

SKYRISE TRAINING: MONTH 2

WEEK 5

WEEK 6

WEEK 7

WEEK 8

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Rest day!	Supplemental Cardio (choose 1) Treadmill 30-min 3% Elliptical 35-min Level 6 Bicycle 23-min Level 5	Double Stair Climb (60 BPM) 40 flights (25 flights x 1; 15 flights x1)	Rest day!	Cross Training (3 Rounds) - 20 hip bridges - 45-sec plank - 15 side lying leg raises	Rest day!	Stair Climb (70 BPM) 50 Flights (25 flights x2)
Rest day!	Supplemental Cardio (choose 1) Treadmill 30-min 4% Elliptical 35-min Level 7 Bicycle 35-min Level 5	Double Stair Climb (60 BPM) 60 flights (20 flights x3)	Rest day!	Cross Training (3 Rounds) - 1.5-min wall sits - 15 lunges each leg - 20 squat jumps	Rest day!	Stair Climb (70 BPM) 45 Flights (15 flights x3)
Rest day!	Supplemental Cardio (choose 1) Treadmill 35-min 4% Elliptical 40-min Level 7 Bicycle 40-min Level 5	Double Stair Climb (60 BPM) 60 flights (20 flights x3)	Rest day!	Cross Training (3 Rounds) - 25 hip bridges - 25 sit ups - 20 opposite	Rest day!	Stair Climb (70 BPM) 70 Flights (25 flights x2; 20 flights x 1)
Rest day!	Supplemental Cardio (choose 1) Treadmill 55-min 5% Elliptical 40-min Level 8 Bicycle 40-min Level 6	Double Stair Climb (60 BPM) 70 flights (25 flights x2; 20 flights x1)	Rest day!	Cross Training (3 Rounds) - 2-min wall sits - 20 lunges each leg - 20 squat jumps		Stair Climb (70 BPM) 45 Flights (15 flights x3)

Some things for you to consider:

- On double stair climb days, skip a step on your way up.
- Total flights may be broken down into smaller flights. If needed, take the elevator down to avoid fatigue.
- Make sure you are stretching after every workout for 5-10 minutes. Stretch each muscle groups 3 times holding for 30 seconds.
- You should be consuming plenty of water everyday, not just on your training days. Consume at least 64oz a day.