

**Spirited Women**  
Long Course Training Programme



This Training Programme is designed for ladies taking on the Spirited Women - Long Course.  
At the bottom of the programme there is a more specific description of each of the training sessions.

Week Beginning	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6-Feb	Recovery Day	1:30 Easy Run 1:00 SUP/Gym	1:30 Easy MTB/Spin 1:00 Pilates/Yoga	1:00 Urban Trail Run 1:30 Getting Started Webinar	1:00 Easy MTB/Spin	2:30 Team Trail Hike/Run 1:00 Team SUP	2:30 Team MTB
13-Feb	Recovery Day	1:30 Easy Run 1:00 SUP/Gym	1:30 Easy MTB/Spin 1:00 Pilates/Yoga	1:00 Urban Trail Run	1:30 Easy MTB/Spin	2:00 Navigation Workshop & Rogaine 1:00 Team SUP	2:30 Team MTB
20-Feb	Recovery Day	1:30 Easy Run 1:00 SUP/Gym	1:30 Easy MTB/Spin 1:00 Pilates/Yoga	1:00 Urban Trail Run	1:30 Easy MTB/Spin	2:30 Team Trail Hike/Run 1:00 Team SUP	2:30 Team MTB
27-Feb	Recovery Day	1:30 Easy Run 1:00 SUP/Gym	1:30 Easy MTB/Spin 1:00 Pilates/Yoga	1:00 Urban Trail Run	Recovery Day	0:45 Introduction to SUP Workshop	5:00 Team Adventure

## Training Session Description

**Easy MTB/Spin** An intensity that you could maintain for up to two hours. If mountain biking is difficult during the week, you may opt for a road bike, spin class, or similar.

**Easy Run** An intensity that you could maintain for up to two hours. At this intensity you should be able to talk to your training partners.

**Getting Started Webinar** Getting Started Webinar with James Kuegler Coaching. See [www.jameskuegler.com/events](http://www.jameskuegler.com/events) for more details.

**Introduction to SUP Workshop** Introduction to SUP Workshop with Victoria Stuart. See [www.jameskuegler.com/events](http://www.jameskuegler.com/events) for more details.

**Navigation Workshop** Navigation Workshop & Rogain with Navigation North. See [www.jameskuegler.com/events](http://www.jameskuegler.com/events) for more details.

**Pilates/Yoga** With all of the training that you are doing it is important to make sure that we maintain and/or move towards increasing flexibility of muscles and mobility of joints.

**Recovery Day** Rest and recovery is as important as training itself. Ideally a recovery day is an opportunity to get extra sleep, so that you are ready to go for the following day,

**SUP/Gym** It may be difficult to train on a stand up paddle board. Gym work, kayaking, or a similar session that focuses on the upper body muscles is a great alternative.

**Team Adventure** An opportunity for your team to have an adventure, and become accustomed to being on the go for an extended period of time. A suggested adventure would include hiking/running, mountain biking, stand up paddle boarding and plenty of fun. This session should also have a focus on navigation.

**Team MTB** An opportunity to go for a long mountain bike with your team mates. It is suggested that you seek out moderately technical MTB trails.

**Team SUP** An opportunity to go for a stand up paddle with your team mates. You may need to hire boards for this session. Check out the Spirited Women website for a list of SUP providers affiliated with the event.

**Team Trail Hike/Run** An opportunity to go for a long hike/run with your team mates. It is suggested that you seek out moderately technical trails. This session should also have a focus on navigation.

**Urban Trail Run** It is often challenging to access trails during the week, so, your challenge is to explore the network of parks, urban trails and ready made running obstacles in your vicinity. Use your imagination.