

# Stadium Stair Challenge Classes 2017

Each class will be held from 12:00 – 1:00 pm  
Nutrition Class will be on a Tuesday  
Training will be held over the next six Wednesdays

## **March 14** – Nutrition Class

Reed Vawter, Registered Dietitian, will present Fueling for Fitness. This class will focus on optimizing nutrition for your fitness goals. We'll discuss nutrient timing, food choices, and hydration to get the most out of your workouts. Specific suggestions for the Stadium Stair Challenge will also be included to make sure you're ready for race day!

## **March 22** – First Day of Training

Introduction to stairclimbing at Johnson Center. Proper technique to reduce injury. Leave with written workout.

## **March 29** – Second Day of Training

Perform a series of stairclimbing exercises, increase endurance. Leave with a written workout.

## **April 5** – Third Day of Training

Cardio workout at Johnson Field. Leave with a written workout.

## **April 12** – Fourth Day of Training

Go to the UNM Stadium and train on the stairs. Leave with a written workout.

## **April 19** – Fifth Day of Training

Increase stair climbing speed. Incorporate other training exercises to strengthen legs. Leave with final workout.

## **April 26** – Rest and Recovery

Yoga Session with Michelle Ritter

## **April 29** – Race Day!