

# QUEST TRAINING PLAN



QUEST  
ADVENTURE SERIES

## 12-WEEK TRAINING PLAN EXPERT ROUTE 55-80K

Couch to Quest Training Plans have been prepared by Bernard Smyth of Ultimate Conditioning. Bernard trains group of people to take part in Adventure races across the country and has put his years of experience in strength & conditioning and competing in adventure races to produce these comprehensive training plans.



### 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.





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### EXPERT DISTANCE ADVENTURE RACE: 55-80K RACE

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.

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
<b>1</b>	<p><b>Run 30 Mins Easy Pace.</b>            5 Minute Easy Run + Dynamic Stretch.            25 Minute Jog Easy. 5 Minute Stretch            Cool Down</p>	<p><b>Jog 30 Mins Easy Pace.</b>            5 Minute Easy Jog + Dynamic Stretch.            25 Minute Jog Easy. 5 Minute Stretch            Cool Down</p>	<p><b>Home            Workout            /Gym Session</b></p>	<p><b>50 Mins Bike.</b>            Easy Pace. Working on technique.            No rocking from hips strong core, even            pedal stroke. If on a road bike get used            to using both the top of the bars            and bottom.</p>
<b>2</b>	<p><b>30 Minute Interval Session:            Moderate - Hard on intervals.</b>            5 Minute Warm Up: Light Jogging.            Intervals: 1 Minute Hard. 2 Minutes            Light Jog recovery x 6. 5 Minute Light            Jog Cool Down.</p>	<p><b>60 Mins Bike. Easy Pace.</b>            Working on technique. No rocking from            hips strong core, even pedal stroke. If on            a road bike get used to using both the            top of the bars and bottom.</p>	<p><b>Home            Workout            /Gym Session</b></p>	<p><b>70-80 Mins Bike.</b>            10 Min warm up easy. 5 Minute push,            moderate hard pace. 15 Mins easy x 4.            Keep Focusing on your technique.            As you get tired stay strong.</p>
<b>3</b>	<p><b>Jog 30 Mins Easy-Moderate Pace.</b>            5 Minute Easy Jog + Dynamic Stretch.            25 Minute Easy - Moderate Pace Run.            5 Minute Stretch Cool Down.</p>	<p><b>25 Minute Interval Session: Moderate -            Hard on intervals.</b> 5 Minute Warm Up:            Light Jogging. Intervals: 1 Minute Hard.            1.30 Minutes Light Jog / Walk Recovery            x 6. 5 Minute Light Jog Cool Down.</p>	<p><b>Home            Workout            /Gym Session</b></p>	<p><b>Spinning /80-90 Mins Bike:            Moderate - hard on intervals.</b>            10 Min Warm Up. 5 Minutes hard, 10            Minutes moderate easy pace x 6 . Keep            Focusing on technique.</p>
<b>4</b>	<p><b>30 Minute Interval Session:            Moderate - hard on intervals.</b>            5 Minute Warm Up: Light Jogging.            Intervals: 2 Minutes Hard. 1.30 Minutes            Light Jog / Walk Recovery x 6. 5 Minute            Light Jog Cool Down.</p>	<p><b>45 Mins Bike. 10 min Easy Pace warmup.            Easy moderate for remainder.</b> Working on            technique. No rocking from hips strong            core, even pedal stroke. If on a road bike            get used to using both the top of the bars            (Tops) and bottom Bars (Drops)</p>	<p><b>Home            Workout            /Gym Session</b></p>	<p><b>60-70 Mins Bike Moderate            - Hard on intervals.</b>            10 Min Warm Up. 10 Minute Moderate            - hard, 10 Minutes easy pace x 3.            Keep Focusing on technique. For            your moderate hard efforts try to use            bottom bars (drops)</p>



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5	<p><b>4km Run. Moderate Pace.</b>            Focus on holding the same pace for full run. If your pace drops dramatically you need to reduce your pace at the start.</p>	<p><b>40-60 Minute Bike.</b>  <b>10 mins easy warmup.</b> Easy - moderate for remainder of session. Your session should include hills. Keep strong on the hills. No rocking. Use your gears correctly.</p>	<p><b>Home Workout /Gym Session</b></p>	<p><b>Run 4km - Bike 25km. Easy - Moderate Intensity.</b> Get used to transitioning from run to the bike. Do it as if you were in the race. Helmet on. Quick drink if needed and hop on. Aim to keep the form you worked on for the first 4 weeks and get your pedal speed up. (cadence)            Relax in and crank on!</p>
6	<p><b>4-6km Run Easy Pace.</b>            Focus on holding the same pace for full run.</p>	<p><b>Rest</b></p>	<p><b>Rest</b></p>	<p><b>Run 6km - Bike 35km. Moderate - Hard Intensity.</b> Keep your form no matter how the legs are feeling. Better form = less wasted energy!</p>
	<p>Reduced intensity this week. VERY IMPORTANT that you keep to low intensity for the single run this week. Resist the urge to push hard. Pick it back up for the run bike at the weekend.</p>			
7	<p><b>60-90 Minute Bike.</b>            10 minute easy into easy - Moderate pace for rest of session. Your route should include some hills where possible.</p>	<p><b>5-8km easy - Moderate Pace Run.</b>            Where possible aim to complete on a trail.</p>	<p><b>Home Workout /Gym Session</b></p>	<p><b>Bike 15km - Run 6km - Bike 20km. Moderate - Hard Intensity.</b> Get used to transitioning from bike to the run. Legs may be heavy but get into a rhythm, start easy and as the legs ease out you will find your pace come back.</p>
8	<p><b>5-8km Easy Run.</b>            Aim to hold the same pace for the duration of this run.</p>	<p><b>4-6km Moderarte Run.</b>            Where possible use a trail for this run.</p>	<p><b>None</b></p>	<p><b>Bike 15km - Run 4km - Bike 35lm, Run 3km. Moderate - Hard Intensity.</b> We are getting really race ready here! We have 2 bike and run transitions so focus on getting your rhythm in the run and technique back on the bike.</p>



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<b>9</b>	<b>4-6km Moderate - Hard Run.</b> Where possible use a trail for this run.	<b>60-80 Minute Bike.</b> 10 minute easy Ride into moderate hard for remainder. Your route should include hills where possible.	<b>Home Workout /Gym Session</b>	<b>Run 6km - Bike 15km - Run 5km Bike 30km. Moderate - Hard.</b> Keep focusing on good transitions!
<b>10</b>	<b>4-6km Moderate Run.</b> Where possible use a trail for this run.	<b>30-40km Bike. 10 Mins easy to start, Easy - Moderate - Intensity for remainder.</b> Resist the temptation to push too hard here.	<b>Home Workout /Gym Session</b>	<b>Bike 20km - Run 6km - Bike 30km - Run 4km. Moderate - Hard.</b> This is the last big push on distances before the race so push hard!
<b>TAPER 11</b>	<b>5km Easy Run</b>	<b>60 Mins easy bike</b>	<b>None</b>	<b>30 Min Cycle - 20 Min Run 45 Min Cycle - 20 min run. (Easy Pace)</b> This is your last session before the race, <b>DO NOT GO ALL OUT!</b> Take it easy, any extra fitness gains will be minimal, this week and next are about maintaining our fitness and resting adequately before the race!
	<b>TAPER WEEK:</b> 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.			
<b>RACE WEEK 12</b>	<b>REST!</b> Use this week to ensure your equipment is in good shape. Drop your bike in early in the week for a service. Make sure you have a spare tube and working pump.	<b>40-60 Minute Easy cycle</b> <b>OR</b> <b>30 minute Easy Run</b>		<b>QUEST TIME!</b>
	<b>Resist the urge to put in extra sessions 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.</b>			