## Adventure Racing Training Plan

ENDURANCE

Sixteen Week Plan



### PERSONAL NOTES

TRAINING LE	VEL: INTERMEDIATE			
Week 1	Day	Disciplines	Details	Pacing
	Monday	Rest	Stretch and recov	er
	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 recov	er
	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
	2	Run	30 minutes	Trails
	Sunday	Run	45 minutes	Trails
Week 3	Day	Disciplines	Details	Pacing
	Monday	Rest	Stretch and recov	er
	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
\A/1-4	Data		Dataila	Design
Week 4	Day	Disciplines	Details	Pacing
week.	rt week where your body h	eeds to recover so let it res	t easy intensisty but also	try some different sports tr
	Monday	Rest	Stretch and recov	er
	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	Biko	60 minutos	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

Bike

Run

Saturday Sunday

Week 6	Day	Disciplines	Details	Pacing
	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
		Bike	1 hour 45 minutes	Trails
	Sunday	Kayak	1 hour 30 minutes	Work on forward stroke
		Bike	2 hours	Challenging pace

60 minutes

30 minutes

Trails; light pack

Trails; light pack



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Sunday Bike

45 minutes

Trails

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	
Maak 9	Day	Disciplines	Details	Pacing	
	limbing etc.	to let your body recover fee	Thee to change the activitie	s to stuff like 5-A-Side,	
	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	
Veek 9	Day	Disciplines	Details	Pacing	
/eek 8 his week is vimming, c /eek 9 /eek 10 /eek 11	Monday	Rest	Stretch and recover		
	Tuesday	Run	60 minutes	Challenging pace	
	Wednesday	Bike	40 minutes	Challenging pace	
	Thursday		45 minutes		
	-	Run		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	
Veek 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	
Veek 11	Day	Disciplines	Details	Pacing	
	Monday	Rest	Stretch and recover		
Veek 9 Veek 10 Veek 11	Tuesday		45 minutes	Speed training;	
	-	Run			
	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 rec		
	Sunday	Bike	2 hours	Trails	
/eek 12	Day	Disciplines	Details	Pacing	
nother rest	week so go out and enjo	y 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 Biko	45 minutos	Trails		



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Week 13	Day	Disciplines	Details	Pacing
	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	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	45 minutes	Trails
		Bike	3 hours	Trail
	Sunday	Run	45 minutes	Trails
		Bike	1 hour 30 minutes	Trail
Veek 15	Day	Disciplines	Details	Pacing
	Monday	Rest	Stretch and recover	
/eek 15	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