

3-6 HOUR ADVENTURE RACE TRAINING PLAN FOR BEGINNERS



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For more details about this plan, please visit: www.hartadventureracing.com/

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	NOTES:
1	REST	RUN: 30 MINS	BIKE: 30 MINS	FULL BODY ST	REST	RUN: 20 MINS/ BIKE 10 MINS	PADDLE * 35 MIN	BUILD WEEK: 3 HOURS
2	REST	RUN: 30 MINS	BIKE: 30 MINS	FULL BODY ST	REST	BIKE 30 MINS/ RUN 10 MINS	PADDLE 30 MIN	BUILD WEEK - 3:30 HOURS
3	REST	RUN: 35 MINS	BIKE: 35 MINS	FULL BODY ST	REST	RUN: 25 MINS/ BIKE 10 MINS	PADDLE 40 MIN	BUILD WEEK - 3:30 HOURS
4	REST	RUN: 20 MINS	HIKE/WALK: 35 MINS	CORE WORKOUT	REST	BIKE: 35 MINS	HIKE/WALK: 35 MINS	CUTBACK WEEK: 2:30 HOURS
5	REST	RUN: 35 MINS	BIKE: 40 MINS	FULL BODY ST	REST	RUN: 20 MINS/ BIKE 20 MINS	PADDLE 40 MIN	BUILD WEEK - 3:35 HOURS
6	REST	RUN: 40 MINS	BIKE: 45 MINS	FULL BODY ST	REST	BIKE 30 MINS/ RUN 15 MINS	PADDLE 30 MIN	BUILD WEEK - 3:40 HOURS
7	REST	RUN: 40 MINS	BIKE: 50 MINS	FULL BODY ST	REST	RUN: 25 MINS/ BIKE 20 MINS	PADDLE 45 MIN	BUILD WEEK - 4:00 HOURS
8	REST	RUN: 25 MINS	HIKE/WALK: 40 MINS	CORE WORKOUT	REST	BIKE: 40 MINS	HIKE/WALK: 40 MINS	CUTBACK WEEK: 2:50 HOURS
9	REST	RUN: 45 MINS	BIKE: 50 MINS	FULL BODY ST	REST	RUN 30 MINS/ BIKE 20 MINS	PADDLE 45 MIN	BUILD WEEK - 4:10 HOURS
10	REST	RUN: 45 MINS	BIKE: 55 MINS	FULL BODY ST	REST	BIKE 40 MINS/ RUN 15 MINS	PADDLE 50 MIN	BUILD WEEK - 4:25 HOURS
11	REST	RUN: 50 MINS	BIKE: 60 MINS	FULL BODY ST	REST	RUN 40 MINS/ BIKE 20 MINS	PADDLE 40 MIN	BUILD WEEK - 4:30 HOURS
12	REST	RUN: 25 MINS	HIKE/WALK: 50 MINS	CORE WORKOUT	REST	BIKE: 40 MINS	HIKE/WALK: 50 MINS	CUTBACK WEEK: 3:10 HOURS
13	REST	RUN: 50 MINS	BIKE: 70 MINS	FULL BODY ST	REST	RUN 45 MINS/ BIKE 20 MINS	PADDLE 55 MIN	BUILD WEEK - 5:00 HOURS
14	REST	RUN: 60 MINS	BIKE: 60 MINS	FULL BODY ST	REST	BIKE 50 MINS/ RUN 20 MINS	PADDLE 60 MIN	BUILD WEEK - 5:10 HOURS
15	REST	RUN: 40 MINS	BIKE: 50 MINS	FULL BODY ST	REST	RUN 15 MINS/ BIKE 20 MINS	PADDLE 35 MIN	TAPER WEEK - 3:40 HOURS
16	REST	RUN: 20 MINS	HIKE/WALK: 35 MINS	BIKE: 20 MINS	REST	RACE DAY!		RACE WEEK: 55 MINS + RACE

WORKOUT KEY:

EASY, BASE BUILDING

RECOVERY

MODERATE - HARD

*KAYAKING STRENGTH WORKOUT
MAY BE SUBSTITUTED

DISCLAIMER: This workout was designed for educational purposes, and is not a prescribed training plan for any particular individual. Understand that when participating in strength training exercises, there is the possibility of physical injury. If you engage in this workout you agree that you do so at your own risk, are voluntarily participating in these activities, and assume all risk of injury to yourself. You should consult your physician or other health care professional before starting this or any other fitness program to determine if it is right for your needs. If you are not comfortable performing a movement, ask a trained fitness professional for in person help!