Short Course-1 Day Adventure Race **INNOVATIVE FITNESS CANUCK PLACE ADVENTURE CHALLENGE**

Goals:	To prepare smart and safely for a one day multi-sport adventure race consisting of mountain biking, kayaking, and trekking. To incorporate each discipline into your routine progressively Following this program will ensure proper preparation, and enjoyment of the event Weekly training commitment: 3-7 hours, weights workouts should be 60min max

Weeks 1-3

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	22-Jun **FIRST TRAINING** **DEEP COVE** **Intro and Trail Run** **6:30 PM**	rest	run 45min zone 2	rest	self-led, optional kayak 45min zone 2	lsd-bike mostly flat 1.5 hour zone 2-3
rest	full body weights circuit style reps 20 zone 3	30-Jun rest	run 45min zone 2	rest	self-led, optional kayak 45min zone 2	lsd-bike 70min zone 2-3
rest	full body weights circuit style reps 20 zone 3	7-Jul rest	bike 1 hour zone 2	rest	self-led, optional kayak 45min zone 2	**11-Jul** **TRAINER-LED** **KAYAK** **DEEP COVE** **9:00 AM**
rest	full body weights circuit style 15 reps zone 3	14-Jul tempo run 10min zone 2-3 10min zone 4 10min zone 2-3	**15-Jul** **TRAINER-LED** **NORTH VAN** **BIKE TRAINING** **6:30 PM**	rest	lsd-bike mostly flat 1.5 hour zone 2-3	lsd bike 80 minutes zone 2-3

Goals:	Establish base with flat/or road rides (it is easier to control you HR on the road) Bulk of training in zone 2 and 3 to lay foundation to aerobic conditioning Endurance strength achieved through high reps and basic exercises ***Check the website for local clinic dates and times that will run in conjunction with this program Introduce tempo runs, fully utilizing the HR system of training Learn technique and become comfortable in kayak

Weeks 4-7

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
rest	full body weights circuit style 2sets12 zone 3	21-Jul tempo bike** 10min zone 2-3 15min zone 4 10min zone 2-3	technical mountain bike 1 hour zone 2-4	rest	lsd-bike mostly flat 1.5 hour zone 2-3	**25-Jul** **TRAINER-LED** **BIKE TRAINING** **DEEP COVE** **9:00 AM**
rest	full body weights circuit style 3sets10 zone 3	28-Jul tempo bike 10min zone 2-3 20min zone 4 10min zone 2-3	lsd-bike mostly flat 1.5 hour zone 2-3	rest	run 60min zone 3	lsd-bike mostly flat 2 hour zone 2-3
rest	full body weights circuit style 3sets8 zone 3	4-Aug tempo bike 10min zone 2-3 25min zone 4 10min zone 2-3	technical mountain bike 1-1.5 hours zone 2-4	rest	kayak self-led 45min zone 2	8-Aug lsd-bike mostly flat 2.5 hour zone 2-3
rest	full body weights circuit style 3sets10 zone 3	11-Aug tempo bike 10min zone 2-3 20min zone 4 10min zone 2-3	**12-Aug** **TRAINER-LED** **MOUNTAIN BIKE** **NORTH VAN** **6:30 PM**	rest	run as far as you can	**15-Aug** **TRAINER-LED** **trail run** **DEEP COVE** **9:00 AM**

Goals:	Technical mountain biking becomes a focus, become comfortable on the trails/Take a lesson or join a clinic If not comfortable Introduce brick workouts, ie. Days where you practice more than one discipline Reps decreasing to improve overall strength **tempo bike to be done on flat terrain or a trainer…can also be done on a stationary…the reason being it is easier to control HR Move from 4 days per week to 5 days per week active as things become more routine

Weeks 8-11

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
rest	full body weights circuit style 2sets12 zone 3	18-Aug tempo bike 10min zone 2-3 15min zone 4 10min zone 2-3	technical mountain bike 1.5 hour zone 2-4	rest	Kayak self-led 60min zone 3	**22-Aug** **TRAINER-LED** **BRICK SET** **DEEP COVE** **9:00 AM**
rest	full body weights circuit style 15 reps zone 3	25-Aug tempo bike 10min zone 2-3 10min zone 4 10min zone 2-3	technical mountain bike 2 hour zone 2-4	rest	extra day of rest	**29-Aug** **TRAINER-LED** **BRICK SET** **DEEP COVE** **9:00 AM**
rest	full body weights circuit style reps 20 quick zone 3	1-Sep tempo bike 10min zone 2-3 5min zone 4 10min zone 2-3	technical mountain bike 1 hour zone 2-4	rest	hike/run 60min zone 2	brick bike: 1.5 hour run: 30min zone 2-3
taper week rest begin hydrating	full body weights circuit style reps 20 light zone 3	8-Sep easy spin 45min zone 3	easy run 45min zone 3	light activity stretch zone 1	**11-Sep** **race day start** **approx. 3 hours** **kayak/bike/run** **9:30/10:30 or 11:30**	

Notes; See Training Schedule for meeting locations for trainer-led days

Make sure to ready HR zones tab and Legend on this sheet

Goals:	Longest training day to prepare for event 2 week taper Participate in 1 day multi-sport adventure race

Heart Rate Zones - **Running**

Enter
Max HR
195

		Low	High
Zone 5	90+%	176	195
Zone 4	85-90%	166	176
Zone 3	80-85%	156	166
Zone 2	75-80%	146	156
Zone 1	60-75% Max HR	107	146

Heart Rate Zones - **Biking**
(Based on Running Max)

Max HR
190

		Low	High
Zone 5	85+%	162	190
Zone 4	80-85%	152	162
Zone 3	75-80%	143	152
Zone 2	70-75%	133	143
Zone 1	55-70% Max HR	98	133

Legend

Term	Definition
LSD	Stands for long slow distance, and is exactly that. This workout is done in your lowest HR zone and is meant to improve the endurance of your body.
Tempo	A workout at higher and varying intensities. Tempo workouts help determine what your "race pace" may be as well as improving the power in your body, and recovery from bursts in intensity.
Brick	These workouts allow your body to adapt to the multi-sport nature of the event you are training for. Becoming accustomed to transitioning from one discipline to another is key to a successful and enjoyable multi-sport event.
Intervals	The highest intensity level workout, they comprise the smallest amount of training volume during the week. These workouts help the body become accustomed to operating at very high HR's and then recover.
Circuit	A non-stop style of weight training where strength, core and cardio are alternated and done consecutively
Easy	A recovery pace that allows the body to rest while also gaining some low-intensity exercise