

Eppie's Great Race 10-Week Training Course

Week 1

Day	Event	Train	Event	Train	Event	Train
1	Running	Rest	Cycling	Rest	Kayaking	30 minutes steering stokes and edging for boat control; 30 minutes straight paddle
2	Running	3 miles	Cycling	Casual ride 20 miles	Kayaking	Cross train or rest
3	Running	Cross train or rest	Cycling	Easy ride 15 miles	Kayaking	40 minutes to one hour, paddle at half maximum power
4	Running	3 miles	Cycling	Rest	Kayaking	Rest, cross train or easy 40-minute paddle on lake
5	Running	Cross train or rest	Cycling	Casual ride 20 miles	Kayaking	30 minutes paddle at half power; 5 minutes paddle at three-quarters power; 100-yard sprint paddle
6	Running	3 miles	Cycling	Easy ride 15 miles	Kayaking	0 minutes paddle at half power; 10 minutes paddle at three-quarters power; three to five 100-yard sprints
7	Running	3 miles	Cycling	Ride 20 miles	Kayaking	Cross train or rest

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Week 2

Day	Event	Train	Event	Train	Event	Train
1	Running	Rest	Cycling	Rest	Kayaking	30 minutes paddle at half-power; 10 minutes paddle at three-quarters for beginners and 20 minutes for intermediate
2	Running	3 miles	Cycling	Casual ride 20 miles	Kayaking	Cross train or rest
3	Running	Cross train or rest	Cycling	Easy ride 15 miles	Kayaking	45 minutes paddle at half to three-quarters power for beginners and 1 hour for intermediate
4	Running	3 miles	Cycling	Ride stronger 15 miles	Kayaking	Cross train or rest
5	Running	Cross train or rest	Cycling	Casual ride 20 miles	Kayaking	30 minutes paddle at half power for beginners and three-quarters power for intermediate; 10 minutes paddle at three-quarters power for beginners and 10 minutes upstream for intermediate; 100-yard sprint for beginners and 400 yard sprint for intermediate
6	Running	3 miles	Cycling	Easy ride 15 miles	Kayaking	Lake of slow river (below Watt Ave). 30 minutes paddle at half-power and 10 minutes at three-quarters power for beginners; 20 minutes at half-power and 20 minutes at three-quarters power for advanced; 3 to 6 100-yard sprints for both
7	Running	4 miles	Cycling	Ride 30 miles	Kayaking	Cross train or rest

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Week 3

Day	EVENT	TRAIN	EVENT	TRAIN	EVENT	TRAIN
1	Running	Rest	Cycling	Rest	Kayaking	30 minutes paddle half-power; 10 minutes paddle at three-quarters power for beginners and 20 minutes for intermediate
2	Running	3 miles	Cycling	Ride 20 miles	Kayaking	Cross train or rest
3	Running	Cross train or rest	Cycling	Easy ride 25 miles	Kayaking	45 minutes paddle at half to three-quarters power for beginners and one hour for intermediate
4	Running	3 miles	Cycling	Ride 15 miles	Kayaking	Cross train or rest
5	Running	Cross train or rest	Cycling	Casual ride 25 miles	Kayaking	Paddle 30 minutes at half-power for beginners or three-quarters power for intermediate; 10 minutes paddle at three-quarters power for beginners and paddle upstream for intermediate; 100-yard sprint for beginners and 400-yards for intermediate
6	Running	3 miles	Cycling	Easy ride 15 miles	Kayaking	Lake or slow part of river (below Watt Ave). 30 minutes paddle at half-power followed by 10 minutes at three-quarters power for beginners; 20 minutes at power and 20 minutes at three-quarters power for intermediate; three to six 100-yard sprints
7	Running	5 miles	Cycling	Ride 30 miles	Kayaking	Cross train or rest

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Week 4

Day	Event	Train	Event	Train	Event	Train
1	Running	Rest	Cycling	Rest	Kayaking	River (Watt-Paradise section) for beginners; (Sunrise or Sailor Bar to Rossmoor) for intermediate. 30 minutes paddle at half-power; 10 min. paddle at three-quarters power for beginners or 20 minutes for intermediate
2	Running	Tempo: 1 mile warmup, 1 mile tempo, 1 mile cool down	Cycling	Casual ride 20 miles	Kayaking	Cross train or rest
3	Running	Cross train or rest	Cycling	Strong ride 25 miles	Kayaking	Lake. 45 minutes paddle at half- to three-quarter's power for beginners or one hour for intermediate
4	Running	4 miles	Cycling	Intense ride 15 miles	Kayaking	Cross train or rest
5	Running	Cross train or rest	Cycling	Casual ride 25 miles	Kayaking	River (Watt-Paradise) for beginners and river (Sunrise to Rossmoor and San Juan rapids). 30 minutes paddle at half-power for beginners or three-quarters power for intermediate; 10 minutes paddle at three-quarters power for beginners or upstream for intermediate; 100-yard sprint for beginners or 400-yard sprint for intermediate.
6	Running	3 miles	Cycling	Easy ride 15 miles	Kayaking	Lake or slow river (below Watt Avenue). 30 minutes paddle at half-power followed by 20 minutes at three-quarters power for beginners 10 minutes at half-power followed by 20 minutes three-quarters power downstream followed by 5 minutes at half-power and 20 minutes three-quarters power upstream.
7	Running	6 miles	Cycling	Ride 30 miles	Kayaking	Rest

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Week 5

Day	Event	Train	Event	Train	Event	Train
1	Running	Rest	Cycling	Rest	Kayaking	River (Watt-Paradise) for beginners or River (Sunrise to Rossmoor) for intermediate. 30 minutes paddle at half-power; 10 minutes paddle at three-quarters power for beginners or 20 minutes for intermediate
2	Running	Tempo: 1 mile warmup, 2 mile tempo, 1 mile cool down	Cycling	Casual ride 20-25 miles	Kayaking	Cross train or rest
3	Running	Cross train or rest	Cycling	Strong ride 25 miles	Kayaking	Lake. 45 minutes paddle at half- to three-quarters power for beginners or one hour for intermediate
4	Running	4 miles	Cycling	Intense ride 15 miles	Kayaking	Cross train or rest
5	Running	Cross train or rest	Cycling	Casual ride 25 miles	Kayaking	River (Watt-Paradise) for beginners or river (Sunrise to Rossmoor and San Juan rapids) for intermediate. 30 minutes paddle at half-power for beginners or three-quarters power for intermediate; 10 minutes paddle at three-quarters power for beginners or upstream for intermediate; 100-yard sprint for beginners or 400 yards for intermediate
6	Running	3 miles	Cycling	Easy ride 15 miles	Kayaking	Lake or river (below Watt Avenue). 30 minutes paddle at half-power followed by 20 minutes at three-quarters power for beginners or 10 minutes at half-power and 20 minutes at three-quarters downstream followed by five minutes at half-power and 20 minutes three-quarters power upstream for intermediate; three to six 100-yard sprints.
7	Running	4 miles	Cycling	Ride 30 miles	Kayaking	Rest

Eppie's Great Race 10-Week Training Course

Week 6

Day	Event	Train	Event	Train	Event	Train
1	Running	Rest	Cycling	Rest	Kayaking	10 minutes paddle at half-power, 30 minutes at three-quarters and 10 minutes half-power
2	Running	Tempo: 1 mile warmup, 3 mile tempo, 1 mile cool down	Cycling	Casual ride 20-25 miles	Kayaking	Cross train or rest
3	Running	Cross train or rest	Cycling	Strong ride 25 miles, start 3 short 1-minute intervals, fully recovering before the next one	Kayaking	Lake. 40 minutes to one hour paddle at half- to three-quarters power
4	Running	4 miles	Cycling	Ride stronger 20 miles	Kayaking	Cross train or rest
5	Running	Cross train or rest	Cycling	Casual ride 25 miles	Kayaking	River. 10 minutes upstream paddle; 45 minutes downstream paddle
6	Running	3 miles	Cycling	Easy ride 15 miles	Kayaking	River. 20 minutes paddle downstream at half-power followed by two to four repeats of San Juan rapids; 30 minutes paddle downstream at three-quarters power for beginners or upstream for intermediate
7	Running	6 miles	Cycling	Ride 30 miles	Kayaking	Rest

Eppie's Great Race 10-Week Training Course

Week 7

Day	Event	Train	Event	Train	Event	Train
1	Running	Rest	Cycling	Rest	Kayaking	Lake. 10 minutes paddle at half-power followed by 30 minutes at three-quarters power followed by 10 minutes at half-power
2	Running	1 mile warmup, 4 x half-mile, 1 minute recovery, 1 mile cool down	Cycling	Casual ride 20-25 miles	Kayaking	Cross train or rest
3	Running	Cross train or rest	Cycling	Strong ride 25 miles, start 5 short 1-minute intervals, fully recovering before the next one	Kayaking	Lake. 40 to 60 minutes paddle at half- to three-quarters power
4	Running	4 miles	Cycling	Ride stronger 20 miles	Kayaking	Cross train or rest
5	Running	Cross train or rest	Cycling	Casual ride 25 miles	Kayaking	River. 10 minutes upstream paddle followed by 45 minutes downstream paddle
6	Running	3 miles	Cycling	Strong ride 30 miles	Kayaking	River. 20 minutes downstream paddle at half-power followed by two to four San Juan rapids repeats; 30 minutes paddle downstream at three-quarters power for beginners or 30 minutes upstream for intermediate
7	Running	7 miles	Cycling	Ride 30-40 miles	Kayaking	Cross train or rest

Eppie's Great Race 10-Week Training Course

Week 8

Day	Event	Train	Event	Train	Event	Train
1	Running	Rest	Cycling	Rest	Kayaking	Lake. 10 minutes paddle at half-power followed by 30 minutes at three-quarters power followed by 10 minutes at half-power
2	Running	Tempo: 1 mile warmup, 6x half-mile, 1 minute recovery, 1 mile cool down	Cycling	Casual ride 15 miles	Kayaking	Cross train or rest
3	Running	Cross train or rest	Cycling	Strong ride 25 miles, start 6 short 1-minute intervals, fully recovering before the next one	Kayaking	Lake. 40 to 60 minutes paddle at half- to three-quarters power
4	Running	4 miles	Cycling	Ride stronger 20 miles	Kayaking	Cross train or rest
5	Running	Cross train or rest	Cycling	Casual ride 30 miles	Kayaking	River. 10 minutes upstream paddle followed by 45 minutes downstream paddle
6	Running	3 miles	Cycling	Strong ride 35 miles	Kayaking	River. 20 minutes downstream paddle at half-power followed by two to four San Juan rapids repeats; 30 minutes paddle downstream at three-quarters power for beginners or 30 minutes upstream for intermediate
7	Running	6 miles	Cycling	Ride 30-40 miles	Kayaking	Rest

Eppie's Great Race 10-Week Training Course

Week 9

Day	Event	Train	Event	Train	Event	Train
1	Running	Rest	Cycling	Rest	Kayaking	Lake. 10 minutes paddle at half-power followed by 30 minutes at three-quarters power followed by 10 minutes at half-power
2	Running	3 miles	Cycling	Casual ride 15 miles	Kayaking	Cross train or rest
3	Running	Cross train or rest	Cycling	Strong ride 25 miles, start 8 short 1-minute intervals, fully recovering before the next one	Kayaking	Lake. 40 to 60 minutes paddle at half- to three-quarters power
4	Running	3 miles	Cycling	Ride stronger 20-25 miles	Kayaking	Cross train or rest
5	Running	Cross train or rest	Cycling	Casual ride 30 miles	Kayaking	River. 10 minutes upstream paddle followed by 45 minutes downstream paddle
6	Running	3 miles	Cycling	Strong ride 35 miles	Kayaking	Attend Eppie's pre-race clinic for strategy
7	Running	5 miles	Cycling	Ride 40 miles	Kayaking	Attend Eppie's pre-race clinic for strategy

Eppie's Great Race 10-Week Training Course

Week 10

Day	Event	Train	Event	Train	Event	Train
1	Running	Rest	Cycling	Rest	Kayaking	River. 30 minutes hard paddle
2	Running	3 miles	Cycling	Casual ride 15 miles	Kayaking	Rest
3	Running	Cross train or rest	Cycling	Ride 25 miles, start 8 short 1-minute intervals, fully recovering before the next one	Kayaking	River. 30 minutes paddle
4	Running	3 miles	Cycling	Casual ride 25 miles	Kayaking	River. 30 minutes easy paddle
5	Running	Cross train or rest	Cycling	Rest	Kayaking	Rest
6	Running	Eppie's Great Race	Cycling	Eppie's Great Race	Kayaking	Eppie's Great Race