

8-Week Fever River Adventure Triathlon Training

Intermediate : Ave 4 - 6 hours/week

Mon	Tue	Wed	Thurs	Fri	Sat	Sun
Core Strength 30 - 45mins	Run 30 min	Bike 30-45 mins	Run 20 mins Strength 30-45mins		Bike 45mins - Hr	Paddle Technique One Hour
Core Strength 30-45mins	Run 30 min	Bike 30-45 mins	Run 20 mins Strength 30-45mins		Bike One Hour	Paddle Technique One Hour
Core Strength 30-45mins	5K Run Test	Bike 30-45 mins	Strength 30-45mins		17 mile Bike Test	6 mile Paddle Test
	Run Tempo 20 mins	Bike 30-45 mins Intervals	Run 20 - 30 mins	Paddle One Hour: Intervals	Bike One Hour Steady State Hills	Paddle One Hour: Steady State
	Run Tempo 25 mins	Bike 30 - 45 mins Intervals	Run 20 - 30 mins	Paddle One Hour: Intervals	Bike One Hour Steady State Hills	Paddle One Hour: Steady State
	5K Run Test	Bike to Run Brick	Paddle One Hour: Intervals		17 mile Bike Test	6 mile Paddle Test
	Run 35 mins Intervals	Bike to Run Brick	Paddle One Hour: Intervals		Bike One Hour Steady State Hills	Paddle One Hour: Steady State
	5k Run		17 mile Bike	Rest	RACE	

The Programs above are meant to be flexible. This plan is designed to allow you to workout according to your daily schedule and the number of hours you have available for workouts each week . The minimum is 4 workout hours. You may follow the plans exactly, or you may eliminate a workout or two per week. You see, it's flexible (realistic) . . . The key is to stick to the RULES.

#### THE RULES:

1. Exercise a minimum of one of each discipline, Run, Bike, Paddle and Core Strength(weeks that apply) every week. For most athletes, just once a week paddling will prove to be a challenge. If you miss a paddle workout, try to make up for it during the next week.
2. Training in Heart Rate Zones, though not absolutely necessary, is highly recommended. The key benefit of Heart Zone training is its scientific method of insuring you're working hard enough.
3. Log your workouts daily. Whenever you can, include the Time of day, Total workout time, Average Heart Rate, Peak Heart Rate, and How you felt during the workout. Adding route information, weather, etc. are helpful also.
4. Don't forget warm-ups and cool downs. Simple 5-15 minute warm-ups prior to the main workout session, and 5-15 minute cool downs are integral to injury prevention. Cool downs may be stretching exercises.
5. If you experience muscle pain during exercise, consult your personal trainer or doctor. Muscle pain experienced after hard workouts is to be expected in the beginning. However, pain that persists during workouts, should not be ignored. It's likely an indication of a sports injury. Injuries if continually antagonized, do not cure themselves, they just get worse.
6. Make every workout count, or don't even bother! Quality over Quantity . . . always.