



BEGINNER'S GUIDE TO ADVENTURE RACING

- by Sean Lunny

What does it take to finish your first Mind Over Mountain Adventure Race (MOMAR) you ask. Well depending upon your goals, not as much as you may think. A regular training program, a balanced diet, a couple pieces of important equipment, and great attitudes should be enough to get you over the finish line.

Here are some answers to the most frequently asked questions I receive:

WHAT KIND OF EQUIPEMENT DO I NEED?

- **Runners** -- the majority of racers use a good trail runner, such as the Adidas Trail Response, but good cross-trainers will do the job as well
- **Mountain Bike** – A bike with suspension is highly recommended as there are always tons of great single track in this stage of the race. You enjoy the ride that much more and your body will thank you after.
- **Hydration Pack** – As you may be out on the course for hours before the next water station, you will need to stay hydrated at all times. You will also need it to carry all of your mandatory gear items. A small pack is the most ideal for a shorter race like the MOMAR.
- **Compass** – A good compass will last you a lifetime and essential if you do a lot of backcountry activities. Make sure your compass has an adjustment for **declination** as the MOMAR races require it.
- **Kayak** – The majority of racers rent their boats from one of the many outfits on Vancouver Island. If you're racing as a team, you would be wise to rent a double boat as they tend to be faster (although two fast single boats will be faster than a slow touring double). You can also race in canoe with a double bladed paddle. Some have even raced in an outrigger and done very well.
- **Paddle** – You will be supplied with a kayak double bladed paddle with the rental of your boat, however, not all paddles are the same. Simon River Sports, www.simonriversports.com, manufactures a Wing Paddle which will improve your efficiency and performance with proper technique. Ocean River Sports in Victoria also retails them.
- **First Aid Kit** – Items to include are Band-Aids, moleskin, gauze, ibuprofen.
- **Map Holder** – You need something to keep your maps dry at all times. Ziploc bags work well, but there are some great holders with straps. Most kayak shops carry them.
- **Miscellaneous** – Each MOMAR has a mandatory gear list that varies with each race. Some sample items include: whistle, space blanket, bear bell, pen, extra long sleeve, locking blade knife, synthetic shirt, bike tools, sunscreen, bee sting kit.

HOW DO I CHOOSE A GOOD TEAMMATE?

This is going to be one of your most important decisions. You don't want to pick someone who is going to yell at you the whole day! The best thing to do is to pick someone who is easy going, has the same goals for the race as you do, and has a similar fitness level.

HOW OFTEN SHOULD I TRAIN?

The most important thing in an adventure race is your mind and body. For the MOMAR, you're looking at anywhere between 5-8hrs of activity. If your body isn't ready for that kind of output, you could be in for a long day. Before beginning any exercise program, consult your physician regarding your current physical condition and the particular demands of the related program. The following contains a sample 16 week program to get you ready for the MOMAR.

Remember, this is just an outline, and you can train more or less than outlined. The most important thing is to enjoy yourself when you are out there, and not to over do it and get injured. All run times **do not include** a warm up and cool down, this should be about 5-10 minutes of walking before and after the run. The program has built in rest weeks(they are in **BOLD** type). Please use them and allow your body to recover. This is the only way for it to absorb the training and to improve. Also check the MOMAR website for more training advice. To get ready for any event like this you need to begin by building a base. This phase should take 8 weeks and all workouts should be at an easy intensity. After the 8 weeks you can begin increasing your intensity.

| WEEK 1 | Bike | Run | Weights |
|---------------|-----------------|-----------|-------------------|
| Monday | easy 30min spin | | |
| Tuesday | | 10-12 min | 2 Sets of 15 reps |
| Wednesday | 30 min to 1 hr | | |
| Thursday | | 10-12 min | 2 Sets of 15 reps |
| Friday | OFF | | |
| Saturday | | 12-15 min | |
| Sunday | 30 min – 1 hr | | |
| WEEK 2 | | | |
| Monday | easy 30min spin | | |
| Tuesday | | 12-15 min | 2 Sets of 15 reps |
| Wednesday | 45 min – 1 hr | | |
| Thursday | | 12-15 min | 2 Sets of 15 reps |
| Friday | | | |
| Saturday | | 15-17 min | |
| Sunday | 45 min – 1 hr | | |
| WEEK 3 | | | |
| Monday | easy 30min spin | | |
| Tuesday | | 15 min | 3 Sets of 15 reps |
| Wednesday | 1 hr – 1.15hrs | | |

| | | | |
|---------------|------------------|-----------|-------------------|
| Thursday | | 15 min | 3 Sets of 15 reps |
| Friday | OFF | | |
| Saturday | | 15-17 min | |
| Sunday | 1 hr – 1.5hrs | | |
| WEEK 4 | | | |
| Monday | easy 30min spin | | |
| Tuesday | | 12 min | 3 Sets of 15 reps |
| Wednesday | 45 min – 1 hr | | |
| Thursday | | 12 min | 3 Sets of 15 reps |
| Friday | OFF | | |
| Saturday | | 15-17 min | |
| Sunday | 45 min – 1 hr | | |
| WEEK 5 | | | |
| Monday | easy 45min spin | | |
| Tuesday | | 15-20 min | 3 Sets of 15 reps |
| Wednesday | 1 hr to 1.5hrs | | |
| Thursday | | 15-20 min | 3 Sets of 15 reps |
| Friday | OFF | | |
| Saturday | | 17-20 min | |
| Sunday | 1 hr to 1.5hrs | | |
| WEEK 6 | | | |
| Monday | easy 45min spin | | |
| Tuesday | | 15-20 min | 2 Sets of 12 reps |
| Wednesday | 1 hr to 1.5hrs | | |
| Thursday | | 15-20 min | 2 Sets of 12 reps |
| Friday | OFF | | |
| Saturday | | 20-25 min | |
| Sunday | 1 hr to 1.5hrs | | |
| WEEK 7 | | | |
| Monday | easy 1 hr spin | | |
| Tuesday | | 20 min | 2 Sets of 12 reps |
| Wednesday | 1 hr to 1.45hrs | | |
| Thursday | | 20 min | 2 Sets of 12 reps |
| Friday | OFF | | |
| Saturday | | 20-25 min | |
| Sunday | 1.5 hrs to 2 hrs | | |
| WEEK 8 | | | |
| Monday | easy 1 hr spin | | |
| Tuesday | | 20-25 min | 3 Sets of 12 reps |
| Wednesday | 1.5 hrs to 2 hrs | | |
| Thursday | | 20-25 min | 3 Sets of 12 reps |
| Friday | OFF | | |
| Saturday | | 25-30 min | |

| | | | |
|----------------|--------------------|----------------|---------------------|
| Sunday | 1.5 hrs to 2.5 hrs | | |
| WEEK 9 | | | |
| Monday | easy 45 minspin | | |
| Tuesday | | 15-20 min | 3 Sets of 12 reps |
| Wednesday | 1 hr to 1.5 hrs | | |
| Thursday | | 15-20 min | 3 Sets of 12 reps |
| Friday | OFF | | |
| Saturday | | 20-25 min | |
| Sunday | 1 hr to 2 hrs | | |
| WEEK 10 | | | |
| Monday | easy 1 hr spin | | |
| Tuesday | | 25-30 min | 2 Sets of 8-10 reps |
| Wednesday | 1.5 hrs to 2 hrs | | |
| Thursday | | 25-30 min | 2 Sets of 8-10 reps |
| Friday | OFF | | |
| Saturday | | 30-45 min | |
| Sunday | 2 hrs to 2.5 hrs | | |
| WEEK 11 | | | |
| Monday | easy 1 hr spin | | |
| Tuesday | | 25-35 min | 3 Sets of 8-10 reps |
| Wednesday | 2 hrs to 2.5 hrs | | |
| Thursday | | 25-35 min | 3 Sets of 8-10 reps |
| Friday | OFF | | |
| Saturday | | 30-45 min | |
| Sunday | 2 hrs to 2.5 hrs | | |
| WEEK 12 | | | |
| Monday | easy 1 hr spin | | |
| Tuesday | | 30-45 min | 4 Sets of 8-10 reps |
| Wednesday | 2 hrs to 2.5 hrs | | |
| Thursday | | 30-45 min | 4 Sets of 8-10 reps |
| Friday | OFF | | |
| Saturday | | 45 min | |
| Sunday | 2.5 hrs to 3 hrs | | |
| WEEK 13 | | | |
| Monday | easy 1 hr spin | | |
| Tuesday | | 45 min | 3 Sets of 15 reps |
| Wednesday | 2 hrs to 2.5 hrs | | |
| Thursday | | 45 min | 3 Sets of 15 reps |
| Friday | OFF | | |
| Saturday | | 45 min to 1 hr | |
| Sunday | 2.5 hrs to 3 hrs | | |
| WEEK 14 | | | Weights or Kayak |

| | | | |
|----------------|---------------------------|----------------|------|
| Monday | easy 1 hr spin | | |
| Tuesday | | 45 min | 1 hr |
| Wednesday | 2.5 hrs | | |
| Thursday | | 45 min | 1 hr |
| Friday | OFF | | |
| Saturday | | 1 hr | |
| Sunday | 3 hrs | | |
| WEEK 15 | | | |
| Monday | easy 1 hr spin | | |
| Tuesday | | 45 min | 1 hr |
| Wednesday | 1 hr – 1.45 hrs | | |
| Thursday | | 30 min | 1 hr |
| Friday | OFF | | |
| Saturday | | 1 hr to 1.5hrs | |
| Sunday | 3 hrs | | |
| WEEK 16 | | | |
| Monday | easy 45 min spin | | |
| Tuesday | | 20-25 m | 1 hr |
| Wednesday | 1hr to 2 hrs | | |
| Thursday | | 20-25 min | 1 hr |
| Friday | Easy 30 - 45 min spin | | |
| Saturday | RACE!!!! | | |
| Sunday | RECOVER FROM PARTY!!!!!!! | | |

STRENGTH TRAINING EXERCISES:

Weight training should consist of exercises like lunges, ball squats, and step ups, for the lower body, and push-ups, pull-ups, shoulder raises, bicep curls, and tricep extensions for the upper body. If you are not familiar with strength training, please get help from a qualified personal trainer, to ensure the exercises are done correctly.

WHAT SHOULD I EAT WHEN I RACE?

Over the course of a five to eight hour race, you are probably going to be burning around 800 – 1000 calories per hour. No matter how much you take it, you won't be able to replace all the calories you are expending. That is why your training program is so important, so you can get your body efficient at using fat as an energy source.

You are also going to require some kind of electrolyte replacement and energy bars (we recommend Flash-5 Energy Foods) and gels (Hammer) to replace those calories.

Use what has worked best for you in training, race day is not the day to try something new!!!!

WHAT ARE SOME GOOD RACE DAY TIPS?

On race day the biggest thing is to be organized!! Have all your equipment laid out and ready to go at least a day before the race. Also there may be things that will happen on race day that will be out of your control, so make sure you take some time and organize yourself, so you can at least control the things you can.

Pace yourself, watch your heart-rate, and don't get caught up in racing above your head at the start of the race, and take the time to eat and drink frequently

Keep things small (Try to downsize things as much as possible, you will be thank-full you did after a few hills)

Above all else HAVE FUN!!! Its all about the experience!