



SAMH STOMP 6 WEEK TRAINING PLAN

To help you in your preparation for the SAMH Stomp, our friends at PureGym (Edinburgh Ocean Terminal) have created this 6 week training plan. The only equipment you need for this plan 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.

We hope that it is helpful in preparing for the SAMH Stomp however if you have any queries or for more information, contact stomp@samh.org.uk

For some top tips to help you get the most out of the training plan, visit the [SAMH Facebook Page](#) or [YouTube Channel](#) for a short video from SAMH Stomp Superstar, Olympic Hero and Extreme Stomp participant Freya Ross.

WEEK 1

	DAY 1		DAY 2		DAY 3	DAY 4		DAY 5		DAY 6	DAY 7
EXERCISE	SETS	REPS	SETS	REPS	REST DAY	SETS	REPS	SETS	REPS	REST DAY	REST DAY
Walk the stairs	4	20	4	20		4	20	4	20		
Squats	3	15				3	15				
Weighted Walk the stairs	4	20				4	20				
Glute Bridge Raises	3	15				3	15				
Weighted walk the stairs	4	20				4	20				
Forward stepping lunge	3	10 on each leg				3	10 on each leg				
Calf Raises	3	20 on each leg				3	20 on each leg				
High Knees on the spot			2	20 seconds				2	20 seconds		
Jog/Run the stairs			2	20				2	20		
Heel kicks on the spot			2	20 seconds	2			20 seconds			
Jog/Run the stairs			2	20	2			20			
Mountain Climbers			2	20 seconds	2			20 seconds			
Walk the stairs			4	20	4			20			
Superman's			2	15	2			15			

WEEK 2

	DAY 1		DAY 2		DAY 3	DAY 4		DAY 5		DAY 6	DAY 7
EXERCISE	SETS	REPS	SETS	REPS	REST DAY	SETS	REPS	SETS	REPS	REST DAY	REST DAY
Walk the stairs	4	25	4	25		4	25	4	25		
Squats	3	15				3	15				
Weighted Walk the stairs	4	25				4	25				
Glute Bridge Raises	3	15				3	15				
Weighted walk the stairs	4	25				4	25				
Forward stepping lunge	3	10 on each leg				3	10 on each leg				
Calf Raises	3	20 on each leg				3	20 on each leg				
High Knees on the spot			2	20 seconds				2	20 seconds		
Jog/Run the stairs			2	25				2	25		
Heel kicks on the spot			2	20 seconds	2			20 seconds			
Jog/Run the stairs			2	25	2			25			
Mountain Climbers			2	20 seconds	2			20 seconds			
Walk the stairs			4	25	4			25			
Superman's			2	15	2			15			

WEEK 3

	DAY 1		DAY 2		DAY 3	DAY 4		DAY 5		DAY 6	DAY 7
EXERCISE	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			
Superman's			2	20	2			20			

WEEK 4

	DAY 1		DAY 2		DAY 3	DAY 4		DAY 5		DAY 6	DAY 7
EXERCISE	SETS	REPS	SETS	REPS	REST DAY	SETS	REPS	SETS	REPS	REST DAY	REST DAY
Walk the stairs	5	30	5	30		5	30	5	30		
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			
Superman's			2	20	2			20			

WEEK 5

WEEK 5											
	DAY 1		DAY 2		DAY 3	DAY 4		DAY 5		DAY 6	DAY 7
EXERCISE	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			
Superman's			2	25	2			25			

WEEK 6

	DAY 1		DAY 2		DAY 3	DAY 4		DAY 5		DAY 6	DAY 7
EXERCISE	SETS	REPS	SETS	REPS	REST DAY	SETS	REPS	SETS	REPS	REST DAY	REST DAY
Walk the stairs	6	40	6	40		6	40	6	40		
Squats	3	30				3	15				
Walk the stairs	6	40				6	40				
Glute Bridge Raises	3	30				3	15				
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				
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					
Superman's			2	25	2	25					

GOOD LUCK

