



Adventure Racing Training Plan

SPRINT DISTANCE RACES

Twelve Week Plan

PERSONAL NOTES

Record how you feel after each session so progress can be measured

TRAINING LEVEL: BEGINNER

Week	Day	Disciplines	Details	Pacing	Personal Notes
Week 1	Monday	Rest	Stretch and recover		
	Tuesday	Run	18 minutes	Easy pace	
	Wednesday	Bike	30 minutes	Moderate pace	
	Thursday	Run	18 minutes	Easy pace	
	Friday	Bike	30 minutes	Moderate pace	
	Saturday	Bike	45 minutes	Off road trails (if possible)	
	Sunday	Run	34 minutes	Off road trails	
Week 2	Monday	Rest	Stretch and recover		
	Tuesday	Run	20 minutes	Easy pace	
	Wednesday	Bike	35 minutes	Moderate pace	
	Thursday	Run	20 minutes	Easy pace	
	Friday	Bike	35 minutes	Moderate pace	
	Saturday	Bike	50 minutes	Wear light pack	
	Sunday	Run	36 minutes	Off road trails - wear light pack	
Week 3	Monday	Rest	Stretch and recover		
	Tuesday	Run	22 minutes	Moderate pace	
	Wednesday	Bike	40 minutes	Moderate pace	
	Thursday	Run	22 minutes	Easy pace	
	Friday	Bike	40 minutes	Moderate pace	
	Saturday	Bike	55 minutes	Wear light pack	
	Sunday	Run	38 minutes	Off road trails - wear light pack	
Week 4	Monday	Rest	Stretch and recover		
	Tuesday	Run	18 minutes	Easy pace	
	Wednesday	Bike	30 minutes	Easy pace	
	Thursday	Run	18 minutes	Easy pace	
	Friday	Bike	30 minutes	Moderate pace	
	Saturday	Bike	45 minutes	Wear light pack	
	Sunday	Run	33 minutes	Off road trails - wear light pack	
Week 5	Monday	Rest	Stretch and recover		
	Tuesday	Run	20 minutes	Easy pace	
	Wednesday	Bike	35 minutes	Easy pace	
	Thursday	Run	20 minutes	Easy pace	
	Friday	Bike	35 minutes	Moderate pace	
	Saturday	Run	18 minutes	Wear race gear with race pack	
	Sunday	Bike	50 minutes	Off road - Wear race gear with race pack	
Week 6	Monday	Rest	Stretch and recover		
	Tuesday	Run	20 minutes	Moderate pace	
	Wednesday	Bike	35 minutes	Moderate pace	
	Thursday	Run	20 minutes	Easy pace	
	Friday	Bike	35 minutes	Moderate pace	
	Saturday	Run	18 minutes	Wear race gear with race pack	
	Sunday	Bike	50 minutes	Work on forward stroke	
	Run	18 minutes	Challenging pace		



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Week	Day	Disciplines	Details	Pacing
Week 7	Monday	Rest	Stretch and recover	
	Tuesday	Run	23 minutes	Moderate pace
	Wednesday	Bike	40 minutes	Moderate pace
	Thursday	Run	23 minutes	Moderate pace
	Friday	Bike	40 minutes	Moderate pace
	Saturday	Run	18 minutes	Wear race gear with light pack
		Bike	60 minutes	
	Sunday	Run	36 minutes	Run challenging pace with light pack
Week 8	Monday	Rest	Stretch and recover	
	Tuesday	Run	18 minutes	Easy pace
	Wednesday	Bike	30 minutes	Easy pace
	Thursday	Run	18 minutes	Easy pace
	Friday	Bike	30 minutes	Easy pace
	Saturday	Run	18 minutes	Wear race gear/light pack - Easy pace
		Bike	50 minutes	
	Sunday	Run	32 minutes	Easy pace with race gear
Week 9	Monday	Rest	Stretch and recover	
	Tuesday	Run	22 minutes	Challenging pace
	Wednesday	Bike	40 minutes	Challenging pace
	Thursday	Run	22 minutes	Moderate pace
	Friday	Bike	40 minutes	Moderate pace
	Saturday	Run	18 minutes	Race gear, light pack
		Bike	60 minutes	challenging pace
	Sunday	Run	38 minutes	Race gear, light pack challenging pace
Week 10	Monday	Rest	Stretch and recover	
	Tuesday	Run	23 minutes	Challenging pace
	Wednesday	Bike	40 minutes	Challenging pace
	Thursday	Run	24 minutes	Moderate pace
	Friday	Bike	40 minutes	Moderate pace
	Saturday	Run	18 minutes	Race gear, light pack
		Bike	65 minutes	challenging pace
	Sunday	Run	41 minutes	Race gear, light pack challenging pace
		Kayak	60 minutes	Work on forward stroke
Week 11	Monday	Rest	Stretch and recover	
	Tuesday	Run	25 minutes	Moderate pace
	Wednesday	Bike	45 minutes	Moderate pace
	Thursday	Run	26 minutes	Moderate pace
	Friday	Bike	45 minutes	Easy pace
	Saturday	Run	18 minutes	Race gear, light pack
		Bike	70 minutes	challenging pace
	Sunday	Run	40 minutes	Race gear, light pack moderate pace
Week 12	Monday	Rest	Stretch and recover	
	Tuesday	Run	15 minutes	Easy pace
	Wednesday	Bike	22 minutes	Easy pace
	Thursday	Run	16 minutes	Relaxed pace and stretching
	Friday			Stretching
	Saturday	RACE!	GOOD LUCK!	
	Sunday			



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NOTES

Relaxed pace - Is a pace that is a bit above jogging but something that you can keep going with for a long time. It should be fast enough to make you sweat yet not unduly tire you out. (In Heart Rate monitors it should be around 55-65% of max)

Moderate pace - A faster pace which forces you to work harder and when you come back you should feel tired. (In HR monitors it should be around 65-75% of max)

Challenging pace - This is above race pace and should be fast enough that by the end of the run/bike you aren't able to continue. (About 75-85% of max)

Race gear - refers to what you will be wearing on race days so you can get used to it.

Light pack - Is a light backpack /bum bag with some water and food in it, performs two functions of getting you used to eating on the go and provides extra resistance in the form of more weight.

Kayak - There are two kayak sessions included which will get you to a basic level but feel free to spend more time doing it.

Stretching and recovery - Stretching is vital to keep the body from hurting too much and to prevent injury. Stretch all major muscle groups and spend about half an hour doing this on off days, before and after exercise stretch all muscles for 5-10 minutes. Swimming is also good for stretching the muscles out and while there are differing theories on ice baths, I find a quick dip in the sea after a run works wonders on sore legs.

It is good to record how you feel as you can then see progress and also have a record of the good and bad days, I guarantee the good will outweigh the bad by the end of the program.

Trails - Trails are good as adventure races are mainly off-road, also they offer more varied terrain in going up and down hills and never being very flat. This forces you to change pace all the time, thus making you work harder. If this is not possible then change your pace every couple of minutes rather than doing the whole run at one pace.

Small roads - the same applies on bike where small roads tend to be more up and down thus offering more varied approach to cycling. If this is not possible then make sure to change pace on your bike to work the legs at different intensities.

Above all enjoy it and try to get your friends involved as it is better to go out together and share the fun.
