COUCH TO ADVENTURE RACER

TRAINING PLANS

QUEST

ADVENTURE SERIES

8 WEEK INTERMEDIATE TRAINING PLAN FOR SHORT QUEST ROUTES

Prepared by one of Ireland's best known adventure racers, Paul Mahon. Paul has competed at the highest level in international multi-day adventure races and has been involved in Irish Adventure Sports for the last 15 years.

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.

GENERAL TIPS

ROAD BIKING

It's always good to get out as much as you can on the bike, however, some evenings it's not possible. Doing a turbo/spin session is a great alternative.

TRAIL RUNNING

If you have an opportunity, I would advise you do some trail running. Trail running is great way to get some hill work in and get the muscles used to not only going up, but also coming down!

RUN-TO-BIKE COMBO SESSIONS

Practicing run to bike transition helps increase muscular endurance but also helps train the muscles to be more efficient when transitioning from the run to the bike.

REST

Active recovery such as low intensity cross training or some flexibility/core work like pilates or yoga is ideal for rest days on the training plan. Make sure to REST on your rest days. Training hard throughout the whole week and not allowing time for recovery dilutes your training. You end up doing all your sessions at a similar pace, not being able to work hard on your higher intensity days.

This Training Plan is best suited to you if you have completed 5km running events without walking or stopping.

1 or 2 sessions in a sit-on-top kayak are recommended if you can arrange this locally.

It is possible to compete without kayak practice but you will benefit from some practice and core strength work.

Ideally you will supplement these key sessions with other exercise e.g. gym classes, swimming, walking etc on 'rest' days.

Swapping days is fine but ensure all sessions are completed each week.

Listen to your body - if injury or illness threatens, then take time off training.

Much of the training is set around a moderate pace with some sessions at a higher intensity and some at a lower one. If you use a heart rate monitor, which I would highly recommend, then you can use your training zones instead.

elite event management

OUTFRONT GO FOR IT!

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INTERMEDIATE 8-WEEK TRAINING PLAN
FOR SHORT QUEST ROUTES

WEEK	MON	TUES	WED	THURS	FRI	SAT	SUN
1	REST	3km RUN Pace: EASY	REST	3km RUN Pace: EASY	REST	10km BIKE Pace: EASY	4km RUN Pace: EASY
2	REST	4km RUN Pace: EASY	REST	12km BIKE Pace: EASY	REST	12km BIKE Pace: EASY	4km RUN Pace: EASY
3	REST	4km RUN Pace: EASY	REST	12km BIKE Pace: EASY	REST	15km BIKE Pace: MODERATE	4km RUN Pace: MODERATE
4	REST	3km RUN Pace: MODERATE	REST	15km BIKE Pace: MODERATE	REST	15km BIKE Pace: MODERATE	5km RUN Pace: EASY

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WEEK	MON	TUES	WED	THURS	FRI	SAT	SUN
5	REST	4km RUN Pace: HARD	REST	12km BIKE Pace: EASY	REST	10km BIKE & 3km RUN (non-stop) Pace: MODERATE	4km RUN Pace: EASY
6	REST	5km RUN Pace: EASY	REST	15km BIKE Pace: MODERATE	REST	4km RUN & 12km BIKE (non-stop) Pace: HARD	5km RUN Pace: HARD
7	REST	4km RUN Pace: EASY	REST	15km BIKE Pace: MODERATE	REST	12km BIKE & 4km RUN (non-stop) Pace: MODERATE	4km RUN Pace: EASY
8	REST	3km RUN Pace: EASY	12km BIKE Pace: EASY	REST	REST	QUEST ADVENTURE RACE Pace: HARD	RECOVERY:) Pace: EASY!