



Adventure Racing Training Plan

ENDURANCE

Sixteen Week Plan

PERSONAL NOTES

TRAINING LEVEL: INTERMEDIATE

Week	Day	Disciplines	Details	Pacing
Week 1	Monday	Rest	Stretch and recover	
	Tuesday	Run	30 minutes	Easy pace
	Wednesday	Bike	60 minutes	Moderate pace
	Thursday	Run	30 minutes	Easy pace
	Friday	Bike	45 minutes	Moderate pace
	Saturday	Bike	60 minutes	Trails
	Sunday	Run	30 minutes	Trails
Week 2	Monday	Rest	Stretch and recover	
	Tuesday	Run	30 minutes	Easy pace
	Wednesday	Bike	60 minutes	Moderate pace
	Thursday	Run	30 minutes	Easy pace
	Friday	Bike	60 minutes	Moderate pace
	Saturday	Bike	60 minutes	Trails
	Sunday	Run	30 minutes	Trails
Week 3	Monday	Rest	Stretch and recover	
	Tuesday	Run	40 minutes	Moderate pace
	Wednesday	Bike	60 minutes	Moderate pace
	Thursday	Run	30 minutes	Easy pace
	Friday	Bike	60 minutes	Trails
	Saturday	Bike	70 minutes	Trails;
	Sunday	Run	30 minutes	Trails
Week 4	Monday	Rest	Stretch and recover	
	Tuesday	Run	30 minutes	Easy pace
	Wednesday	Bike	45 minutes	Easy pace
	Thursday	Run	20 minutes	Easy pace
	Friday	Bike	30 minutes	Moderate pace
	Saturday	Bike	60 minutes	Trails; light pack
	Sunday	Run	30 minutes	Trails; light pack
Week 5	Monday	Rest	Stretch and recover	
	Tuesday	Run	45 minutes	Moderate pace
	Wednesday	Bike	60 minutes	Moderate pace
	Thursday	Run	45 minutes	Easy pace
	Friday	Bike	60 minutes	Moderate pace
	Saturday	Run	45 minutes	Trails
	Sunday	Bike	1 hour 30 minutes	Trails
Week 6	Monday	Rest	Stretch and recover	
	Tuesday	Run	45 minutes	Moderate pace
	Wednesday	Bike	60 minutes	Moderate pace
	Thursday	Run	25 minutes	Easy pace
	Friday	Bike	60 minutes	Moderate pace
	Saturday	Run	60 minutes	Trails
	Sunday	Bike	1 hour 45 minutes	Trails
Week 7	Monday	Rest	Stretch and recover	
	Tuesday	Run	45 minutes	Moderate pace
	Wednesday	Bike	60 minutes	Moderate pace
	Thursday	Run	25 minutes	Easy pace
	Friday	Bike	60 minutes	Moderate pace
	Saturday	Run	60 minutes	Trails
	Sunday	Kayak	1 hour 30 minutes	Work on forward stroke
	Bike	2 hours	Challenging pace	



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Week 7	Day	Disciplines	Details	Pacing
	Monday	Rest	Stretch and recover	
	Tuesday	Run	45 minutes	Moderate pace
	Wednesday	Bike	60 minutes	Moderate pace
	Thursday	Run	45 minutes	Moderate pace
	Friday	Bike	60 minutes	Moderate pace
	Saturday	Run	60 minutes	Trails
		Bike	2 hours	Trails
	Sunday	Bike	2 hours 30 minutes	Trails

Week 8	Day	Disciplines	Details	Pacing
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This week is designed as an off week to let your body recover feel free to change the activities to stuff like 5-A-Side, swimming, climbing etc.

	Monday	Rest	Stretch and recover	
	Tuesday	Run	20 minutes	Easy pace
	Wednesday	Bike	30 minutes	Easy pace
	Thursday	Run	20 minutes	Easy pace
	Friday	Bike	45 minutes	Easy pace
	Saturday	Bike	50 minutes	Easy pace
	Sunday	Run	30 minutes	Easy pace

Week 9	Day	Disciplines	Details	Pacing
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	Monday	Rest	Stretch and recover	
	Tuesday	Run	60 minutes	Challenging pace
	Wednesday	Bike	40 minutes	Challenging pace
	Thursday	Run	45 minutes	Moderate pace
	Friday	Bike	45 minutes	Moderate pace
	Saturday	Run	40 minutes	Trails
		Bike	1 hour 90 minutes	Trails
	Sunday	Bike	1 hour 30 minutes	Trails

Week 10	Day	Disciplines	Details	Pacing
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	Monday	Rest	Stretch and recover	
	Tuesday	Run	30 minutes	Challenging pace
	Wednesday	Bike	60 minutes	Moderate pace
	Thursday	Run	30 minutes	Moderate pace
	Friday	Bike	45 minutes	Moderate pace
	Saturday	Run	20 minutes	Trails
		Bike	45 minutes	Trails
	Sunday	Run	60 minutes	Trails
		Kayak	60 minutes	Work on forward stroke
		Bike	2 hours	Trails

Week 11	Day	Disciplines	Details	Pacing
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	Monday	Rest	Stretch and recover	
	Tuesday	Run	45 minutes	Speed training;
	Wednesday	Bike	1 hour	Moderate pace
	Thursday	Run	45 minutes	Moderate pace
	Friday	Bike	45 minutes	Easy pace
	Saturday	Run	30 minutes	Trails;
		Bike	2 hours	Trails - speed work
			4min sprint 2 min recovery x 5 sets	
	Sunday	Bike	2 hours	Trails

Week 12	Day	Disciplines	Details	Pacing
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Another rest week so go out and enjoy it!

	Monday	Rest	Stretch and recover	
	Tuesday	Run	20 minutes	Easy pace
	Wednesday	Bike	45 minutes	Easy pace
	Thursday	Run	20 minutes	Moderate pace
	Friday	Bike	35 minutes	Easy pace
	Saturday	Run	20 minutes	
	Sunday	Bike	45 minutes	Trails



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Week	Day	Disciplines	Details	Pacing
Week 13	Monday	Rest	Stretch and recover	
	Tuesday	Run	45 minutes	Challenging pace
	Wednesday	Bike	60 minutes	Challenging pace
	Thursday	Run	45 minutes	Moderate pace
	Friday	Bike	45 minutes	Moderate pace
	Saturday	Run	30 minutes	Trails
		Bike	2 hour 30 minutes	Trails
	Sunday	Run	60 minutes	Trails
Week 14	Monday	Rest	Stretch and recover	
	Tuesday	Run	30 minutes	Challenging pace
	Wednesday	Bike	60 minutes	Moderate pace
	Thursday	Run	30 minutes	Moderate pace
	Friday	Bike	45 minutes	Moderate pace
	Saturday	Run	45 minutes	Trails
		Bike	3 hours	Trail
	Sunday	Run	45 minutes	Trails
		Bike	1 hour 30 minutes	Trail
	Week 15	Monday	Rest	Stretch and recover
Tuesday		Run	40 minutes	Moderate
Wednesday		Bike	45 minutes	Moderate pace
Thursday		Run	25 minutes	Moderate pace
Friday		Bike	35 minutes	Easy pace
Saturday		Run	25 minutes	Trails
		Bike	60 minutes	Trails
Sunday		Run	45 minutes	Trails
Week 16	Monday	Rest	Stretch and recover	
	Tuesday	Run	30 minutes	Moderate
	Wednesday	Bike	30 minutes	Moderate pace
	Thursday	Rest		
	Friday	Rest		
	Saturday	Race!		
	Sunday			