

# Training plans



## Key

### Strides

Short 20 second relaxed sprints, focusing on tall posture and a fast smooth turnover of steps. Run five to six with a jog/walk back to your starting position after each one.

### Short hills

A steep climb that takes 30–40 seconds to run up. Run these at a fast pace/effort. Walk back to the bottom after each one.

### Long hills

A climb that takes 60–80 seconds to run up. More of a grind – run these at steady pace/effort. Slowly jog back to the bottom after each one.

### Stair session 1

Requires about 10 flights of stairs, or stairs which take at least one minute to climb. Run for one minute at a steady pace, walk all the way back down (take at least two minutes rest).

### Stair session 2

Requires 10 flights of stairs. Run three flights of stairs at a fast pace, turn and walk back down two, before turning and running up another three. Follow this pattern until you reach 10 flights (five surges), before walking all the way back to the bottom. This counts as one round. If the flights are too short try to walk up the stairs for 30 seconds, then walk back down for 30 seconds, five times (one round).

### Strength – core

60 seconds of each of these six exercises in turn = one round. See plan for number of rounds. (Video: [Let's Get Running Core Workout](#))

### Strength – legs

10–15 repetitions of each of these six exercises in turn = one round. (If in the gym, substitute leg press for squats or lunges). (Video: [Runners Conditioning Workout](#))

### Interval sessions

Periods of short, intense exercise followed by periods of rest or recovery. These workouts will help to improve your endurance, coordination and motivation.

### Tempo intervals

A run at a pace slightly above your comfort zone, sandwiched between a warmup and cooldown. The benefits include improved focus, race simulation, and mental strength.

### Fartlek

Swedish for 'speed play', these sessions vary speed between periods of moderate, continuous running with periods of faster, more intense efforts, to improve your speed and stamina.

### Run Gear 1 (G1)

Easy conversation pace, if you aren't able to talk, slow down!

### Gear 2 (G2)

Breathing starts to get a little more strained but you can still manage a short sentence. Comfortably hard or 70% effort.

### Gear 3 (G3)

Breathing is deep but rhythmical – working hard; 75% to 80% effort. For more experienced runners this would be roughly 5k race pace.

### Gear 4 (G4)

Hard running – could say a word or so. Less control over breathing. Probably only maintain this for five minutes before slowing down significantly. Feel the lactic burn! 85% effort.

### Gear 5 (G5)

Flat out sprinting. Wouldn't be able to speak at all! 10–20 seconds all out effort.

# Vertical Rush

932 steps | 42 floors  
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## Getting started

Week	Mon	Tue	Wed	Thur	Fri	Sat	Sun
1	20 mins @ G1	Rest	20 mins @ G1	Rest	Rest	Strength session – legs	Rest
2	30 mins @ G1	Rest	20 mins @ G1 + strides	Rest	Rest	Strength session – core	Rest
3	35 mins @ G1	Rest	Long hills session, 6 reps	Rest	Rest	Strength session – legs x 2	Rest
4	45 mins @ G1	Rest	Interval session: 8 x 90 secs in G3 with 90 secs slow jog recovery	Rest	Strength session – legs x 2	5km ParkRun! Visit <a href="http://ParkRun.com">ParkRun.com</a> to find your local run	Rest
5	40 mins @ G1	Rest	Stair session 2, 2–3 rounds	Rest	Tempo intervals: 3 x 9 mins @ G2 with 3 mins jog recovery	Strength session – core x 2	Rest
6	40 mins @ G1	Rest	Stair session 1, 4 reps	Rest	40 mins @ G1	Strength session – legs x 3	Rest
7	35 mins @ G1	Rest	Speed interval session: 8 x 45 secs G4, 3 mins rest in between each	Rest	Rest	Strength session – core x 3	Rest
8	20 mins @ G1	Rest	Optional 15 mins @ G1	<b>Race Day!</b>	Rest	Rest	Rest

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## Already taking the stairs

Week	Mon	Tue	Wed	Thur	Fri	Sat	Sun
1	30 mins @ G1	Rest	30 mins @ G1	Rest	Progression: 20 mins @ G1, 10mins @ G2, 5 mins @ G3	Strength session – legs x 2	Rest
2	40 mins @ G1	Rest	Short hills session, 6 reps	Rest	Fartlek: 20 mins @ G1, 5 mins @ G3, 3 mins @ G1, 5 mins @ G3, 10mins @ G1	Strength session – core x 2	Rest
3	45 mins @ G1	Rest	Long hills session, 8 reps	Rest	Rest	Strength session – legs x 3	Rest
4	55 mins @ G1	Rest	Speed interval session: 5 x (run 75 secs, rest 45 secs, run 45 secs) Rest for 4–5 mins between each set. Run intervals in G4	Rest	Strength session – legs x 3	5km ParkRun! Visit <a href="http://ParkRun.com">ParkRun.com</a> to find your local run	Rest
5	50 mins @ G1	Rest	Stair session 2, 4 rounds	Rest	Interval session: 3 x (3 min 30 run @ G3, 2 min rest, 2 min 30 run @ G3, 1 min 30 rest, 1 min run @ G4) Then take only 45 secs rest between each round!	Strength session – core x 3	Rest
6	50 mins @ G1	Rest	Stair session 1, 8 reps	Rest	Fartlek: 20 mins @ G1, 15 mins @ G3, 10 mins @ G1	Strength session – legs x 3	Rest
7	40 mins @ G1	Rest	Speed interval session: repeat week 4	Rest	35 mins @ G1	Strength session – core x 4	Rest
8	30 mins @ G1	Rest	Optional – 20 mins @ G1	<b>Race Day!</b>	Rest	Rest	Rest

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## Feeling brave

Week	Mon	Tue	Wed	Thur	Fri	Sat	Sun
1	40 mins @ G1	Rest	35 mins @ G1 + strides	Rest	Progression: 20 mins @ G1, 10 mins @ G2, 5 mins @ G3	Strength session – legs x 2	Rest
2	50 mins @ G1	Rest	Short hills session, 8 reps	Rest	Fartlek: 25 mins @ G1, 5 mins @ G2, 3 mins @ G1, 5 mins @ G3, 3 mins @ G1, 5 mins @ G3, 10 mins @ G1	Strength session – core x 3	Optional 40 mins @ G1
3	60 mins @ G1	Rest	Long hills session, 8 reps	Rest	Rest	Strength session – legs x 3	Rest
4	70 mins @ G1	Rest	Speed interval session: 6 x (run 75 secs, rest 45 secs, run 45 secs) Rest for 4 mins between each set. Run intervals @ G4	Rest	Strength session – legs x 4	5km ParkRun! Visit <a href="http://ParkRun.com">ParkRun.com</a> to find your local run	Optional 40 mins @ G1
5	70 mins @ G1	Rest	Stair session 2, 5 rounds	Rest	Interval session: 3 x (4 min run @ G3, 2 min rest, 3 min run @ G3, 1 min 30 rest, min run @ G4) Then take only 45 secs rest between each round!	Strength session – core x 4	Optional 50 mins @ G1
6	70 mins @ G1	Rest	Stair session 1, 10 reps	Rest	Fartlek: 20 mins @ G1, 20 mins @ G3, 10 mins @ G1	Strength session – legs x 4	Optional 40 mins @ G1 + strides
7	50 mins @ G1	Rest	Speed interval session: repeat week 4	Rest	40 mins @ G1	Strength session – core x 2	Rest
8	30 mins @ G1	Rest	Optional – 20 mins @ G1	<b>Race Day!</b>	Rest	Rest	Rest

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Shelter