

PERSONAL NOTES

Record how you feel after each session so progress can be

Adventure Racing Training Plan

SPRINT DISTANCE RACES

Twelve Week Plan

measured TRAINING LEVEL: BEGINNER Week 1 Day Disciplines Details Pacing Monday Rest Stretch and recover Tuesday Run 18minutes Easy pace Wednesday Bike 30 minutes Moderate pace Thursday Run 18 minutes Easy pace Friday Bike 30 minutes Moderate pace 45 minutes Off road trails (if possible) Saturday Rike Sunday Run 34 minutes Off road trails Week 2 Day Disciplines Details Pacing Monday Rest Stretch and recover Tuesday Run 20 minutes Easy pace Wednesday Bike 35 minutes Moderate pace 20 minutes Thursday Run 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 Disciplines Details Pacing Day Stretch and recover Monday Rest Tuesday Run 22 minutes Moderate pace Wednesday Bike 40 minutes Moderate pace Thursday 22 minutes Run Easy pace Moderate pace Friday Bike 40 minutes Saturday Rike 55 minutes Wear light pack 38 minutes Sunday Run Off road trails - wear light pack Week 4 Disciplines Details Pacing Day Monday Rest Stretch and recover Tuesday Easy pace Run 18 minutes 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 33 minutes Off road trails - wear Sunday Run light pack Disciplines Details Pacing Week 5 Day Monday Rest Stretch and recover 20 minutes Tuesday Run Easy pace Wednesday Bike 35 minutes Easy pace Thursday Run 20 minutes Easy pace Bike 35 minutes Friday Moderate pace Saturday Run 18 minutes Wear race gear with Bike 50 minutes race pack Sunday 36 minutes Off road - Wear race gear Run with race pack Week 6 Day Disciplines Details Pacing Monday Rest Stretch and recover Run 20 minutes Moderate pace Tuesday Wednesday Bike 35 minutes Moderate pace 20 minutes Thursday Run Easy pace Friday Bike 35 minutes Moderate pace Saturday Run 18 minutes Wear race gear with 50 minutes Bike race pack 60 minutes Work on forward stroke Sunday Kavak Run 18 minutes Challenging pace



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Week 8	Monday Tuesday Wednesday Thursday Friday Saturday Sunday Day Monday	Rest Run Bike Run Bike Run Bike Run Bike Run Disciplines	Stretch and recover 23 minutes 40 minutes 23 minutes 40 minutes 18 minutes 60 minutes 36 minutes	Pacing Moderate pace Moderate pace Moderate pace Moderate pace Wear race gear with light pack Run challenging pace	
Week 8	Tuesday Wednesday Thursday Friday Saturday Sunday	Run Bike Run Bike Run Bike Run	23 minutes 40 minutes 23 minutes 40 minutes 18 minutes 60 minutes	Moderate pace Moderate pace Moderate pace Wear race gear with light pack	
Week 8	Tuesday Wednesday Thursday Friday Saturday Sunday	Run Bike Run Bike Run Bike Run	23 minutes 40 minutes 23 minutes 40 minutes 18 minutes 60 minutes	Moderate pace Moderate pace Moderate pace Wear race gear with light pack	
	Wednesday Thursday Friday Saturday Sunday	Bike Run Bike Run Bike Run	40 minutes 23 minutes 40 minutes 18 minutes 60 minutes	Moderate pace Moderate pace Moderate pace Wear race gear with light pack	
: : : : : : : : :	Thursday Friday Saturday Sunday Day	Run Bike Run Bike Run	23 minutes 40 minutes 18 minutes 60 minutes	Moderate pace Moderate pace Wear race gear with light pack	
: : : : : : : :	Friday Saturday Sunday Day	Bike Run Bike Run	40 minutes 18 minutes 60 minutes	Moderate pace Wear race gear with light pack	
: : : : : : :	Saturday Sunday Day	Run Bike Run	18 minutes 60 minutes	Wear race gear with light pack	
: Week 8	Sunday	Bike Run	60 minutes	light pack	
Week 8	Day	Run		= :	
Week 8	Day		36 minutes	Run challenging pace	
		Disciplines			
		Disciplines		with light pack	
		Disciplines	B : "	<u> </u>	
,	Monday		Details	Pacing	
,		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	
			18 minutes		
:	Saturday	Run		Wear race gear/light	
		Bike	50 minutes	pack - Easy pace	
:	Sunday	Run	32 minutes	Easy pace with race	
				gear	
Week 9	Day	Disciplines	Details	Pacing	
	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	
•	Saturday	Bike	60 minutes	challenging pace	
	Complete				
	Sunday	Run	38 minutes	Race gear, light pack	
				challenging pace	
Week 10	Day	Disciplines	Details	Pacing	
	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	
9	Sunday	Run	41 minutes	Race gear, light pack	
				challenging pace	
		Kayak	60 minutes	Work on forward stroke	
Week 11	Day	Disciplines	Details	Pacing	
	Monday	Rest	Stretch and recover		
1	Tuesday	Run	25 minutes	Moderate pace	
		INMIT		Moderate pace	
	-	Dileo	15 minutes	Houerate pace	
	Wednesday	Bike	45 minutes	Madarata	
	Wednesday Thursday	Run	26 minutes	Moderate pace	
,	Wednesday Thursday Friday	Run Bike	26 minutes 45 minutes	Easy pace	
,	Wednesday Thursday	Run Bike Run	26 minutes 45 minutes 18 minutes	Easy pace Race gear, light pack	
	Wednesday Thursday Friday Saturday	Run Bike Run Bike	26 minutes 45 minutes 18 minutes 70 minutes	Easy pace Race gear, light pack challenging pace	
	Wednesday Thursday Friday	Run Bike Run	26 minutes 45 minutes 18 minutes	Easy pace Race gear, light pack	
	Wednesday Thursday Friday Saturday	Run Bike Run Bike	26 minutes 45 minutes 18 minutes 70 minutes	Easy pace Race gear, light pack challenging pace	
	Wednesday Thursday Friday Saturday	Run Bike Run Bike	26 minutes 45 minutes 18 minutes 70 minutes	Easy pace Race gear, light pack challenging pace Race gear, light pack	
Week 12	Wednesday Thursday Friday Saturday Sunday	Run Bike Run Bike Run Disciplines	26 minutes 45 minutes 18 minutes 70 minutes 40 minutes	Easy pace Race gear, light pack challenging pace Race gear, light pack moderate pace	
Week 12	Wednesday Thursday Friday Saturday Sunday Day	Run Bike Run Bike Run Disciplines	26 minutes 45 minutes 18 minutes 70 minutes 40 minutes Details Stretch and recover	Easy pace Race gear, light pack challenging pace Race gear, light pack moderate pace Pacing	
Week 12	Wednesday Thursday Friday Saturday Sunday Day Monday Tuesday	Run Bike Run Bike Run Disciplines	26 minutes 45 minutes 18 minutes 70 minutes 40 minutes Details Stretch and recover 15 minutes	Easy pace Race gear, light pack challenging pace Race gear, light pack moderate pace Pacing Easy pace	
	Wednesday Thursday Friday Saturday Sunday Day Monday Tuesday Wednesday	Run Bike Run Bike Run Disciplines Rest Run Bike	26 minutes 45 minutes 18 minutes 70 minutes 40 minutes Details Stretch and recover 15 minutes 22 minutes	Easy pace Race gear, light pack challenging pace Race gear, light pack moderate pace Pacing Easy pace Easy pace	
	Wednesday Thursday Friday Saturday Sunday Day Monday Tuesday	Run Bike Run Bike Run Disciplines	26 minutes 45 minutes 18 minutes 70 minutes 40 minutes Details Stretch and recover 15 minutes	Easy pace Race gear, light pack challenging pace Race gear, light pack moderate pace Pacing Easy pace Easy pace Relaxed pace and	
Week 12	Wednesday Thursday Friday Saturday Sunday Day Monday Tuesday Wednesday Thursday	Run Bike Run Bike Run Disciplines Rest Run Bike	26 minutes 45 minutes 18 minutes 70 minutes 40 minutes Details Stretch and recover 15 minutes 22 minutes	Easy pace Race gear, light pack challenging pace Race gear, light pack moderate pace Pacing Easy pace Easy pace Relaxed pace and stretching	
Week 12	Wednesday Thursday Friday Saturday Sunday Day Monday Tuesday Wednesday	Run Bike Run Bike Run Disciplines Rest Run Bike	26 minutes 45 minutes 18 minutes 70 minutes 40 minutes Details Stretch and recover 15 minutes 22 minutes	Easy pace Race gear, light pack challenging pace Race gear, light pack moderate pace Pacing Easy pace Easy pace Relaxed pace and	



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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.