

Medium course - 1 Day Adventure Race

INNOVATIVE FITNESS CANUCK PLACE ADVENTURE CHALLENGE

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| 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: 5-9 hours, weights workouts should be 60min max |
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Weeks 1-3

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--------|--|------------------------|--|--------|--|---|
| | 23-Jun FIRST TRAINING DEEP COVE Intro and Trail Run 6:30 PM | run 60min zone 3 | technical mountain bike 1.5 hour zone 2-4 | rest | run 60min zone 3 | lsd-bike 60min zone 2-3 |
| rest | full body weights circuit style reps 20 zone 3 | run 60min zone 2 | 1-Jul technical mountain bike 1-1.5 hours zone 2-4 | rest | kayak-self led technique 45min zone 2 | lsd-bike 70min zone 2-3 |
| rest | full body weights circuit style reps 20 zone 3 | run 60min zone 3 | 08-Jul TRAINER-LED NORTH VAN BIKE TRAINING 6:30 PM | rest | kayak self-led 45min zone 3 | lsd-bike 80min zone 2-3 |
| rest | full body weights circuit style 15 reps zone 3 | run 60min zone 3 | 15-Jul technical mountain bike 1.5 hour zone 2-4 | rest | run 60min zone 3 | 19-Jul TRAINER-LED KAYAK DEEP COVE 9:00 AM |

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| 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 Begin to build running base |
| | 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 | 22-Jul tempo bike** 10min zone 2-3 15min zone 4 10min zone 2-3 | technical mountain bike 1.5 hour zone 2-4 | rest | Isd-bike undulating hills 1.5 hour zone 2-3 | 26-Jul TRAINER-LED BIKE TRAINING DEEP COVE 9:00 AM |
| rest | full body weights circuit style 3sets10 zone 3 | 29-Jul tempo bike** 10min zone 2-3 15min zone 4 10min zone 2-3 | technical mountain bike 1-1.5 hours zone 2-4 | rest | Isd-bike undulating hills 2 hour zone 2-3 | hike/run 60min zone 2 |
| rest | full body weights circuit style 3sets8 zone 3 | 05-Aug tempo bike 10min zone 2-3 30min zone 4 10min zone 2-3 | technical mountain bike 1-1.5 hours zone 2-4 | rest | kayak 45min zone 2 | 09-Aug Isd-bike undulating hills 2.5 hour zone 2-3 |
| rest | full body weights circuit style 3sets10 zone 3 | 12-Aug tempo bike 10min zone 2-3 30min zone 4 10min zone 2-3 | 13-Aug TRAINER-LED MOUNTAIN BIKE NORTH VAN 6:30 PM | rest | RUN | 16-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, i.e.. 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
 Alternate easy run and kayak session on Saturdays week to week

Weeks 8-11

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---|--|--|-------------------------------------|--|--|
| rest | full body weights circuit style 2sets12 zone 3 | 19-Aug tempo bike 10min zone 2-3 40min zone 4 10min zone 2-3 | hike/run 60min zone 2 | rest | rest extra day of rest dry run tomorrow | 23-Aug TRAINER-LED BRICK SET DEEP COVE 9:00 AM |
| rest | full body weights circuit style 15 reps zone 3 | 19-Aug tempo bike 10min zone 2-3 30min zone 4 10min zone 2-3 | technical mountain bike 2 hour zone 2-4 | rest | hike/run 60min zone 2 | 30-Aug TRAINER-LED BRICK SET DEEP COVE 9:00 AM |
| rest | full body weights circuit style reps 20 quick zone 3 | tempo bike 10min zone 2-3 20min zone 4 10min zone 2-3 | technical mountain bike 1 hour zone 2-4 | rest massage | long weekend hike/run 60min zone 2 | brick bike: 1.5 hour run: 30min zone 2-3 |
| taper week rest begin hydrating stretch/massage today | full body weights circuit style reps 20 light zone 3 | easy spin 45min zone 3 | easy run 45min zone 3 | light activity stretch zone 1 | 12-Sep race day approx. 5 hours kayak/bike/run 9:00 AM START | |

Notes: See training schedule
for meeting locations
for trainer-led days

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

Enter
Max HR
195
Low High

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|--------|---------------|-----|-----|
| 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

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|--------|---------------|-----|-----|
| 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 |
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| 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 |