

FOUR WEEK TRAINING & FUNDRAISING PLAN

WEEK 1

Stair Climbing
3x3 stair flight ascents with 60secs rest between sets

Post the link to your fundraising page on social media - and tag @LBCNZ!

Cross Training
30 min workout of your choice

Plan an activity to raise funds - bake sales, BBQs and quiz nights work well.

Stair Climbing
3x4 stair flight ascents with 60secs rest between sets

Ask your local businesses to donate goods to raffle off.

Long Distance
Cycle, walk, or jog for 30-45 mins

WEEK 2

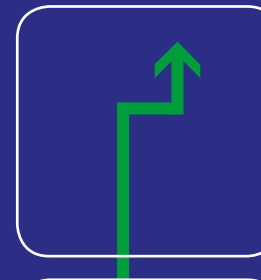
Stair Climbing
3x5 stair flight ascents with 60secs rest between sets

Check if you can put posters up at your workplace or school.

Cross Training
35 min workout of your choice



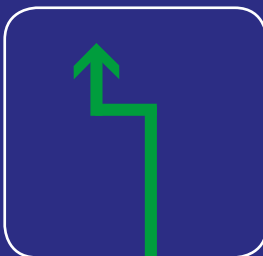
Stair Climbing
3x5 stair flight ascents with 60secs rest between sets



Challenge a friend to take part in Stadium Climb - winner shouts dinner!

WEEK 3

Stair Climbing
3x6 stair flight ascents with 60secs rest between sets



Cross Training
40 min workout of your choice

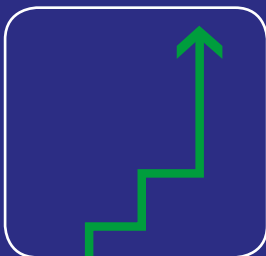
Ask your friends to join you for a training session - for a donation!

Stair Climbing
3x6 stair flight ascents with 60secs rest between sets

Send a text to your family and friends asking them to support you.

Long Distance
Cycle, walk, or jog for 30-45 mins

WEEK 4



Cross Training
30 min workout of your choice

Make sure your offline donations have been banked.

Stair Climbing
3x3 stair flight ascents with 60secs rest between sets

Easy Walk
20-30 mins

Share a social post about the event tomorrow, and thank your supporters!

