



## "Trail Titans: Elite Training for Adventure Racing Success"



**"THE DIFFERENCE BETWEEN  
THE IMPOSSIBLE AND THE  
POSSIBLE LIES IN A PERSON'S  
DETERMINATION."**

**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.

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

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

## JUNE

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

## JULY

	RUN	BIKE	RAFT
<b>Monday</b>	1:00-hour		
<b>Tuesday</b>		1:00-hour	
<b>Wednesday</b>	1:00-hour		1-hour
<b>Thursday</b>		1:00-hour	
<b>Friday</b>	RECOVERY DAY		
<b>Saturday</b>		3:00-hours	
<b>Sunday</b>	4:00-hour hike		1-hour
<b>13-HOURS</b>	<b>6:00-hours</b>	<b>5:00-hours</b>	<b>2:00-hours</b>

**"BELIEVE YOU CAN, AND YOU'RE HALFWAY THERE."**

## AUGUST

	RUN	BIKE	RAFT
<b>Monday</b>	45-minutes		
<b>Tuesday</b>		1:00-hour	
<b>Wednesday</b>	45-minutes		1-hour
<b>Thursday</b>		2:00-hours	
<b>Friday</b>	RECOVERY DAY		
<b>Saturday</b>		3:00-hours	
<b>Sunday</b>	4:30-hours hike		1-hour
<b>14-HOURS</b>	<b>6:00-hours</b>	<b>6:00-hours</b>	<b>2:00-hours</b>

## SEPTEMBER

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

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