

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

Weeks 1-3

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			21-Jun FIRST TRAINING Intro and Trail Run 6:30 PM	rest	run 60min zone 3	24-Jun lsd-bike 60min zone 2-3
rest	full body weights circuit style reps 20 zone 3	run 60min zone 2	technical mountain bike/ road ride 1-1.5 hours zone 2-4	rest	kayak-self led technique 45min zone 2	1-Jul lsd-bike 70min zone 2-3
rest	full body weights circuit style reps 20 zone 3	run 60min zone 3	technical mountain bike / road ride 1 hour zone 2-4	rest	kayak self-led 45min zone 3	8-Jul lsd-bike 60 minutes zone 2-3
rest	full body weights circuit style 15 reps zone 3	run 60min zone 3	technical mountain bike/ road ride 1-1.5 hours zone 2-4	rest	run 60min zone 3	15-Jul TRAINER-LED KAYAK DEEP COVE 9:00 AM

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	tempo bike** 10min zone 2-3 15min zone 4 10min zone 2-3	19-Jul TRAINER-LED BIKE TRAINING 6:30 PM	rest	lsd-bike undulating hills 1.5 hour zone 2-3	22-Jul hike/run 60min zone 2
rest	full body weights circuit style 3sets10 zone 3	tempo bike** 10min zone 2-3 15min zone 4 10min zone 2-3	technical mountain bike/road ride 1-1.5 hours zone 2-4	rest	lsd-bike undulating hills 2 hour zone 2-3	29-Jul TRAINER-LED BIKE TRAINING 9:00 AM
rest	full body weights circuit style 3sets8 zone 3	tempo bike 10min zone 2-3 30min zone 4 10min zone 2-3	technical mountain bike/rpad ride 1-1.5 hours zone 2-4	rest	kayak 45min zone 2	5-Aug lsd-bike undulating hills 2.5 hour zone 2-3
rest	full body weights circuit style 3sets10 zone 3	tempo bike 10min zone 2-3 30min zone 4 10min zone 2-3	technical mountain bike/road ride 1-1.5 hours zone 2-4	rest	RUN	12-Aug hike/run 60min zone 2

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	tempo bike 10min zone 2-3 40min zone 4 10min zone 2-3	16-Aug TRAINER-LED Bike Training 6:30 PM	rest	hike/run 60min zone 2	19-Aug TRAINER-LED TRAIL RUN 9:00 AM
rest	full body weights circuit style 15 reps zone 3	tempo bike 10min zone 2-3 30min zone 4 10min zone 2-3	technical mountain bike/road ride 2 hour zone 2-4	rest	dry run tomorrow extra day of rest	26-Aug TRAINER-LED BRICK SET Bike Run 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/road ride 1 hour zone 2-4	rest massage	long weekend hike/run 60min zone 2	2-Sep hike/run 60min zone 2
rest begin hydrating stretch/massage today	full body weights circuit style reps 20 quick zone 3	tempo bike 10min zone 2-3 20min zone 4 10min zone 2-3	rest massage	technical mountain bike/ road ride 1 hour zone 2-4	rest	9-Sep TRAINER-LED BRICK SET kayak bike run 9:00 AM
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	15-Sep race day N. Van approx. 5 hours kayak/bike/run 8:00 AM START	16-Sep race day Cultus approx. 3 hours kayak/bike/run 9:00 AM START

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

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		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