

COUCH TO QUEST TRAINING PLAN



QUEST
ADVENTURE SERIES

12-WEEK BEGINNER TRAINING PLAN CHALLENGE ROUTE 20-30K

This Quest training plan has been prepared by Bernard Smyth of Ultimate Conditioning. Bernard trains individuals and groups of people to take part in adventure races across the country. Bernard has produced this comprehensive training plan drawing on his years of experience in strengthening and conditioning as well as competing in adventure races.



Medical Disclaimer:

Always consult your doctor before beginning any exercise program. If you experience any pain or difficulty with this exercise program, stop and consult your doctor.

CHALLENGE ROUTE 20-30KM



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Weeks 1 to 4 are aimed at establishing a solid base of fitness. From week 5 to race day we get very specific and distances come into play. Follow the pace and intensity guidelines. Not every session has to be a record setter! The intensities are there for a reason, so do your best to follow them!

The first 4 weeks of bike sessions can be done on the road or on a turbo trainer. Where possible choose these options over a spinning class. After that sessions should be completed on your own bike on the road.

From week 5 on running on trails is advised where possible. Your bike rides should include some tough hills.

Use a training diary. Note your distances and times. How you feel it went. This is useful for later on when you look back to track your progression.

It is a good idea to undertake 'brick' sessions - this means doing two or more disciplines in the one training session for example, a cycle followed by a run with little or no rest in-between.

During your weekend or 'brick' session it is a good idea to get your nutrition right for the race. Drinking a mix of lucozade sport and water on the bike will keep your carb stores topped up. I find this is one of the easiest ways to get fuel on while also hydrating. Other high carb foods that can keep you fueled are jelly babies, energy gels, shot blocks and many, many more! What is important is that you don't just use them during the race. Some may not agree with you, some are hard to eat / swallow so it is therefore important to try these things while training and not when racing!

GENERAL TIPS

Where possible try to run on trails.

Where possible join a bunch of like-minded people and train with them!

When cycling try and pick a route that has hills and rolling roads.

You don't need to have kayak experience to complete the race and there are no specific days for kayak training in the plan, but if you can get in a few lessons over the course of the 12 weeks it will help you to be a little more familiar when you get into the boat.

Workouts do not have to be done MON-WED-SATURDAY. The plan can be adjusted to suit your work schedule, other commitments etc. If 2 days are completed in succession, take 24 hrs rest before the 3rd.

Congratulations! You are considering undertaking an adventure race - the Challenge distances are very achievable and we'll be here on your training journey to support you every step of the way. Remember to check out our website for handy training blogs and videos to assist you further. This training plan will give you a great structure to start your training and just remember **YOU CAN DO THIS!**

Training plans are based on various levels of intensity or pace. i.e how hard you are pushing yourself during the session.

EASY PACE

You should be able to hold a conversation while exercising.

MODERATE PACE

Breathing a bit heavier so continuous conversation is harder but still possible. 1 to 2 sentences at a time.

MODERATE HARD

Breathing is heavy, only able to speak a couple of words.

HARD

Breathing very hard, limited or zero chat!!

HEART RATE ZONES

Easy Pace: Zone 1-2

Moderate Pace: Zone 2 - 3

Moderate Hard: Zone 3 - 4

Hard: Zone 4 -5





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WEEK	WORKOUT 1	WORKOUT 2	GYM SESSION	WORKOUT 3
1	<p>Jog 15 Mins. Easy Pace. Aim to keep to a pace that you can comfortably jog for the full duration. Overall distance is not important at the minute</p>	<p>Jog 15 Mins. Easy Pace. Aim to keep to a pace that you can comfortably jog for the full duration. Overall distance is not important at the minute</p>	<p>Home Workout</p>	<p>40 Mins Bike. Easy Pace getting used to time on the bike. If you are new to biking get used to changing gears up and down. You should not be turning the pedals very slowly and it should not be very difficult to turn them. You will need to change often as the road dips and rises.</p>
2	<p>Jog 20 Mins. Easy Pace. Aiming to keep a steady pace for full run. Over all distance is not important</p>	<p>30 Mins bike. Easy-Moderate Pace. Look to push a little harder in this session. Aim for a route with some small hills</p>	<p>Home Workout</p>	<p>40 Mins Bike. Easy Pace Getting used to time on the bike. Keep focusing on using the gears to keep your pedal speed (cadence) up.</p>
3	<p>Run 20 Mins. This week try to cover a small amount more distance than you did last week during your 20 min run.</p>	<p>Jog 30 Mins. Another increase this week. As before, your goal is to jog for the full duration.</p>	<p>Home Workout</p>	<p>40-50 Mins Bike. Easy Pace.</p>
4	<p>Run 30 Mins. Easy Pace. This week try to cover a small amount more distance than you did last week during your 30 min run.</p>	<p>45 Mins Bike. Easy-Moderate. Try to increase your pace on this ride. Again focusing on correct gear selection.</p>	<p>Home Workout</p>	<p>45-60 Mins Bike. Easy Pace. You should include hills.</p>



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WEEK	WORKOUT 1	WORKOUT 2	GYM SESSION	WORKOUT 3
5	Jog 20 Mins. Easy-Moderate Pace. A little faster but still focusing on a steady pace for the full run.	25 Minute Interval session. 5 Minute warmup Jog. 1 Minute HARD 2 MINUTE EASY INTERVAL x 5. 5 Minute Jog Cool Down.	Home Workout	15 Minute run + 30 Min Bike (Easy-Moderate pace) The first “Brick” of the plan! Get used to transitioning from the run onto your bike. Transition as if you were in a race. Finish your run. Put your helmet on first then get a drink, take on food, jacket on etc.
6	Rest	3km Easy Run. Holding same pace for full Run	Home Workout	8km Bike - 2km Run. Easy-Moderate intensity. This week you are going from bike to run. Your legs may be heavy after the bike, it will take a few minutes for them to feel “normal” again but don’t panic, start slow, find your stride and all will return soon!
Rest & Recovery week this week. Resist the urge to push hard on the mid week run. Take it easy and allow the body to recover. Increase your intensity again for the weekend session.				
7	3km Run. Easy-Moderate Pace.	4km Run. Easy Run. Trying to hold your pace for the full distance.	Home Workout	15km Bike - 3km Run - Moderate - hard. Keep focusing on your transitions.
8	25 Minute Interval session 5 Minute warmup Jog. 1 Minute HARD 2 MINUTE EASY JOG x 5. 5 Minute Jog Cool Down.	45 Mins Bike. Easy-Moderate. Try increase your pace on this ride. Again focusing on correct gear selection.	Home Workout	10km Bike - 3km run - 8km bike. Moderate-Hard Getting really race ready now. Another transition! Practice your transitions as before.



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WEEK	WORKOUT 1	WORKOUT 2	GYM SESSION	WORKOUT 3
9	3-5km run. Easy-Moderate Pace.	45-60 Min Bike. Moderate Pace. Aim to have some hills in your ride	Home Workout	10km bike - 4km Run - 10km Bike. Moderate-Hard. Keep focusing on form, transitions and pushing the body a little more!
10	45 Mins Bike. Easy-Moderate Pace. Your ride should include hills	3km Run. Moderate-Hard. This is the last tough running session, push hard here but aim to keep that pace for the full run.	Home Workout	10km Bike - 4km run - 8km bike - 3 km Run. Moderate-Hard. Last long session before the race. Push that little bit more, next week is a reduced intensity week so you will get your rest!
TAPER 11	3km Easy Run. Easy Pace.	30 Mins bike - Easy.	Home Workout	20 Min Bike - 15 min run - 20 Min Bike (Easy Pace)
	TAPER WEEK: The bulk of the work is done at this stage. This week is a low intensity week, allowing recovery in the lead up to the race.			
RACE WEEK 12	RACE WEEK: REST! Use this week to ensure your equipment is in good shape. Drop your bike in early in the week for a service. Resist the urge to put in an extra session this week. You have been working hard for the past 11 weeks, complete your mid week session at a low intensity to set you up for racing at the weekend.	Easy 20-30 Min Cycle OR 20 Min Easy Jog	Rest Thursday	QUEST TIME!