

Improve your Fitness with Stairs

Running stairs is a form of high intensity interval training. It improves your cardiovascular fitness, building both strength and power. No fancy equipment is needed for a fantastic workout.

How to do it? It's simple, sprint up and then walk down. Depending on the amount of stairs you could aim for ten seconds up, recovery for 30 seconds walking down. That is a 1:3 work to recovery ratio. If you can't find stairs, another option is a steep hill.

You may like to aim for about 12 minutes. Depending on where your stairs or hills are, warm up with a brisk walk or jog to the area, and then cool down by jogging back followed by stretches. Try one per week and build up slowly based on your fitness and goals. If you can't do 12 minutes, start slow and try just a few intervals each time. Mix it with your steady state cardio and resistance training

A stair workout is tough and you do need to be fit as your pushing your heart rate up high.

Always consult a doctor if you have any health concerns.

Benefits:

1. It is time efficient, you get great cardiovascular conditioning and better then steady state cardio in a small amount of time
2. Fantastic workout for the legs. You work your quads, calves, glutes and hamstrings.
3. Adds variety to your workouts. It can be fun and different to your normal steady state cardio which can sometimes be more boring.