



PRIOR TO BEGINNING THE PROGRAM

Try to plan your training sessions around your weekly commitments, to give yourself a better opportunity of being able to complete your sessions with consistency. It is not recommended to skip sessions or add sessions back to back if you miss one. The emphasis should be on progressive gradual overload in distance, intensity and frequency of session, which our beginner and intermediate programs offer. Ensure you wear comfortable clothing and suitable, supportive footwear.

INJURY AND ILLNESS

It is recommended to consult with your doctor or other allied health professionals prior to starting any physical activity program. If during the program you become injured or ill it is advised to have a short break and recover. You may need to adjust your training depending on the length of time off. If your injury or illness persists please consult with your doctor or physiotherapist to establish the cause and they can advise you on the management of your symptoms and when to return to your training.

WARM-UP AND COOL-DOWN

It is recommended all sessions begin with an adequate warm up which should include large muscle group action movements for about 5 – 8 minutes, easy walking or light jogging mixed up, include some walking backwards, side stepping, butt kicks, knee lifts, calf raises, stride throughs etc. A cool-down may also be beneficial to help return your breathing and heart rate to resting levels. This can be done by exercising at a low intensity for a short period of time. This is the perfect opportunity to finish off with some stretching, which may help reducing muscle soreness the next day. Include stretches for hamstrings, quadriceps, hip flexors, gluteal, calf muscles and lower back. Hold each stretch for 20–30 seconds.

Arthurs Seat Challenge TRAINING PROGRAM - **The Sports Injury Clinic**

RUNNING COURSE

The course is challenging 6.7km with a 3.2km climb with an average gradient of 8.2%, with the peak climb being 9.5%!



TYPES OF TRAINING SESSIONS

- **Hill run/walk:** this session is designed to get your body accustomed to the hilly nature of the event, and will assist with improving the strength through your lower extremity
- **Interval run/walk (beginner):** this session is designed to improve your race speed. For beginners, this session is in preparation for hills later in the program
- **Tempo:** this session is designed to improve your body's resistance to fatigue and improve speed
- **Long run:** this session is designed to condition your body to running for the amount of time you will be running on race day. Speed is not a factor in these sessions, and should be run at a comfortable pace
- **Rest days:** A good opportunity to do other lifestyle activities. You could do some cross training using alternative muscles movement, activities such as easy cycling, swimming, stretching, walking or yoga

The beginner and intermediate running programs have been written as a general guide only to help you prepare for the event. It does not take into account individual circumstances and conditioning levels. If you would like a specific training program, please consult with an Accredited Exercise Physiologist at The Sports Injury Clinic to maximise your preparation.

- **Strength training:** the Arthurs Seat Challenge will be demanding on your lower body, especially during the 3.2km climb. Therefore, you will need to focus on strengthening your quadriceps, gluteals, hamstrings and calf muscles as well as your trunk. This will maximise your ability to climb the mountain with good efficiency