

Here is a sample snapshot of a beginner plan. Your individual stair-stepping plan will be developed in a personal fitness consult and will consist of goals for target heart rate, strength and exercise types.

Age	Resting Heart Rate	Heart Rate Reserve	Month 3: Target Heart Rate Range 60 - 75% of Heart Rate Res			
			60%	70%	75%	
54	57	109	122.4	133.3	138.75	
Week 1	Exercise Type	Warm-Up	# Intervals	Climb (Up or Down)	Active Recovery	Cool-Down
Day 1	Single Step	Jog 5 minutes	3	10	3	Walk 5 min
Day 2	Strength Training					
Day 3	Double Step	Jog 5 minutes	6	5	5	Walk 5 min
Day 4	Strength Training					
Day 5	Combo	Jog 5 minutes	4	10	3	Walk 5 min
Week 2						
Day 1	Single Step	Jog 5 minutes	3	10	3	Walk 5 min
Day 2	Strength Training					
Day 3	Cross Training	Jog 5 minutes	6		5	Walk 5 min
Day 4	Strength Training					
Day 5	Combo	Jog 5 minutes	4	10	3	Walk 5 min
Week 3						
Day 1	Single Step	Jog 5 minutes	4	10	3	Walk 5 min
Day 2	Strength Training					
Day 3	Double Step	Jog 5 minutes	7	5	1	Walk 5 min
Day 4	Strength Training					
Day 5	Combo	Jog 5 minutes	4	10	3	Walk 5 min
Week 4						
Day 1	Single Step	Jog 5 minutes	4	12	2	Walk 5 min
Day 2	Strength Training					
Day 3	Cross Training	Jog 5 minutes	4	5	2	Walk 5 min
Day 4	Strength Training					
Day 5	Combo	Jog 5 minutes	3	10	3	Walk 5 min