

TSIC ARTHURS SEAT CHALLENGE TRAINING PLAN: BEGINNER LEVEL

Week starting	M	T	W	T	F	S	S
Mon 2 Sep	Strength	Rest	Interval 10 min 30s fast/90s	Strength	Tempo 15 min	Rest	Long run 20 min
Mon 9 Sep	Strength	Rest	Hill walks 2 x 400m	Rest	Tempo 17 min	Rest	Long run 25 min
Mon 16 Sep	Strength	Rest	Interval 10 min 30s fast/45s	Strength	Tempo 20 min	Rest	Long run 30 min
Mon 23 Sep	Strength	Rest	Hill walks 3 x 400m	Rest	Tempo 22 min	Rest	Long run 35 min
Mon 30 Sep DELOAD WEEK	Strength	Rest	Interval 10 min 30s fast/90s	Strength	Tempo 15 min	Rest	Long run 20 min
Mon 7 Oct	Strength	Rest	Hill walks 4 x 400m	Rest	Tempo 25 min	Rest	Long run 40 min
Mon 14 Oct	Strength	Rest	Interval 12 min 30s fast/30s	Strength	Tempo 27 min	Rest	Long run 45 min
Mon 21 Oct	Strength	Rest	Hill walks 5 x 400m	Rest	Tempo 30 min	Rest	Long run 50 min
Mon 28 Oct	Strength	Rest	Interval 14 min 30s fast/30s	Rest	Tempo 33 min	Rest	Long run 55 min
Mon 4 Nov RACE WEEK	Strength	Rest	Rest	20-min walk	Rest	Rest	<u>RACE DAY</u>