



## Adventurer's Edge: Mastering the Race



**"CHAMPIONS KEEP PLAYING  
UNTIL THEY GET IT RIGHT."**

**Physical Preparedness:** Training for an adventure race ensures your body is primed for the unique demands of the event, such as endurance, strength, and agility, necessary for activities like rafting, mountain biking, running, and navigation.

**Mental Resilience:** Engaging in a training program builds mental toughness, teaching you to push through discomfort, overcome obstacles, and stay focused during the race, enhancing your ability to tackle challenges with confidence.

**Goal Achievement:** Setting targets for your training and gradually achieving them instills a sense of accomplishment and progress, motivating you to continue pushing your limits and reaching new heights in both training and the race itself.

**Team Bonding:** Training with others fosters camaraderie and teamwork, as you support and encourage each other through the gruelling sessions, strengthening relationships and enhancing the overall race experience.

**Personal Growth:** Participating in an adventure race and committing to the training regimen cultivates self-discipline, resilience, and perseverance, fostering personal growth and empowerment as you conquer obstacles and push beyond your limits to achieve your goals.

## TIPS FOR THE MERRELL SPRING CHALLENGE TRAINING PROGRAM:

**Diversify Your Training:** Avoid consecutive days of training the same discipline to prevent overuse injuries and maximise overall fitness development.

**Flexibility with 'RAFT' Sessions:** For sessions labeled 'RAFT,' you have the flexibility to choose between upper body gym workouts or various paddle sports such as kayaking, waka-ama, surfski, or stand-up paddleboarding.

**Adjust Intensity First:** If a session feels too easy, consider ramping up the intensity before extending its duration. This approach ensures progressive challenge and better results.

**Prioritise Participation:** Aim to participate in as many events as possible. Embrace the mindset that if there's a race happening, you should be on the start line. This not only builds race experience but also boosts motivation and camaraderie within the community.

**Listen to Your Body:** When in doubt about whether to train, gauge your physical condition. If you're feeling slightly under the weather or fatigued, commit to a brief 10-minute activity session before making a decision. Avoid making decisions while sedentary, as movement can often clarify your readiness to train.

By incorporating these guidelines into your training regimen, you can optimise your preparation for the Merrell Spring Challenge and enhance your overall performance.



The training pace can be characterised as brisk enough to leave you slightly breathless, yet still conducive to maintaining a conversation.

APRIL			
	RUN	BIKE	RAFT
Monday	45-minutes easy		
Tuesday		1-hour	
Wednesday			1-hour
Thursday	45-minutes easy		
Friday	RECOVERY DAY		
Saturday		2:00-hours	
Sunday	1:30-hours hike		1-hour
<b>8-HOURS</b>	<b>3:00-hours</b>	<b>3:00-hours</b>	<b>2:00-hours</b>

MAY			
	RUN	BIKE	RAFT
Monday	45-minutes		
Tuesday		1-hour	
Wednesday	45-minutes		1-hour
Thursday		1-hour	
Friday	RECOVERY DAY		
Saturday		2:00-hours	
Sunday	1:30-hours hike		1-hour
<b>9-HOURS</b>	<b>3:00-hours</b>	<b>4:00-hours</b>	<b>2:00-hours</b>

## JUNE

	RUN	BIKE	RAFT
Monday	45-minutes		
Tuesday		1-hour	
Wednesday	45-minutes		1-hour
Thursday		1-hour	
Friday	RECOVERY DAY		
Saturday		2:30-hours	
Sunday	2:00-hour hike		1-hour
<b>10-HOURS</b>	<b>3:30-hours</b>	<b>4:30-hours</b>	<b>2:00-hours</b>

## JULY

	RUN	BIKE	RAFT
Monday	1:00-hour		
Tuesday		1:30-hours	
Wednesday	1:00-hour		1-hour
Thursday		1:30-hours	
Friday	RECOVERY DAY		
Saturday		2:00-hours	
Sunday	2:00-hour hike		1-hour
<b>11-HOURS</b>	<b>4:00-hours</b>	<b>5:00-hours</b>	<b>2:00-hours</b>

**"DON'T STOP WHEN YOU'RE TIRED. STOP WHEN YOU'RE DONE."**

## AUGUST

	RUN	BIKE	RAFT
Monday	1:00-hour		
Tuesday		1:00-hour	
Wednesday	1:00-hour		1-hour
Thursday		1:30-hours	
Friday	RECOVERY DAY		
Saturday		2:30-hours	
Sunday	3:00-hours hike		1-hour
<b>12-HOURS</b>	<b>5:00-hours</b>	<b>5:00-hours</b>	<b>2:00-hours</b>

## SEPTEMBER

	RUN	BIKE	RAFT
Monday	45-minutes		
Tuesday		1:00-hour	
Wednesday	45-minutes		1-hour
Thursday		1:00-hour	
Friday	RECOVERY DAY		
Saturday		2:00-hours	
Sunday	2:30-hours hike		1-hour
<b>10-HOURS</b>	<b>4:00-hours</b>	<b>4:00-hours</b>	<b>2:00-hours</b>

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