

Mini Adventure Training Schedule: 14 week x 4 - 5 day plan														Weekly
Date	Week	Sun	Time	Mon	Tue	Time	Wed	Time	Thu	Time	Fri	Sat	Time	TIME
1/1/17	1	Run - 3 Mile	00:35	Rest	Run 2 mile	00:22	Rest		Walk 3 Mile	00:50	Rest	Bike, road- 6 mile .	00:40	02:27
	2	Run - 4 Mile	00:46	Rest	Run 3 mile	00:33	Rest		Walk 4 Mile	01:05	Rest	Bike, road-10 mile .	01:00	03:24
	3	Run - 4 Mile	00:44	Rest	Bike 8 mile	00:50	Rest		Walk 4 Mile	01:05	Rest	Bike, road-12 mile .	01:05	03:44
	4	Run - 5 mile	00:55	Rest	Run 4 mile	00:46	Bike 10 mile	01:00	Run 2 mile	00:24	Rest	Bike, road-15 mile .	01:20	04:25
	5	Run - 3 mile	00:35	Rest	Bike 10 mile	00:50	Rest		Run 2 mile	00:25	Rest	Bike, road- 8 mile Run - 2 mile	01:05	02:55
5/2/17	6	Run - 5 mile	01:00	Rest	Run 3 mile	00:33	Bike 12 mile	01:00	Run 3 mile	00:33	Rest	Bike, road-12 mile Run - 3 mile	01:40	04:46
	7	Run - 4 mile	00:44	Rest	Bike 12 mile	01:00	Rest		Run 4 mile	00:45	Rest	Trail bike - 8 mile Trail run - 2 mile	01:30	03:59
	8	Run - 5 mile	00:55	Rest	Run 3 mile	00:33	Bike 10 mile	00:50	Run 4 mile	00:45	Rest	Trail bike - 10 mile Trail run - 3 mile	01:50	04:53
	9	Run - 2 mile Kayak training	01:25	Rest	Bike 12 mile	01:00	Rest		Run 4 mile	00:45	Rest	Trail bike - 10 mile Trail run - 3 mile	01:50	05:00
5/3/17	10	Run - 6 mile	01:05	Rest	Run 3 mile	00:33	Bike 13 mile	01:05	Trail Run 3 mile	00:50	Rest	Trail bike - 12 mile M'tain trek - 1 mile	01:50	05:23
	11	Run - 3 mile Kayak training	01:35	Rest	Bike 14 mile	01:10	Rest		Run 5 mile	00:55	Rest	Trail bike - 10 mile M'tain trek - 2 mile	01:50	05:30
	12	Run - 4 mile road- 10mile BIKE	01:40	Rest	Run 4 mile	00:40	Bike 15 mile	01:10	Run 3 mile	00:30	Rest	Trail bike - 8 mile M'tain trek - 2.5 mile	01:50	05:50
	13	Run - 4 mile Kayak training	01:50	Rest	Run 3 mile	00:35	Bike 10 mile	00:50	Run 3 mile	00:30	Rest	Trail bike - 10 mile Trail run - 3 mile	01:40	05:25
2/4/17	14	Run - 3 Mile	00:35	Rest	Run 2 mile	00:22	Walk 3 Mile	01:00	Rest		Rest	RACE DAY		01:57
TIMES v's Distance on training plan			Train to TIMES indicated not distances. So depending on fitness level you may travel more or less.											
			Easy pace, keeping breathing easily under control											
			Moderate Pace, you can choose to alternate between moderate to faster											
			Challenging pace, you should exert yourself for at least 50% of the time											
Times shown do NOT include transition time between disciplines														