



HONOR AND REMEMBER



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YMCA OF GREATER LOUISVILLE

4-WEEK TRAINING SCHEDULE

WEEK 1 — August 10-16

DAY 1

½ mile walk, 30 air squats
2 sets of 10 walking lunges
2 sets of 10 dead lifts or seated leg curls (low weight)
30 flights on StairMaster

DAY 2

½ mile walk, 30 air squats
2 sets of 10 weighted squats or leg press (low weight)
2 sets of 10 calf raises
35 flights on StairMaster

DAY 3

½ mile walk, 30 air squats
3 sets of 10 walking lunges
3 sets 10 dead lifts or seated leg curls (low weight)
40 flights on StairMaster

DAY 4

½ mile walk, 30 air squats
3 sets of 10 weighted squats or leg press (low weight)
3 sets of 10 calf raises
45 flights on StairMaster

WEEK 2 — August 17-23

DAY 1

½ mile walk/jog, 35 air squats
3 sets of 10 walking lunges
3 sets 10 dead lifts or seated leg curls (increase weight)
40 flights on StairMaster

DAY 2

½ mile walk/jog, 35 air squats
3 sets of 10 weighted squats or leg press (increase weight)
3 sets of 10 calf raises
45 flights on StairMaster

DAY 3

½ mile walk/jog, 35 air squats
3 sets of 10 walking lunges
3 sets 10 dead lifts or seated leg curls (increase weight)
50 flights on StairMaster

DAY 4

½ mile walk/jog, 35 air squats
3 sets of 10 weighted squats or leg press (increase weight)
3 sets of 10 calf raises
55 flights on StairMaster

WEEK 3 — August 24-30

DAY 1

½ mile walk/jog, 40 air squats
3 sets of 10 walking lunges
3 sets 8 dead lifts or seated leg curls (heavy weight)
50 flights on StairMaster

DAY 2

½ mile walk/jog, 40 air squats
3 sets of 8 weighted squats or leg press (heavy weight)
3 sets of 10 calf raises
55 flights on StairMaster

DAY 3

½ mile walk/jog, 30 air squats
4 sets of 10 walking lunges
4 sets 8 dead lifts or seated leg curls (heavy)
60 flights on StairMaster

DAY 4

½ mile walk/jog, 30 air squats
4 sets of 8 weighted squats or leg press (heavy)
4 sets of 10 calf raises
65 flights on StairMaster

WEEK 4 — August 31-September 6

DAY 1

50 air squats
60 flights on StairMaster

DAY 2

55 air squats
70 flights on StairMaster

DAY 3

55 air squats
80 flights on StairMaster

DAY 4

50 air squats
90 flights on StairMaster

September 11-14, 2026 - 110 flights on StairMaster!