

Here are some tips on training for the Spring Challenge event. It is unlikely the guides will work exactly for you in terms of the daily activity, but the aim is more to give you an idea of structure and the time involved. If you are doing close to the recommended time each week you'll be well prepared for the event.

Because the Spring Challenge is largely hiking and mountain biking the training guides reflect that. If you wish to train for the rafting and improve your upper body and core strength then 2-3 gym sessions per week will be suffice. If you are able to kayak train or paddle an outrigger canoe that's the best conditioning, given white water rafting is not a very accessible sport to train for. If you can't get to a gym or access paddling, simply increase the time running and biking.

If you are doing other activities over winter such as skiing that is all good conditioning for adventure racing as well. The main thing is you're outside being active. Tramping is excellent conditioning and we highly encourage people to attend as many orienteering and rogaining events as possible. Closer to the event if you have the chance to participate in mountain biking events, running / walking races or even other adventure races, that'll set you up very well.

There are 3-training zones that you'll use at different times, explanations below.

Training Intensity Zones - <i>just like baking a cake!</i>	
Low	This easy pace is mainly used for a warm-up or as a main part of a longer session. The pace is very comfortable and hardly causes a sweat. <i>This is like putting something in the oven to keep it warm.</i>
Medium	This is one gear up. This is a pace where you can still have a conversation but you are slightly out of breath. <i>This is regular temperature for baking a cake or cooking a dish.</i>
High	This requires concentration to maintain the intensity although; when you are fit you can keep this up for a longer period of time. <i>Now it's hot, be careful not to burn things!</i>

MONTH	THEME	DESCRIPTION
June	Base	Regular training and setting routine.
July	Base	Regular training and setting routine.
August	Endurance	Longer sessions, building stamina, preparing your body for the Speed phase.
September	Speed	Conditioning your body for the speed you expect to go at for the race.
October	Taper	Recovery and freshening up.

9-HOUR TRAINING GUIDE

JUNE

DAY	Run (walk / jog)	Bike	Gym (<i>Raft</i>)
Monday		45-minutes - low	
Tuesday	45-minutes - low		1-hour
Wednesday		45-minutes - low	
Thursday	45-minutes - low		1-hour
Friday			
Saturday	30-minutes - low	2:30-hours - low	
Sunday	1-hour - low	1-hour - medium	
TOTAL 10-hours	3-hours	5-hours	2-hours

JULY

DAY	Run (walk / jog)	Bike	Gym (<i>Raft</i>)
Monday		1-hour— low	
Tuesday	45-minutes - low		1-hour
Wednesday		1-hour— medium	
Thursday	45-minutes - medium		1-hour
Friday			
Saturday		2-hours - medium	
Sunday	2-hours - low	1:30-hour - low	
TOTAL 12-hours	3:30-hours	5:30-hours	2-hours

AUGUST

DAY	Run (walk / jog)	Bike	Gym (<i>Raft</i>)
Monday		1:30-hours— medium	
Tuesday	1-hour - medium		1-hour
Wednesday		1:30-hours— medium	
Thursday	1-hour - medium		1-hour
Friday			
Saturday	1-hour - medium	3:00-hours - medium	
Sunday	3-hours hiking - medium		
TOTAL 14-hours	6-hours	6-hours	2-hours

SEPTEMBER

DAY	Run (walk / jog)	Bike	Gym (Raft)
Monday		1-hour— medium	
Tuesday	1-hour— medium including 30-minutes in the middle at high		1-hour
Wednesday		1-hour— medium with 30-minutes at high	
Thursday	1 hour — medium including 5 x 2-minutes at high		1-hour
Friday			
Saturday	1-hour - low	3-hours - medium, high on climbs	
Sunday	1-hour - mixture of medium and high as you feel	1-hour— medium	
TOTAL 12-hours	4-hours	6-hours	2-hours

SEPTEMBER pre event week

DAY	Run (walk / jog)	Bike	Gym (Raft)
Monday		1-hour— low	
Tuesday	30-minutes - low		1-hour
Wednesday		1-hour— medium	
Thursday	1-hour - medium		
Friday			
Saturday	SPRING CHALLENGE		