

# SAMH VIRTUAL STOMP FOUR WEEK TRAINING PLAN

Welcome to your SAMH Virtual Stomp training plan!

The only equipment you need is a set of stairs and a bit of space. If you don't have access to some stairs, simply use a step or a sturdy box.

If it has been awhile since you've exercised and you have health issues or concerns, we recommend talking to your doctor before starting a new exercise routine.



# HOW TO USE THIS PLAN

Your SAMH Virtual Stomp guide is broken down into weekly plans to help keep you on track. Each plan is made up of a range of different exercises, designed to help you strengthen your muscles and up your stamina.

## How to read each plan

Reps: the number of times you should do each exercise in one-go.

Sets: the number of times you should do your reps. For example 3 sets of 25 jumping jacks would see you do 25 jumping jacks and taking a short break, before doing 25 more jumping jacks, two more times.



## How do I do each exercise?

Each week has a variety of exercises for you to try out.

To make things easier, we've put together a video explaining how to perform each one with the help of SAMH Stomp Superstar, Olympic Hero and Extreme Stomp participant Freya Ross created ahead of our very first SAMH Stomp.

[\*\*WATCH FREYA'S HOW TO VIDEO\*\*](#)

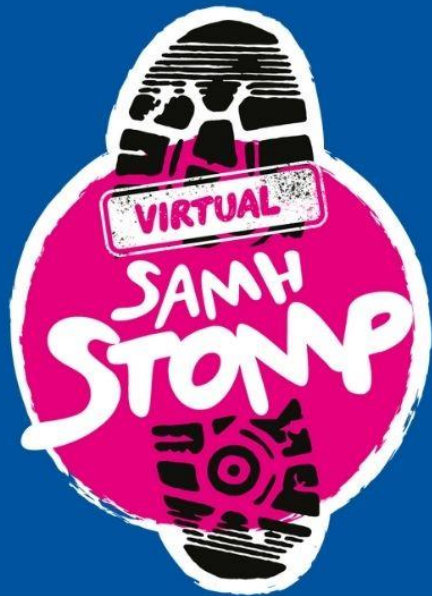


## WEEK 1

WEEK 1											
EXERCISE	DAY1		DAY 2		DAY 3	DAY 4		DAY 5		DAY 6	DAY 7
	SETS	REPS	SETS	REPS	REST DAY	SETS	REPS	SETS	REPS	REST DAY	REST DAY
Walk the stairs	5	25	5	25		5	25	5	25		
Squats	3	20				3	20				
Weighted walk the stairs	5	25				5	25				
Glute bridge raises	3	20				3	20				
Weighted walk the stairs	5	25				5	25				
Forward stepping lunge	3	15 on each leg				3	15 on each leg				
Calf raises	3	25 on each leg				3	25 on each leg				
High knees on the spot			2	25 seconds				2	25 seconds		
Jog/run the stairs			3	25				3	25		
Heel kicks on the spot			2	25 seconds				2	25 seconds		
Jog/run the stairs			3	25				3	25		
Mountain climbers			2	25 seconds				2	25 seconds		
Walk the stairs			5	25				5	25		
Supermans			2	20				2	20		

# CONGRATULATIONS!

## You have completed week one of your training!



### Top training tip:

Stay hydrated and wear the same  
trainers you will be wearing during  
your challenge so your feet get used  
to them

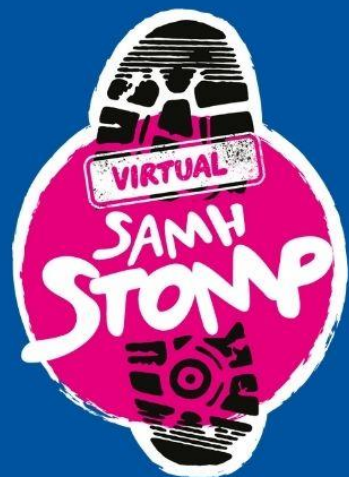


## WEEK 2

EXERCISE	DAY1		DAY 2		DAY 3	DAY 4		DAY 5		DAY 6	DAY 7
	SETS	REPS	SETS	REPS		SETS	REPS	SETS	REPS		
Walk the stairs	5	30	5	30	REST DAY	5	30	5	30	REST DAY	REST DAY
Squats	3	20				3	20				
Weighted walk the stairs	5	25				5	25				
Glute bridge raises	3	20				3	20				
Weighted walk the stairs	5	25				5	25				
Forward stepping lunge	3	15 on each leg				3	15 on each leg				
Calf raises	3	25 on each leg				3	25 on each leg				
High knees on the spot			2	25 seconds				2	25 seconds		
Jog/run the stairs			3	30				3	30		
Heel kicks on the spot			2	25 seconds				2	25 seconds		
Jog/run the stairs			3	30				3	30		
Mountain climbers			2	25 seconds				2	25 seconds		
Walk the stairs			5	30				5	30		
Supermans			2	20				2	20		

# YOU'RE HALF WAY THROUGH YOUR TRAINING PLAN!

Keep up the awesome  
work!



## Top Fundraising Tip:

Update your Just Giving page with a photo or even a video of your training progress. People love to see what you are up to and this may even encourage more donations!

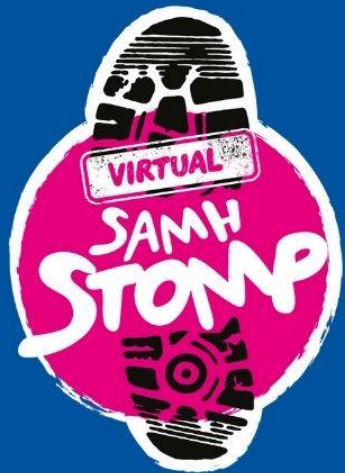


### WEEK 3

WEEK 3												
EXERCISE	DAY1		DAY 2		DAY 3	DAY 4		DAY 5		DAY 6	DAY 7	
	SETS	REPS	SETS	REPS	REST DAY	SETS	REPS	SETS	REPS	REST DAY	REST DAY	
Walk the stairs	6	30	6	30		6	30	6	30			
Squats	3	25				3	25					
Weighted walk the stairs	6	30				6	30					
Glute bridge raises	3	14				3	25					
Weighted walk the stairs	6	30				6	30					
Forward stepping lunge	3	20 on each leg				3	20 on each leg					
Calf raises	3	30 on each leg				3	30 on each leg					
High knees on the spot			2	30 seconds				2	30 seconds			
Jog/run the stairs			3	30				3	30			
Heel kicks on the spot			2	30 seconds				2	30 seconds			
Jog/run the stairs			3	30				3	30			
Mountain climbers			2	30 seconds				2	30 seconds			
Walk the stairs			6	30				6	30			
Supermans			2	25				2	25			



**1 MORE WEEK OF TRAINING  
TO GO AND YOU'LL BE SET  
TO COMPLETE YOUR  
CHALLENGE**



**Top Fundraising Tip:**

Have you told your best friend yet?  
Those closest to us are often our biggest  
supporters and can really help with your  
fundraising! Who is your biggest  
champion?





## WEEK 4

EXERCISE	DAY1		DAY 2		DAY 3	DAY 4		DAY 5		DAY 6	DAY 7
	SETS	REPS	SETS	REPS		SETS	REPS	SETS	REPS		
Walk the stairs	6	40	6	40	REST DAY	6	40	6	40	REST DAY	REST DAY
Squats	3	30				3	15				
Weighted walk the stairs	6	40				6	40				
Glute bridge raises	3	30				3	15				
Weighted walk the stairs	4	20				4	20				
Forward stepping lunge	3	15 on each leg				3	10 on each leg				
Calf raises	3	25 on each leg				3	20 on each leg				
High knees on the spot			2	40 seconds				2	20 seconds		
Jog/run the stairs			3	40				3	40		
Heel kicks on the spot			2	40 seconds				2	20 seconds		
Jog/run the stairs			3	40				3	40		
Mountain climbers			2	40 seconds				2	20 seconds		
Walk the stairs			6	40				6	40		
Supermans			2	25				2	25		

# GOOD LUCK AND HAPPY STOMPING!

We hope this training plan is useful in preparing for the SAMH Virtual Stomp however if you have any queries or for more information, get in touch with us at [stomp@samh.org.uk](mailto:stomp@samh.org.uk)

