

**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
			<b>21-Jun FIRST TRAINING Intro and Trail Run 6:30 PM</b>	rest	self-led, optional kayak 45min zone 2	24-Jun lsd-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	1-Jul lsd-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	<b>8-Jul</b> lsd bike 80 minutes zone 2-3
rest	full body weights circuit style 15 reps zone 3	tempo run 10min zone 2-3 10min zone 4 10min zone 2-3	bike 1 hour zone 2	rest	lsd-bike mostly flat 1.5 hour zone 2-3	<b>15-Jul</b> <b>TRAINER-LED KAYAK DEEP COVE 9:00 AM</b>

**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	<b>19-Jul TRAINER-LED BIKE TRAINING 6:30 PM</b>	rest	lsd-bike mostly flat 1.5 hour zone 2-3	22-Jul lsd-bike mostly flat 2 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	lsd-bike mostly flat 1.5 hour zone 2-3	rest	run 60min zone 3	<b>29-Jul</b> <b>TRAINER-LED BIKE TRAINING 9:00 AM</b>
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/road ride 1-1.5 hours zone 2-4	rest	kayak self-led 45min zone 2	5-Aug lsd-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	lsd-bike mostly flat 1.5 hour zone 2-3	rest	run as far as you can 1.5 hour	<b>12-Aug</b> 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, 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	<b>16-Aug TRAINER-LED MOUNTAIN BIKE Road Ride 6:30 PM</b>	rest	Kayak self-led 60min zone 3	<b>19-Aug</b> <b>TRAINER-LED trail run 9:00 AM</b>
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/road ride 2 hour zone 2-4	rest	extra day of rest	<b>26-Aug</b> <b>TRAINER-LED BRICK SET Bike/Run 9:00 AM</b>
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/road ride 1 hour zone 2-4	rest	long weekend hike/run 60min zone 2	2-Sep easy run 45 minutes
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/road ride 1 hour zone 2-4	rest	hike/run 60min zone 2	<b>9-Sep</b> <b>TRAINER-LED BRICK SET Kayak Bike Run 9:00 AM</b>
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	<b>15-Sep</b> <b>race day start approx. 3 hours kayak/bike/run 9:30/10:30 or 11:30</b>	<b>16-Sep</b> <b>race day start approx. 3 hours kayak/bike/run 10 am Start</b>

**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		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