

FEAR Training Plan

Intermediate to Advanced



*Core workout detailed at the end of the plan

Week 1

Monday	Run 1 hour, easy pace
Tuesday	Rowing machine - 5000m Upper body weights - Gym based
Wednesday	Bike - 90 minutes, climbing where possible
Thursday	Swim stretch low intensity
Friday	Run 5km. Run for a time outside
Saturday	Rest Day
Sunday	Bike - 30km, pick a hilly route

Week 2

Monday	Rest Day
Tuesday	Run 45 minutes, challenging pace
Wednesday	Bike 100 minutes, moderate pace
Thursday	Rowing machine 20 minutes, challenging pace Upper body weights session, Gym based
Friday	Swim stretch low intensity
Saturday	Run 60 minutes Trail running, challenging pace Kayaking 2km, easy pace
Sunday	Bike, 2 hours, endurance

Week 3

Monday	Rest Day
Tuesday	Run - Hills /sprints 6-8 sets 800m, Max efforts *Core workout, Gym based
Wednesday	Rowing machine - Sprints, 5 -10 sets, 500m, Max efforts. Gym based
Thursday	Spin class hit or urbo trainer, 1 hour. Cover as many km. Home or Gym

Friday Run 6km, Go for a time - Outside

Saturday Run - Trail running, 1 hour moderate pace
Bike - 120 minutes, challenging pace

Sunday Swim - 1 hour, easy Pace

Week 4

Monday Rowing machine - 5000 meters, Max pace with *core workout
or kayaking in open water 4km, easy pace

Tuesday **Rest Day**

Wednesday Bike - 130 minutes, Climbing - 3 big climbs. Pushing for Endurance

Thursday Run one - 30 minutes, Moderate pace
Run two - 45 minutes, Challenging pace

Friday Kettle bell class and core
Upper body weights session - Core workout, Gym based

Saturday Swim - 1 hour

Sunday Run 1 - 40 minutes
Kayak - 3km
Bike 1.5 Hours
Run 2 - 30 minutes
Transition Training

Week 5

Monday **Rest Day** - Ice bath - Stretch low intensity

Tuesday Run - 6km to 10km. Go for a time. Gym based

Wednesday Spin Class hit with core or Turbo trainer - 60 minutes
Cover as many km

Thursday Run - Hills, 6-8 sets
500 meters Climbing

Friday Rowing machine - 10000m or Kayaking 3km, challenging pace

Saturday Bike - 10km
Run - 7km
Bike - 15km
Kayak - 2km
Run - 5km
Transition Training

Sunday Swim - 1 hour, easy Pace

Week 6

Monday	Bike - 90 minutes, continuous hills
Tuesday	Rowing machine - Sprints 5 -10 sets, 500 m. Max efforts, Gym based
Wednesday	Run - 7km. Trail with hills, challenging pace
Thursday	Kettle bell class and *core or Lower body weights workout - Gym based
Friday	Rest Day
Saturday	Bike - 50km Endurance
Sunday	Swim stretch low intensity

Week 7

Monday	Run 7km, challenging pace Bike - 90 minutes. Cover as many km
Tuesday	Upper body weights session, *Core Workout - Gym based
Wednesday	Rest Day
Thursday	Run - Hills /sprints 6-8 sets, 800m. Max efforts - Core workout, Gym based
Friday	Rowing machine - 6000 m. *Core Workout Gym based - Max Efforts or kayaking in open water 3km - Max efforts
Saturday	Swim 1 Hour Easy Pace
Sunday	Bike - 10km Big climb needed Run - 5km Bike - 15km Continuous hills Kayak - 3km Run steep Hill, need 1km climbing 304 meters Transition Training

Week 8

Monday	Rest Day
Tuesday	*Core workout - Spin class hit or Turbo trainer - 60 minutes Cover as many km, Max Efforts
Wednesday	Run - 1 Hour, Moderate pace
Thursday	Kettle bell class and core or Upper body weights session. *Core workout. Gym based
Friday	Swim - 30 minutes, stretch low intensity
Saturday	Bike - 10km Big climb needed Trail with hills 7Km Bike - 25 km Continuous hills Kayak - 3km, Run steep Hill need 1km climbing 304 meters

Saturday Bike downhill 13km

Sunday **Rest Day**

Week 9

Monday Rowing machine - 5000m, Easy pace. Core workout - Gym based

Tuesday Run - 40 minutes, Out Side - Moderate pace

Wednesday Swim - 1 Hour

Thursday Bike - 90 minutes, Easy pace

Friday Upper body weights session. *Core workout - Gym based

Saturday **Rest Day**

Sunday Kayak - 3km
Bike - 10km
Run - 5km, Moderate pace

Week 10

Monday Rowing machine - 5000m, easy pace. Core workout

Tuesday Run -30 minutes, easy pace

Wednesday Swim - 45 minutes

Thursday Bike - 30 minutes, easy pace - *Core workout Gym based

Friday **Rest Day**

Saturday **Good to Go - Race Day**



Core work

Plank

Lie face down on the floor with feet together and forearms on the ground. Draw abs in and tighten glutes. Lift entire body off the ground until it forms a straight line from head to toe, resting on forearms and toes. Hold. Slowly return body to the ground, keeping chin tucked and back flat.

Plank Jack

Get in a modified plank position, balancing on forearms (elbows aligned under shoulders) and toes. Tighten abs so body is straight from head to heels. Keeping torso tight, hop feet out wide. Hop feet back to starting position and repeat.

Superman

Lie face down on floor with arms in front of body, palms toward the ground. Draw navel in, tighten glutes, and pinch shoulder blades together. Simultaneously lift arms, chest, and legs off the floor. Hold. Slowly return to ground, keeping chin tucked.

T-Stabalisation

Get into push-up position. Shift weight to left hand and rotate body. Keeping feet stacked, raise right arm into the air so that arms and torso form a "T." Hold.

Bird Dog

Balance on hands and knees. Lift right leg and left arm, extending right leg to the rear and reaching forward with left arm. Hold. Repeat with opposite arm and leg.

Plank with Alternating Arm and Leg Raise

Get into push-up position. Lift right arm and left leg at the same time without moving torso. Hold. Return to starting position, then repeat, lifting opposite leg and arm.

V-Tuck

Lie faceup with legs extended and arms along sides. Raise head a few inches. Lift legs off ground, then slowly sit up, drawing knees to elbows directly over hips. Hold, then slowly lower torso and extend legs, keeping head and feet slightly off the ground.

Toe Taps

Lie on back and place hands behind ears. Lift legs to tabletop position (90-degree angle). Press lower back into floor and crunch forward until shoulders are off the floor. With toes pointed down, lower right foot as far as you can without lifting back off the floor. Return to starting position and repeat with left leg.

Russian Twist

Sit on the floor, knees bent and feet flat. Hold arms straight out in front of chest, with palms facing down. Lean back so that your torso is at a 45-degree angle to the floor. Twist to the right as far as you can, pause, then reverse movement and twist to the left.

Upper Body Workout

Incline barbell bench press

Sets: 4 / Reps: 6 / Rest: 90s

Lie back on a bench set to an incline angle and lift a barbell to shoulder height, palms facing away from you. Breathe out as you press up with both arms. Lock out your arms and squeeze your chest before returning slowly to the start position.

Chin-up

Sets: 4 / Reps: 6 / Rest: 90s

Grab the pull-up bar with your palms facing towards you and a grip that is narrower than shoulder width. Pull yourself up until your head is above the bar. Slowly lower back to the start position.

Incline dumbbell press

Sets: 3 / Reps: 8 / Rest: 1m15s

Lie back on a bench set to a 30-degree angle and lift the weights up to shoulder height, palms facing away from you. Breathe out as you press up with both arms. Lock out your arms and squeeze your chest before returning slowly to the start position.

Single arm dumbbell row

Sets: 3 / Reps: 8 / Rest: 1m15s

Head to a flat bench and place your right hand against it under your shoulder, keeping your arm straight. Rest your right knee on the bench and step your other leg out to the side. With your free hand grab a dumbbell off the floor and row it up to your side until your upper arm is parallel with the floor. Lower slowly back to the floor and repeat.

Dumbbell hammer curl

Sets: 3 / Reps: 12 / Rest: 45s

Hold a dumbbell in each hand at your sides, palms facing your hips. Curl the weights up until your thumbs are near your shoulders, then lower.

Dips

Sets: 3 / Reps: 12 / Rest: 45s

Grab the bars of a dip station with your palms facing inward and your arms straight. Slowly lower until your elbows are at right angles, ensuring they stay tucked against your body and don't flare out. Drive yourself back up to the top and repeat.

Lying rear delt fly

Sets: 3 / Reps: 15 / Rest: 10s

Lie on a bench, chest facing down, with a dumbbell in each hand underneath your shoulders. Slightly bend your elbows and raise your arms to the side until they're in line with your body. Lower the dumbbells to the floor and repeat.

Face pull

Sets: 3 / Reps: 12 / Rest: 60s

Attach rope handles to the top pulley on a cable machine. Kneel in front of it with one foot forward and flat on the ground. Grab the handles and pull them towards your face, drawing your hands apart and taking care to keep your upper arms flat. Pause, then reverse the movement.
