



Tuwaiq Hope Trail Race 2022
20 KM Training Plan

Week	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Week 1 (28/08 – 03/09)	Rest	5 km run	3 km run or cross	5 km run	Rest	30 min cross	6 km run
Week 2 (04/09 – 10/09)	Rest	5 km run	3 km run or cross	5 km run	Rest	30 min cross	6 km run
Week 3 (11/09 – 17/09)	Rest	6 km run	3 km run or cross	6 km run	Rest	40 min cross	8 km run
Week 4 (18/09 – 24/09)	Rest	6 km run	3 km run or cross	6 km run	Rest	40 min cross	8 km run
Week 5 (25/09 – 01/10)	Rest	6 km run	3 km run or cross	6 km run	Rest	40 min cross	10 km run
Week 6 (02/10 – 08/10)	Rest	6 km run	3 km run or cross	6 km run	Rest or easy run	50 min cross	10 km run
Week 7 (09/10 – 15/10)	Rest	7 km run	5 km run or cross	7 km run	Rest	50 min cross	11 km run
Week 8 (16/10 – 22/10)	Rest	7 km run	5 km run or cross	7 km run	Rest	50 min cross	13 km run
Week 9 (23/10 – 29/10)	Rest	8 km run	5 km run or cross	8 km run	Rest or easy run	60 min cross	14 km run
Week 10 (30/10 – 05/11)	Rest	8 km run	5 km run or cross	8 km run	Rest	60 min cross	16 km run
Week 11 (06/11 – 12/11)	Rest	8 km run	5 km run or cross	8 km run	Rest	60 min cross	10 km run
Week 12 (13/11 – 19/11)	Rest	6 km run	5 km run or cross	3 km run	Rest	Rest	Tuwaiq Hope 20