

## **Introduction**

This 16-week training plan is intended for healthy individuals who are new to tower running.

Optional stretching/yoga sessions can be added if movement is needed on rest days.

It is always recommended to consult with a healthcare professional before starting any new exercise program.

## **Remember**

- Listen to your body and rest if needed.
- Gradually increase intensity and duration of workouts.
- Focus on proper form and technique during strength training exercises.
- Hydrate and fuel your body with nutrient-dense foods.
- Consider working with a personal trainer or coach for guidance and support.

## **Weeks 1-4: Building a Base**

- 2 cardio sessions per week: 20-30 minutes of brisk walking, jogging, cycling, or swimming
- 1 step climbing session per week: start with 10-15 minutes of continuous step climbing, gradually increasing to 20-30 minutes
- 1 strength conditioning session per week: bodyweight exercises such as squats, lunges, push-ups, and planks
- 1 stretching session per week: yoga or dynamic stretching
- 2 rest days per week

## **Weeks 5-8: Adding Intensity**

- 2 cardio sessions per week: 30-40 minutes of brisk walking, jogging, cycling, or swimming, including intervals of higher intensity
- 2 step climbing sessions per week: increase time to 20-30 minutes, including intervals of higher intensity
- 1 strength conditioning session per week: focus on lower body exercises such as step-ups, calf raises, and deadlifts
- 1 stretching session per week: yoga or dynamic stretching
- 2 rest days per week

## **Weeks 9-12: Building Endurance**

- 2 cardio sessions per week: 40-60 minutes of brisk walking, jogging, cycling, or swimming, including intervals of higher intensity
- 2 step climbing sessions per week: increase time to 30-45 minutes, including practice runs of the tower climb
- 1 strength conditioning session per week: focus on full body exercises such as burpees, mountain climbers, and rows
- 1 stretching session per week: yoga or dynamic stretching
- 2 rest days per week

## **Weeks 13-16: Tapering and Climb Preparation**

- 1 cardio session per week: 30-45 minutes of brisk walking, jogging, cycling, or swimming, at a moderate intensity
- 2 step climbing sessions per week: 20-30 minutes, including practice runs of the tower climb
- 1 strength conditioning session per week: focus on core exercises such as Russian twists, bicycle crunches, and leg raises
- 1 stretching session per week: yoga or dynamic stretching
- 2 rest days per week