

## TSIC ARTHURS SEAT CHALLENGE TRAINING PLAN: INTERMEDIATE LEVEL

Week starting	M	T	W	T	F	S	S
<b>Mon 2 Sep</b>	Strength	Rest	Hill run 2 x 400m	Strength	Tempo 20 min	Rest	Long run 30 min
<b>Mon 9 Sep</b>	Strength	Rest	Hill run 2 x 400m	Strength	Tempo 22 min	Rest	Long run 33 min
<b>Mon 16 Sep</b>	Strength	Rest	Hill run 3 x 400m	Strength	Tempo 24 min	Rest	Long run 36 min
<b>Mon 23 Sep</b>	Strength	Rest	Hill run 4 x 400m	Strength	Tempo 22 min	Rest	Long run 40 min
<b>Mon 30 Sep DELOAD WEEK</b>	Strength	Rest	Rest	Strength	Tempo 20 min	Rest	Long run 30 min
<b>Mon 7 Oct</b>	Strength	Rest	Hill run 5 x 400m	Strength	Tempo 24 min	Rest	Long run 44 min
<b>Mon 14 Oct</b>	Strength	Rest	Hill run 6 x 400m	Strength	Tempo 26 min	Rest	Long run 48 min
<b>Mon 21 Oct</b>	Strength	Rest	Hill run 7 x 400m	Strength	Tempo 30 min	Rest	Long run 53 min
<b>Mon 28 Oct</b>	Strength	Rest	Hill run 2 x (4 x 400m)	Strength	Long run 57 min	Rest	Rest
<b>Mon 4 Nov RACE WEEK</b>	Strength	Tempo 20 min	Rest	Tempo 20 min	Rest	Rest	<b>RACE DAY</b>