

**Phase 1: Foundation building (weeks 1-6)**

Objective: To build a solid aerobic base, develop core strength, and introduce the three main disciplines (trail running/walking, mountain biking and kayaking).

The training plan in black is for those currently training regularly, the training plan in brown is for those who are not.

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>FOUNDATION BUILDING</b>	WEEK 1	REST DAY	10 minutes strength training followed by 20 mins easy run/walk	REST DAY	10 minutes strength training followed by 30 mins easy cycle	REST DAY	30 mins easy run/walk	1 hour easy cycle
		REST DAY	15 minutes strength training followed by 30 mins easy run	REST DAY	15 minutes strength training followed by 45 mins easy cycle	REST DAY	45 mins easy run	90 mins easy cycle
	WEEK 2	REST DAY	10 minutes strength training followed by 20 mins easy run/walk	REST DAY	10 minutes strength training followed by 30 mins easy cycle	REST DAY	35 mins easy run/walk	1 hour easy cycle
		REST DAY	15 minutes strength training followed by 30 mins easy run	REST DAY	15 minutes strength training followed by 45 mins easy cycle	REST DAY	50 mins easy run	90 mins easy cycle
	WEEK 3	REST DAY	10 minutes strength training followed by 25 mins easy run/walk	REST DAY	10 minutes strength training followed by 45 mins easy cycle	REST DAY	35 mins easy run/walk	90 minutes easy cycle
		REST DAY	15 minutes strength training followed by 40 mins easy run	REST DAY	15 minutes strength training followed by 60 mins easy cycle	REST DAY	50 mins easy run	2 hours easy cycle
	WEEK 4	REST DAY	15 minutes strength training followed by 25 mins easy run/walk	REST DAY	15 minutes strength training followed by 45 mins easy cycle	REST DAY	35 mins easy run/walk	90 minutes easy cycle
		REST DAY	20 minutes strength training followed by 40 mins easy run	REST DAY	20 minutes strength training followed by 60 mins easy cycle	REST DAY	50 mins easy run	2 hours easy cycle
	WEEK 5	REST DAY	15 minutes strength training followed by 25 mins run/walk	45 mins cycle	15 minutes strength training followed by 25 mins easy run/walk	REST DAY	35 mins easy run/walk	90 minutes mountain bike
		REST DAY	20 minutes strength training followed by 40 mins run	60 mins cycle	20 minutes strength training followed by 40 mins easy run	REST DAY	50 mins easy run	2 hours mountain bike
	WEEK 6	REST DAY	20 minutes strength training followed by 45 mins cycle	30 mins trail run	20 minutes strength training followed by 2 hours easy cycle	REST DAY	45 minute paddle	90 min run/walk
		REST DAY	25 minutes strength training followed by 60 mins cycle	45 mins trail run	25 minutes strength training followed by 2.5 hours easy cycle	REST DAY	45 mins paddle	2 hour easy run

## Phase 2: Discipline-Specific Training (weeks 7-10)

Objective: To increase the intensity and duration of training sessions for each discipline.

The training plan in black is for those currently training regularly, the training plan in brown is for those who are not.

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>DISCIPLINE SPECIFIC</b>	WEEK 7	REST DAY	20 minutes strength training followed by 20 mins run - hill reps	REST DAY/EASY 20 MINS RUN	20 minutes strength training followed by 45 mins mountain bike	REST DAY	60 mins easy run/walk	2 hours mountain bike
		REST DAY	25 minutes strength training followed by 30 mins run - hill reps	REST DAY/EASY 30 MINS RUN	25 minutes strength training followed by 60 mins mountain bike	REST DAY	90 mins easy run	2.5 hours mountain bike
	WEEK 8	REST DAY	25 minutes strength training followed by 45 mins hilly mountain bike	REST DAY/EASY 20 MINS RUN	25 minutes strength training followed by 60 mins trail run	REST DAY	60 minute paddle followed by 30 mins easy run/walk	2.5 hours mountain bike
		REST DAY	30 minutes strength training followed by 60 mins hilly mountain bike	REST DAY/EASY 30 MINS RUN	30 minutes strength training followed by 90 mins trail run	REST DAY	60 mins paddle followed by 45 mins easy run	3 hours mountain bike
	WEEK 9	REST DAY	25 minutes strength training followed by 20 mins run - hill reps	20 mins trail run	25 minutes strength training followed by 45 mins mountain bike	REST DAY	45 minute paddle followed by 30 mins trail run	2.5 hours mountain bike
		REST DAY	30 minutes strength training followed by 30 mins run - hill reps	30 mins trail run	30 minutes strength training followed by 60 mins mountain bike	REST DAY	45 minute paddle followed by 45 mins trail run	3 hours mountain bike
	WEEK 10	REST DAY	30 minutes strength training followed by 75 mins hilly mountain bike	60 mins cycle	30 minutes strength training followed by 45 mins trail run	REST DAY	60 minute paddle followed by 2 hours mountain bike	60 mins trail run
		REST DAY	30 minutes strength training followed by 2 hours hilly mountain bike	75 mins cycle	30 minutes strength training followed by 60 mins trail run	REST DAY	60 minute paddle followed by 3 hours mountain bike	90 mins trail run

### Phase 3: Race Specific Preparation (weeks 11-16)

Objective: Fine-tune your training with race-specific simulations and taper for peak performance.

The training plan in black is for those currently training regularly, the training plan in brown is for those who are not.

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>RACE SPECIFIC PREPARATION</b>	WEEK 11	REST DAY	30 minutes strength training followed by 45 mins easy cycle	REST DAY	30 minutes strength training followed by 30 mins easy run	REST DAY	60 mins paddle followed by 2 hour mountain bike followed by 1 hour trail run	60 mins easy cycle
		REST DAY	30 minutes strength training followed by 60 mins easy cycle	REST DAY	30 minutes strength training followed by 45 ins easy run	REST DAY	60 mins paddle followed by 2.5 hour mountain bike followed by 2 hour trail run	90 mins easy cycle
	WEEK 12	REST DAY	30 minutes strength training followed by 45 mins hilly trail run	45 mins easy run	30 minutes strength training followed by 90 mins mountain bike	REST DAY	90 mins paddle	2.5 hours mountain bike followed by 1.5 hour trail run
		REST DAY	30 minutes strength training followed by 75 mins hilly trail run	60 mins easy run	30 minutes strength training followed by 2 hours mountain bike	REST DAY	90 mins paddle	3 hours mountain bike followed by 2 hour trail run
	WEEK 13	REST DAY	30 minutes strength training followed by 45 mins easy cycle	REST DAY	30 minutes strength training followed by 30 mins easy run	REST DAY	90 mins paddle followed by 3 hour mountain bike followed by 2 hour trail run	60 mins easy cycle
		REST DAY	30 minutes strength training followed by 60 mins easy cycle	REST DAY	30 minutes strength training followed by 45 ins easy run	REST DAY	90 mins paddle followed by 3.5 hour mountain bike followed by 2.5 hour trail run	90 mins easy cycle
	WEEK 14	REST DAY	30 minutes strength training followed by 45 mins hilly trail run	REST DAY	30 minutes strength training followed by 90 mins mountain bike	REST DAY	60 mins paddle followed by 60 mins mountain bike followed by 60 mins trail run	60 mins easy cycle
		REST DAY	30 minutes strength training followed by 75 mins hilly trail run	REST DAY	30 minutes strength training followed by 2 hours mountain bike	REST DAY	60 mins paddle followed by 60 mins mountain bike followed by 60 mins trail run	90 mins easy cycle
	WEEK 15	REST DAY	30 minutes strength training followed by 45 mins easy cycle	REST DAY	30 minutes strength training followed by 45 mins easy cycle	REST DAY	45 mins easy run	60 mins easy bike
		REST DAY	30 minutes strength training followed by 60 mins easy cycle	REST DAY	30 minutes strength training followed by 60 mins easy cycle	REST DAY	60 mins easy run	90 mins easy bike
	WEEK 16	REST DAY	20 minutes strength training followed by 30 mins easy run	REST DAY	20 mins strength training followed by 30 mins easy cycle	REST DAY	EVENT DAY!	Relax, celebrate and then sign up for 2026!
		REST DAY	20 minutes strength training followed by 30 mins easy run	REST DAY	20 mins strength training followed by 30 mins easy cycle	REST DAY		