

Adventure Training - Sprint & Extreme Plan - 16 week x 5 day plan

Date	Week	Sun	Time	Mon	Tue	Time	Wed	Time	Thu	Time	Fri	Sat	Time	Weekly TIME
11/12/16	1	Run - 4 Mile	00:35	Rest	Run 3 mile	00:30	Bike 10 mile	00:40	Run 4 Mile	00:35	Rest	Bike, road-15 mile .	01:00	03:20
	2	Run - 5 mile	00:45	Rest	Run 4 mile	00:40	BIKE 12 mile	00:50	Run 5 mile	00:45	Rest	Bike, road-15 mile .	01:00	04:00
Christmas week off / light training														
1/1/17	3	Run - 6 mile	01:00	Rest	Run 4 mile	00:40	Bike 15 mile	01:00	Run 6 mile	01:00	Rest	Bike, road-15 mile Run - 3 mile	01:40	05:20
	4	Run - 6 mile	01:00	Rest	Run 5 mile	00:45	BIKE 15 mile	01:00	Run 6 mile	01:00	Rest	BIKE, road-15 mile Run - 5 mile	01:55	05:40
	5	Run - 4 mile	00:35	Rest	Run 3 mile	00:30	Bike 10 mile	00:40	Run 4 mile	00:35	Rest	Bike, road-12 mile Run - 3 mile	01:15	03:35
	6	Run - 5 mile Kayak training	01:45	Rest	Run 4 mile	00:40	Bike 15 mile	01:00	Run 6 mile	01:00	Rest	Trail bike - 18 mile Trail run - 4 mile	02:10	06:35
	7	M'tain trek- 2 mile trail bike - 10 mile	01:45	Rest	Run 5 mile	00:45	BIKE 15 mile	01:00	Run 6 mile	01:00	Rest	Trail BIKE - 24 mile Trail run - 6 mile	03:00	07:30
5/2/17	8	Run - 5 mile Kayak training	02:00	Rest	Run 3 mile	00:30	Bike 10 mile	00:40	Run 7 mile	01:00	Rest	Trail bike - 18 mile Trail run - 5 mile	02:20	06:30
	9	M'tain trek- 3 mile Trail bike- 15 mile	02:45	Rest	Run 4 mile	00:40	BIKE 15 mile	01:00	Run 6 mile	01:00	Rest	Bike trail - 24 mile Trail run - 6 mile	03:00	08:25
	10	Run - 4 mile easy	00:40	Rest	Run 3 mile	00:30	Bike 10 mile	00:40	Run 4 mile	00:35	Rest	Trail bike - 12 mile Trail run - 3 mile	01:30	03:55
	11	Run - 4 mile Kayak - 60 mins Bike - 15 mile	02:40	Rest	Run 4 mile	00:40	Bike 15 mile	01:00	Run 6 mile	01:00	Rest	Run - 5 mile Bike Trial - 18 mile Trail run - 4 mile	02:20	07:40
5/3/17	12	Run - 4 mile Trail bike- 15 mile M'tain trek- 2 mile	02:15	Rest	Run 5 mile	00:45	Bike 15 mile	01:00	Run 6 mile	01:00	Rest	Trail bike - 26 mile Trail run - 7 mile	03:20	08:20
	13	Run - 6 mile Trail bike- 20 mile	02:45	Rest	Run 4 mile	00:40	Bike 15 mile	01:00	Run 6 mile	01:00	Rest	Run - 6 mile Bike Trial - 18 mile Trail run - 4 mile	02:30	07:55
	14	Trail bike- 24 mile Run - 7 mile	03:00	Rest	Run 5 mile	00:45	Bike 15 mile	01:00	Run 6 mile	01:00	Rest	Trail bike - 30 mile Trail run - 7 mile	03:30	09:15
	15	Run - 7 mile Kayak - 60 mins	02:00	Rest	Run 5 mile	00:45	BIKE 15 mile	01:00	Run 6 mile	01:00	Rest	Trail bike - 15 mile Trail run - 4 mile	02:00	06:45
2/4/17	16	Run - 5 Mile	00:45	Rest	Run 3 mile	00:30	Bike 10 mile	00:40	Rest		Rest	RACE DAY		01:55

Training for S 2 S - EXTREME	Complete the distances within the allocated times. 10% extra would have you in good shape
Training for S 2 S - SPRINT	Complete 80% - 100% of distances within allocated time and you should be comfortable
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
BIKE TRIAL (not trail bike)	Select flat course for 10 mile section - Do 4 mile warm-up / 10 mile at maximum pace / 4 mile cool down.
Times shown do NOT include transition time between disciplines	