perform. Energy comes from a variety of food and beverage sources, and some forms are better than others. The most optimal fuel for your body will come from quality non-processed whole foods. These include a variety of meats, fruits, and vegetables as well as nuts, seeds, certain oils, and dairy. The goal is to eat a balanced diet, putting the right things in your body at the right time to achieve your best possible performance.

Eating good foods in the right amounts at the right time is important because you can't out train a bad diet. So, the key things to remember are:

- Eat enough before workouts so you have energy to crush them
- Recover smart after the workout, so you will be ready and healthy to crush the next one
- Choose whole, non processed foods as much as possible to give your body the vitamins, minerals, and antioxidants it needs

For more detailed information on hydration, what foods to eat, and when to eat them please checkout the following articles provided by Alex Black of WickedGoodNutrition.com

- <http://renegaderowing.com/2012/04/18/hydration-and-electrolyte-balance/>
- <http://wickedgoodnutrition.com/its-all-about-the-timing/>

Pre-workout: 1 hour prior to workout, a meal containing 10-20 grams of protein and 20-40 grams of complex carbs. Adjust depending on the length of workout. Stay away from sugars and simple carbohydrates as they will wear off very quickly and will not sustain you throughout a long workout.

Post-workout: You want a small meal or snack that can raise your glycogen store levels back up quickly. A peanut butter and jelly sandwich, milk and cereal, an energy bar and chocolate milk are all good snacks to have after you work out.

Read more: <http://www.livestrong.com/article/258638-the-best-pre-post-workout-nutrition/#ixzz2XzGzTi4g>

Rest days: Make sure to use your designated rest days for mobility work for your calves, quads, hamstrings, lower back and upper back. This is essential for muscle recovery and injury prevention. Also, make sure you are getting enough sleep. A tired machine is a weak machine!

Here are some links to help you out:

yoga: <https://www.youtube.com/watch?v=4PgIfOOHwH8>

stretching: <https://www.youtube.com/watch?v=CGNVxFI4XLU>

hip mobility: <https://www.youtube.com/watch?v=JBHzXF-mVjY>

mobility 101, (17 minutes): <https://www.youtube.com/watch?v=KVWBUrL0pQ>

Blister control: bandage heels, use either double socks or wool socks.

Gear acclimation: If climbing in bunker gear, need to do several long building climbs in bunker pants and boots.

\*If no gear is to be worn during your 9/11 Memorial Stair Climb, then using a weight vest or backpack during this training program is not necessary. You still need to participate in the strength days.

About us: 5-5-5 Fitness was created to provide workouts geared towards the job requirements of firefighting. These workouts are also suitable to anyone interested in a higher level of overall fitness. We provide workouts Monday through Saturday, at four different fitness levels. Every level is built off of the foundation of the previous level. They all work hand-in-hand. All workouts are provided free of charge.

Our second mission is to provide \$2,500 fitness equipment grants to volunteer fire departments across the nation through the sale of 5-5-5 Fitness merchandise. We are a 501(c)3 non-profit. Come join us on Facebook to get daily updates. Be warned, if you join with us, be prepared to do work!

Exercise Demonstration Video's: Click on the exercise to bring up the demo video.

Box Step-ups: <https://www.youtube.com/watch?v=ujz0JfgqC8Q>

Walking lunges: <https://www.youtube.com/watch?v=4qoYbW34tFU>

Sit-ups: <https://www.youtube.com/watch?v=NpRIEzxxqNs>

Push-ups: <https://www.youtube.com/watch?v=oo004L5CUgk>

Air squats: <https://www.youtube.com/watch?v=NrZ5a0pRgAw>

Back squat: [https://www.youtube.com/watch?v=Tie-B7\\_WVwY](https://www.youtube.com/watch?v=Tie-B7_WVwY)

Deadlift: [https://www.youtube.com/watch?v=KoH\\_klnwdr0](https://www.youtube.com/watch?v=KoH_klnwdr0)

Stiff-legged deadlift: <https://www.youtube.com/watch?v=4UfYR06-A0k>

Calf raises: <https://www.youtube.com/watch?v=VdGuHOH7vE8>

Burpee: [https://www.youtube.com/watch?v=TX60BcsO\\_wE](https://www.youtube.com/watch?v=TX60BcsO_wE)

Week 1

July 7

1 mile jog (10 minute pace) or 2k row or 10 minutes on stair mill or 10 minutes at top incline on elliptical

4 x 25 20" box step-ups, (1Right+1Left =1 repetition), unweighted, :45 rest between sets

4x20 air squats, unweighted

4x10 slow calf raises, unweighted

July 10

1 mile jog (10 minute pace) or 2k row or 10 minutes on stair mill or 10 minutes at top incline on elliptical, then

4RFT (rounds for time) of 25-24" box step-ups, (1Right+1Left =1 repetition), unweighted, 15-push-ups, 15-air squats, 20-sit-ups, 10-calf raises, rest 1:30 between sets.

July 12

Bleacher work:

6rds, 400m jog, 1 set of bleachers. Walk up and down each row on bleachers.

4x20 sit-ups

4x10 push-ups

4x15 air squats

July 13

1hr hike, unweighted

Week 2

July 15

2 mile jog or 5k row or 20 minutes on stair mill or 20 minutes on elliptical at top incline

4x25 air squats, unweighted

4x15 calf raises, unweighted

4x25 of 24" box step-ups, (1Right+1Left =1 repetition), unweighted, 1 minute rest between sets

July 16 Strength

4x10 @ 50% of 1RM (1 repetition maximum) deadlifts

4x10 walking lunges (1Right+1Left=1 repetition)

4x10 stiff legged deadlifts with 45-75lbs

4x15 calf raises

4x10 push-ups

July 18

3rds of 25-20" box step-ups, (1Right+1Left =1 repetition), unweighted, 20-sit-ups, 1:30 rest then,

1 mile jog or 2.5k row or 10 minutes on stair mill

2rds of 25-20" box step-ups, (1Right+1Left =1 repetition), unweighted, 20-sit-ups, 1:00 rest then,

1 mile jog or 2.5k row or 10 minutes on stair mill

1rd of 25-20" box step-ups, (1Right+1Left =1 repetition), unweighted, 20-sit-ups, :30 rest

1 mile jog or 2.5k row or 10 minutes on stair mill

July 19

40 flights in building or 40 flights of bleachers (up and down=1 flight) unweighted, walk, easy pace

Week 3

July 22

45 minutes on stair mill or 45 minutes walking bleachers, unweighted.

3x10 air squat, unweighted

3x20 calf raises, unweighted

## July 24 Strength

4x15 @ 40% of 1RM (1 repetition maximum) deadlifts  
4x35 20" box step-ups, (1Right+1Left =1 repetition), unweighted :45 second rest between sets  
3x10 @ 35% of 1RM (1 repetition maximum) back squat  
3x20 calf raises

## July 25

AMRAP45 (as many rounds as possible in 45 minutes)  
800m run or 1k row (feel free to mix and match within the AMRAP), 50-20" box step-ups, (1Right+1Left =1 repetition), unweighted, 20-walking lunges (1Right+1Left=1 repetition), 20-calf raises, 20-air squats

## July 27

Climb 60 flights in building or 60 flights of bleachers, unweighted, easy pace

## Week 4

## July 30

1 hour on stair mill or 1 hour walking bleachers, unweighted  
3x15 air squat, unweighted  
3x25 calf raises, unweighted  
3x15 push-ups, unweighted

## July 31 Strength

5x10 @ 50% of 1RM of deadlifts  
4x8 @ 40% of 1RM of back squat  
4x10 @ 45-75lbs stiff legged deadlifts  
4x10 20" box step-ups, (1Right+1Left =1 repetition), weighted (weight vest, back pack or dumbbells), :45 seconds rest between sets

## August 2

Chipper: Buy in, 1 mile jog or 2k row or 10 minutes on stair mill, then, 60-20" box step-ups, (1Right+1Left =1 repetition), weighted, 40-calf raises, weighted, 60-20" box step-ups, (1Right+1Left =1 repetition), unweighted, ½ mile jog or 1k row or 5 minutes on stair mill buy-out

## August 3

80 flights building, 20-30 flights weighted or 80 flights of bleachers, 20-30 flights weighted

Week 5

August 6

1 hour stair mill or bleachers, unweighted. Intervals. Stair mill, vary speed. 1 minute faster pace, 1 minute slower pace. Bleachers, double time one flight up and down, walk 2 flights, repeat.

1x50 walking lunges (1Right+1Left=1 repetition), unweighted

3x25 sit-ups, unweighted

August 8 Strength

4x10 @ 40% of 1RM (1 repetition maximum) back squat

4x10 stiff legged deadlifts @ 45-75lbs

4x15 calf raises, weighted

4x20 24" box step-ups, (1Right+1Left =1 repetition), weighted, :45 seconds rest between sets

August 9

80 flights in building, 50 weighted or 80 flights bleachers, 50 weighted.

Week 6

August 12

1hr 15 minutes stair mill or bleachers, 30 minutes weighted

3x20 air squat, weighted

3x20 push-ups, unweighted

3x20 sit-ups, unweighted

August 14 Strength

3x10 @ 50% 1RM (1 repetition maximum) deadlifts

3x8 stiff legged deadlifts @ 45-75lbs

3x10 @ 40% 1RM (1 repetition maximum) back squat

4x10 calf raises, weighted

August 17

90 flights in building, 60 flights weighted or 90 flights of bleachers, 60 flights weighted

Week 7

August 20

4RFT (rounds for time) of 50-24" box step-ups, (1Right+1Left =1 repetition), weighted, 10-air squats, weighted, 10-push-ups, weighted, 10-burpees, weighted, then

Row 5k or 2.5 mile jog or 25 minutes on stair mill

August 21 Strength

3x15 @ 40% of 1RM (1 repetition maximum) deadlifts

3x15 @ 30% of 1RM (1 repetition maximum) back squat

3x15 stiff legged deadlifts @ 45-75lbs

3x15 calf raises, weighted

August 24

110 flights in building, weighted or 110 flights of bleachers, weighted

Week 8

August 27

1hr 30 minutes stair mill or bleachers, unweighted

August 29

4rds of 25-24" box step-ups, (1Right+1Left =1 repetition), weighted, 10-sit-ups, 1:00 rest between sets

400m run or 500m row

4rds of 25-24" box step-ups, (1Right+1Left =1 repetition), weighted, 10-push-ups, :45 rest between sets

400m run or 500m row

4rds of 25-24" box step-ups, (1Right+1Left =1 repetition), weighted, 10-air squats, :30 rest between sets

400m run or 500m row

August 30

45 minute weighted hike

September 1

80 stories building climb, 40 stories weighted or 80 stories bleachers, 40 stories weighted

9/11 Memorial Stair Climb Week

September 4

70 stories building climb, unweighted or 70 stories of bleachers, unweighted

September 6

9/11 Memorial Stair Climb