



This training planner has been developed only as a guideline for training for Paddy Pallin Adventure Race Series; catering for beginners and more experienced competitors. Use it in conjunction with your own knowledge and experience and that of other health practitioners and exercise specialists to develop a safe and effective personalised training program. **Always consult a doctor before starting any new training routine.**

Before using the planner there are a few questions you should consider:

What are your individual and team objectives?

What are your strengths and weaknesses? What are the strengths and weaknesses of your team?

How much time can you commit to training?

Do you have any injuries or medical conditions? What is your training background and experience?

Answering these questions will give you a clearer understanding of what your training regime should involve in the final ten weeks.

The days are listed in order of priority, not necessarily execution. **FOR EXAMPLE:** If you are planning on training 4 days per week you would complete the first four sessions listed for each week, these 4 days could then be done on any day and in any order that suits your schedule.

The sessions are colour coded based on intensity; easy (yellow), medium (orange) and hard (red). Heart rate is the most accurate way to measure training intensity but for simplicities sake we will use the Rate of Perceived Exertion (RPE) to estimate your training intensity. RPE is based on an individual referral to effort on a scale of 0 to 10; where 0 involves no effort/activity, 1-3 is very easy to easy effort/activity, 4-6 is easy to moderate effort/activity, 7-9 is hard to very hard effort/activity and 10 is maximum effort/activity. Despite being far more subjective it can still be a very simple yet effective method of gauging intensity.

Easy (yellow) sessions should involve a very easy warm up for 5-10 minutes (RPE 1-3) followed by a comfortable training pace/intensity (RPE 3-5) maintained for an extended period of time. These sessions improve your overall ability to work aerobically. **NOTE:** Day 2 is an easy session, it is recommended that you aim for the suggested duration as a minimum but ensure that some of these sessions are longer (preferably closer to your expected race duration); considering several factors including; your training background, goals, expected race duration and the training time you have available.

Medium (orange) sessions should involve a very easy warm up for 5-10 minutes (RPE 1-3) followed by a gradual increase in pace/intensity to moderate/hard (RPE 5-7) and maintained for 20-45 minutes. Attempt to go a little further and faster every few weeks during these sessions. They improve specific muscular strength and conditioning.

Hard (red) sessions should involve a very easy warm up for 5-10 minutes (RPE 1-3) followed by alternating intervals of 1-2 minutes between a hard pace/intensity (RPE 7-9) and an easy pace/intensity (RPE 3-5) for a total duration of 20-30minutes. Hill running and 'Spin' classes are effective hard (interval based) sessions. These sessions improve the ability for the heart and lungs to work harder and recover quicker.

Participants should remain hydrated before, during and after all workouts and combine their exercise with a balanced diet and lifestyle to ensure maximum results and good health.

If you have any questions or concerns do not hesitate to contact us. Enjoy the AddVenture!

Disclaimer: Ensure you have medical clearance from a doctor before beginning any new exercise routine. If you experience any unusual pain or symptoms when exercising stop immediately and consult your doctor. AddVenture Training Pty Ltd gives no warranty or guaranty, expressed or implied, regarding the accuracy or completeness of any of the information contained in this article or otherwise provided. No responsibility is accepted for any and/or all liability arising directly or indirectly out of any damage, loss or theft of property, personal injury, illness, adverse change in medical condition or state of health, disability or death from any accident or condition arising directly or indirectly from the use or misuse of any of the information contained in this article or otherwise provided by AddVenture Training Pty Ltd.

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Week	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Tip
1	Run	Ride/Run/Paddle	Ride	Rest	Run/Spin	Ride/Run/Paddle	Rest	Use your planner as a motivational tool. Have it displayed where you will see it regularly, and cross out each session as you complete it.
	20-30min	45+min	20-30min		5x1min			
2	Run	Ride/Run/Paddle	Paddle	Rest	Run/Spin	Ride/Run/Paddle	Rest	Ensure you stretch before and after every training session to minimise injury and to enhance recovery, posture and performance.
	20-30min	45+min	20-30min		5x2min	40-60min		
3	Run	Ride/Run/Paddle	Ride	Rest	Run/Spin	Ride/Run/Paddle	Rest	Make a conscious effort to train at the different prescribed intensities to ensure optimum results and to avoid overtraining. This will take some practise and come with experience.
	25-35min	60+min	25-35min		5x2min			
4	Run	Ride/Run/Paddle	Paddle	Rest	Run/Spin	Ride/Run/Paddle	Rest	Ensure you have purchased and are using your actual race clothing and equipment, particularly shoes. Wear your full race kit for some training sessions.
	25-35min	60+min	25-35min		7x1min	40-60min		
5	Run	Ride/Run/Paddle	Ride	Rest	Run/Spin	Ride/Run/Paddle	Rest	Train as a team. Identify each team member's strengths and weaknesses and factor them into your training and race plan.
	30-40min	75+min	30-40min		7x2min	40-60min		
6	Run	Ride/Run/Paddle	Paddle	Rest	Run/Spin	Ride/Run/Paddle	Rest	Ensure some of your sessions are on terrain similar to the actual race. Trail running and riding is completely different to training on the road or in a gym.
	30-40min	75+min	30-40min		7x2min			
7	Run	Ride/Run/Paddle	Ride	Rest	Run/Spin	Ride/Run/Paddle	Rest	Begin testing your nutrition and hydration preferences leading up to and during longer training sessions to find out what works best for you.
	35-45min	90+min	35-45min		9x1min	40-60min		
8	Run	Ride/Run/Paddle	Paddle	Rest	Run/Spin	Ride/Run/Paddle	Rest	Practise your navigation. There are a variety of navigation based events out there, or at least practise using your map and compass on the go during training sessions.
	35-45min	90+min	35-45min		9x2min	40-60min		
9	Run	Ride/Run/Paddle	Ride	Rest	Run/Spin	Rest	Rest	There is little you can do to improve fitness in the last two weeks, it is critical that you taper your training, eat well, remain hydrated and rest to ensure you are in optimal condition for the race.
	30min	90+min	30min		9x2min			
10	Run	Rest	Paddle	Ride	Rest	Rest	Paddy Pallin Adventure Race Series	Smile, have fun and enjoy the adventure!!!
	30min		30min	40-60min				