## Adventure Racing Training Plan

ENDURANCE
Sixteen Week Plan

## TRAINING LEVEL: INTERMEDIATE

| Week 1 | Day | Disciplines | Details | Pacing |
| :---: | :---: | :---: | :---: | :---: |
|  | 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 | Day | Disciplines | Details | Pacing |
|  | 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 |
|  |  | Run | 30 minutes | Trails |
|  | Sunday | Run | 45 minutes | Trails |
| Week 3 | Day | Disciplines | Details | Pacing |
|  | 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; |
|  |  | Run | 30 minutes | Trails |
|  | Sunday | Run | 60 minutes | Trails |
| Week 4 | Day | Disciplines | Details | Pacing |

This is an off week where your body needs to recover so let it rest easy intensisty but also try some different sports this week

|  | 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 | 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 | Easy pace |
|  | Friday | Bike | 60 minutes | Moderate pace |
|  | Saturday | Run | 45 minutes | Trails |
|  |  | Bike | 1 hour 30 minutes | Trails |
|  | Sunday | Bike | 2 hours | Trails |


| Week 6 | Day | Disciplines | Details | Pacing |
| :--- | :--- | :--- | :--- | :--- |
|  | 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 |  |
|  | Bike | 1 hour 45 minutes | Trails |  |
|  | Sunday | Bike | 1 hour 30 minutes | Work on forward stroke |
|  |  | 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 |
|  | Sunday | Bike | 2 hours | Trails |
|  |  |  | 2 hours 30 minutes | Trails |
|  |  |  |  |  |
|  |  | Disciplines | Details | Pacing |

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 |
|  | 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 |
|  | 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 |
|  | 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 |
|  |  |  | 4 min sprint 2 min re | ery $\times 5$ sets |
|  | Sunday | Bike | 2 hours | Trails |
| Week 12 | Day | Disciplines | Details | Pacing |

Another rest week so go out and enjoy it!

| Monday | Rest | Stretch and recover |  |
| :--- | :--- | :--- | :--- |
| Tuesday | Run | 20 minutes | Easy pace |
| Wednesday | Bike | Run | 45 minutes |

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| Week 13 | Day | Disciplines | Details | Pacing |
| :---: | :---: | :---: | :---: | :---: |
| Week 14 | 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 |
|  | Day | Disciplines | Details | Pacing |
| Week 15 | 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 |
|  | Day | Disciplines | Details | Pacing |
|  | 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 | Day | Disciplines | Details | Pacing |

Race week; hydrate and eat healthy in the last week for optimum performance

| Monday | Rest | Stretch and recover |  |
| :--- | :--- | :--- | :--- |
| Tuesday | Run | 30 minutes | Moderate |
| Wednesday | Bike | 30 minutes | Moderate pace |

