

London Landmarks Skyscraper Challenge

Tower Running Intermediate Training Plan



Introduction

- The intermediate training plan is for those who exercise regularly or have competed in tower run climbs before.
- The training plan covers a period of 16 weeks. 16 weeks out from the event starts w/c 22nd May.

How the Training Plan Works

- The plan combines a mixture of **cardio**, **step climbing**, **strength conditioning** and **rest**.
- **Monday, Wednesday and Saturday** involve **cardio** work. **Tuesday** focuses on **step climbing**. **Thursday** is all about **strength exercises**. **Friday and Sunday** are the all-important **rest days**.
- Training consistently is important, but we understand it's not always possible to follow the plan exactly. Aim to achieve at least 3 sessions per week, including 1 cardio and 1 stretching exercise.
- Warming up and down after your training is important to help prevent injury and ensure you perform to the best of your ability.
- Speak to your GP if you are unsure about starting this training plan or you develop an injury.

Training Plan Terminology Explained

- *Cardio at easy intensity*: this can be a walk, jog, bike ride or cross trainer at an intensity of 5-6/10.
- *Cardio at moderate intensity*: this can be a walk, jog, bike ride or cross trainer at an intensity of 6-7/10.
- *Cardio at high intensity*: this can be a walk, jog, bike ride or cross trainer at an intensity of 7-8/10.
- *Stair climb*: climb a set of at least 10 stairs, with a 30 second break between each set.
- *Strength 1 exercises*: these are a series of strengthening exercises for the first 1-8 weeks that can be found in the training section of the website.
- *Strength 2 exercises*: these are a series of strengthening exercises for the first 9-16 weeks that can be found in the training section of the website.

Best of luck with your training and we can't wait to see you on event day!

Weeks 1 & 2	
Monday	Cardio at moderate intensity for 30 mins
Tuesday	Jog or fast walk for 20 mins. Stair climb x 20
Wednesday	Cardio at moderate intensity for 30 mins
Thursday	Strength training from strength 1 exercises
Friday	Rest and stretch
Saturday	Intervals: jog for 10 mins, run for 1.5 mins, 30 sec rest x 10 Walk for 5 mins
Sunday	Rest and stretch

Weeks 3 & 4	
Monday	Cardio at moderate intensity for 35 mins
Tuesday	Jog or fast walk for 15 mins. Stair climb x 25
Wednesday	Cardio at moderate intensity for 35 mins
Thursday	Strength training from strength 1 exercises
Friday	Rest and stretch
Saturday	Intervals: jog for 10 mins, run for 1.5 mins, 30 sec rest x 12 Walk for 5 mins
Sunday	Rest and stretch

Weeks 5 & 6	
Monday	Cardio at moderate intensity for 45 mins
Tuesday	Jog or fast walk for 20 mins Stair climb x 25 Walk or jog 5 mins
Wednesday	Week 5: walk for 30 mins Week 6: Cardio at moderate intensity for 45 mins
Thursday	Strength training from strength 1 exercises
Friday	Rest and stretch
Saturday	Intervals: jog for 10 mins, run for 45 secs, 15 secs rest x 4. Repeat 4 times with 2 mins rest in between Walk for 5 mins
Sunday	Rest and stretch

Weeks 7 & 8	
Monday	Cardio at moderate intensity for 30 mins Add in Thursday's strength training
Tuesday	Jog or fast walk for 15 mins. Stair climb x 15 Walk or jog for 10 mins
Wednesday	Cardio at moderate intensity for 30 mins
Thursday	Strength training from strength 1 exercises
Friday	Rest and stretch
Saturday	Intervals: jog for 10 mins, run for 45 secs, 15 secs rest x 6. Repeat 4 times with 1 min rest in between. Walk for 5 mins
Sunday	Rest and stretch

Weeks 9 & 10	
Monday	Cardio at moderate intensity for 35 mins Add in Thursday's strength training
Tuesday	Jog or fast walk for 15 mins. Stair climb x 15 Jog or run for 10 mins
Wednesday	Week 9: Cardio at moderate intensity for 35 mins Week 10: walk for 30 mins
Thursday	Strength training from strength 2 exercises
Friday	Rest and stretch
Saturday	Intervals: jog for 10 mins, run for 2 mins, 30 secs rest x 4. Repeat 2 times with 2 min rest in between
Sunday	Rest and stretch

Weeks 11 & 12	
Monday	Cardio at moderate intensity for 40 mins Add in Thursday's strength training
Tuesday	Jog or fast walk for 20 mins. Stair climb x 20 Jog or run for 10 mins
Wednesday	Cardio at moderate intensity for 40 mins
Thursday	Strength training from strength 2 exercises
Friday	Rest and stretch
Saturday	Intervals: jog for 10 mins, run for 2 mins, 30 secs rest x 4. Repeat 2 times with 1 min rest in between
Sunday	Rest and stretch

Weeks 13 & 14	
Monday	Cardio at moderate - high intensity for 35 mins Add in Thursday's strength training
Tuesday	Jog or fast walk for 30 mins. Stair climb x 20 Jog or run for 10 mins
Wednesday	Cardio at moderate - high intensity for 35 mins
Thursday	Strength training from strength 2 exercises
Friday	Rest and stretch
Saturday	Intervals: jog for 10 mins, run for 1 min, jog for 1 min x 10. Repeat 2 times with 2 min rest in between
Sunday	Rest and stretch

Weeks 15 & 16	
Monday	Cardio at moderate – high intensity for 40 mins Add in Thursday's strength training
Tuesday	Jog or fast walk for 30 mins. Stair climb x 30. Jog or run for 10 mins
Wednesday	Week 15: walk for 30 mins Week 16: cardio at moderate for 40 mins
Thursday	Strength training from strength 2 exercises
Friday	Rest and stretch
Saturday	- Intervals: jog for 10 mins, run for 1 min, jog for 1 min x 10. Repeat 2 times with 1 min rest in between
Sunday	Rest and stretch