



Fourteen Week plan for Beginner/Intermediate to Northern Crossing Multisport

Training Zone Definitions (guide only):

Recovery – Easy pace

Endurance – Steady continuous pace often up to several hours

Tempo – Moderate to Hard, race pace for a moderate to long event

Anaerobic Threshold – Hard, normally short efforts, e.g. Intervals

55-65% of HR Max


65-75% of HR Max

75-85% of HR Max

85-90% of HR Max

Week starting:	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
31 st January Week 1 Build 175mins	Day off	Run 15mins in Endurance range – reasonably comfortable and flat run.	Kayak 40mins in Endurance range.	Cycle 45mins in Endurance range – mostly flat.	Day off	Run 15mins in Endurance range – reasonably comfortable and flat run.	Cycle 60mins in Endurance range – mostly flat.
7 th February Week 2 Build 205mins	Day off	Run 20mins in Endurance range – reasonably comfortable and flat run.	Kayak 45mins in Endurance range.	Cycle 45mins in Endurance range – mostly flat.	Day off	Run 20mins in Endurance range – reasonably comfortable and flat run.	Cycle 75mins in Endurance range – flat to rolling ride.
14 th February Week 3 Build 240mins	Day off	Run 25mins in Endurance range – reasonably comfortable and flat run.	Kayak 50mins in Endurance range.	Cycle 50mins in Endurance range – mostly flat.	Day off	Run 25mins in Endurance range – some hills, ideally off road.	Cycle 90mins in Endurance range – flat to rolling, aim to keep a good cadence on hills.
21 st February Week 4 Recovery 200mins	Day off	Run 25mins in Endurance range – reasonably comfortable and flat run.	Kayak 40mins in Endurance range.	Cycle 50mins in Endurance range – rolling ride, Tempo intensity on hills.	Day off	Run 25mins in Endurance range – some hills, ideally off road.	Cycle 60mins in Endurance range – flat to rolling ride.

28 th February Week 5 Build 310mins	Day off	Run 30mins in Endurance range – reasonably comfortable and flat run.	Kayak 60mins include 3x 5min @ Tempo, 10min Endurance in between.	Cycle 60mins in Endurance range, Tempo intensity on hills – flat to rolling ride	Day off	Run 30mins + Kayak 30mins in Endurance range, Tempo on hills – Hilly, ideally off road.	Cycle 100mins in Endurance range – flat to rolling, aim to keep a good cadence on hills.
7 th March Week 6 Build 340mins	Day off	Run 35mins in Endurance range – reasonably comfortable and flat run.	Kayak 60mins include 3x 5min @ Tempo, 5min Endurance in between.	Cycle 60mins in Endurance range, Tempo intensity on hills – flat to rolling ride	Day off	Run 35mins + Kayak 30mins in Endurance range, Tempo on hills – Flat to rolling, ideally off road.	Cycle 120mins in Endurance range – flat to rolling, aim to keep a good cadence on hills.
14 th March Week 7 Build 390mins	Day off	Run 40mins in Endurance range – reasonably comfortable and flat run.	Kayak 60mins include 4x 5min @ Tempo, 5min Endurance in between.	Cycle 60mins + Run 10mins. Both in Endurance range – flat to rolling ride, keep a good cadence on hills. Start run easy and build to your normal pace over 3 or 4mins.	Day off	Run 40mins + Kayak 30mins, Run in Endurance range, Tempo on hills – Off road, try and include at least one long hill, approx 4mins climbing. First 15min of Kayak building, 2 nd 15min @ Tempo.	Cycle 150mins in Endurance range – flat to rolling. Include 2x 10min sections at Tempo intensity, 10mins Endurance in between.
21 st March Week 8 Recovery 280mins	Day off	Run 30mins in Recovery range – easy, enjoyable, ideally off road run	Kayak 40mins in Endurance range.	Cycle 70mins at Recovery intensity, Endurance on hills – mostly flat.	Day off	Run 40mins – first 10mins in Endurance range, next 20mins in Tempo, easing back to Endurance for last 10mins – Flat to rolling.	Cycle 100mins in Endurance range – flat to rolling. Include 2x 10min sections at Tempo intensity, 10mins Endurance in between.
28 th March Week 9 Build 445mins	Day off	Run 50mins in Endurance range – flat to rolling run.	Kayak 70mins warm up and then include 3x 10min @ Tempo, 10min Endurance in between.	Cycle 70mins + Run 15mins. Both in Endurance range – flat to rolling ride, keep a good cadence on hills. Start run easy and build to your normal pace over 3 or 4mins.	Day off	Run 50mins + Kayak 30mins in Endurance range, Tempo on hills – Off road, try and include at least one long hill, approx 4mins climbing. First 15min of Kayak building, 2 nd 15min @ Tempo.	Cycle 160mins in Endurance range – flat to rolling. Include 3x 10min sections at Tempo intensity, 10mins Endurance in between.
4 th April Week 10 Build 510mins (peak volume)	Day off	Run 40mins + Cycle 30mins. Run in Tempo range, hilly. Cycle steady in Endurance on flat.	Kayak 70mins – First 20mins in Endurance, then 30mins in Tempo, last 20mins in Endurance range.	Cycle 90mins in Endurance range – flat to rolling ride, include 3x 5mins @ Tempo intensity on the flat, 10mins Endurance in between.	Day off	Run 40mins + Kayak 40mins in Endurance range – mostly flat, not too hard on any hills	Run 50mins + Cycle 150mins both in Endurance range can go to Tempo on hills – flat to rolling.

11 th April Week 11 Recovery 360mins	Day off	Run 40mins in Recovery range – easy, enjoyable, ideally off road run.	Kayak 60mins in Endurance range.	Cycle 90mins in Endurance range – flat to rolling ride.	Day off	Cycle 60mins + Kayak 30mins in Endurance range – flat to rolling ride.	Cycle 60mins + 20mins Run. Cycle at Tempo – rolling to hilly ride. Run in Endurance – start easy after cycle and gradually build to a steady pace.
18 th April Week 12 Build 510mins	Day off	Run 40mins + Cycle 30mins. Run in Tempo range, hilly. Cycle on rolling road, lower end of Tempo range.	Kayak 70mins – First 10mins warming up and then 50mins in Tempo, last 10mins in Endurance range winding down.	Cycle 90mins in Tempo range – Rolling to Hilly ride, this is at your race pace. Work hard but try not to over do it on the hills.	Day off	Run 50mins + Kayak 40mins. Run in Endurance range – mostly flat, not too hard on any hills. Kayak – first 10min warming up and then 5min AT, 5min Tempo, 5min AT, 5min Endurance then cool down.	Run 40mins + Cycle 120mins + Run 30mins. Endurance range for first run, Tempo for cycle and second run – Rolling runs and ride, ideally on the course or as similar terrain as possible.
25 th April Week 13 Taper 340mins	Day off	Run 40mins in Recovery range – easy, enjoyable, ideally off road run.	Kayak 40mins – First 5mins warming up and then 30mins in Tempo range before 5min cool down.	Cycle 90mins in Tempo range – Rolling to Hilly ride, this is at your race pace. Work hard but try not to over do it on the hills	Day off	Cycle 60mins + Kayak 30mins in Endurance range – flat to rolling ride.	Run 30mins + Cycle 30mins + Run 20mins. Endurance range for first run, Tempo for cycle and second run – mostly off road for runs. Practise your smooth and fast transitions.
2 nd May Week 14 Taper	Day off	Cycle 60mins, first 30mins in Recovery, 2 nd 30mins in Endurance range – flat to rolling ride.	Kayak 40mins in Endurance range.	Run 30mins in Recovery range – easy, enjoyable, ideally off road run.	Easy 15min Cycle, 15min Kayak and stretch. Check that your equipment is 100% ready to race.		Relax 😊