

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
	21-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	lzd-bike mostly flat 1.5 hour zone 2-3
rest	full body weights circuit style reps 20 zone 3	rest	run 45min zone 2	rest	self-led, optional kayak 45min zone 2	lzd-bike 70min zone 2-3
rest	full body weights circuit style reps 20 zone 3	rest	bike 1 hour zone 2	rest	self-led, optional kayak 45min zone 2	10-Jul TRAINER-LED KAYAK DEEP COVE 9:00 AM
rest	full body weights circuit style 15 reps zone 3	tempo run 10min zone 2-3 10min zone 4 10min zone 2-3	14-Jul TRAINER-LED NORTH VAN BIKE TRAINING 6:30 PM	rest	lzd-bike mostly flat 1.5 hour zone 2-3	lzd 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	tempo bike** 10min zone 2-3 15min zone 4 10min zone 2-3	technical mountain bike 1 hour zone 2-4	rest	lzd-bike mostly flat 1.5 hour zone 2-3	24-Jul TRAINER-LED BIKE TRAINING DEEP COVE 9:00 AM
rest	full body weights circuit style 3sets10 zone 3	tempo bike 10min zone 2-3 20min zone 4 10min zone 2-3	lzd-bike mostly flat 1.5 hour zone 2-3	rest	run 60min zone 3	lzd-bike mostly flat 2 hour zone 2-3
rest	full body weights circuit style 3sets8 zone 3	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	lzd-bike mostly flat 2.5 hour zone 2-3
rest	full body weights circuit style 3sets10 zone 3	tempo bike 10min zone 2-3 20min zone 4 10min zone 2-3	11-Aug TRAINER-LED MOUNTAIN BIKE NORTH VAN 6:30 PM	rest	run as far as you can	14-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	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	21-Aug TRAINER-LED BRICK SET DEEP COVE 9:00 AM
rest	full body weights circuit style 15 reps zone 3	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	28-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 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
rest	full body weights circuit style reps 20 quick zone 3	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	easy spin 45min zone 3	easy run 45min zone 3	light activity stretch zone 1	17-Sep race day start approx. 3 hours kayak/bike/run 9:30/10:30 or 11:30	9/18/2011 Cultus race day start approx. 3 hours kayak/bike/run 9:30

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

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

Heart Rate Zones - Biking
(Based on Running Max)

Max HR

190

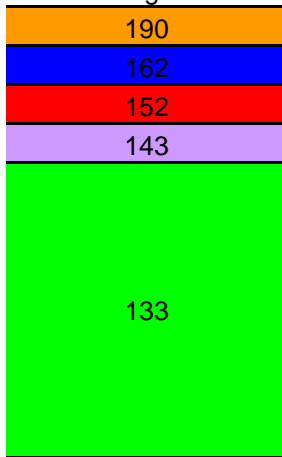
Low

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

High



High



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

7/10/2011

7/24/2011

8/14/2011

8/21/2011

8/28/2011