

SCAR 2025 – TRAINING PROGRAMMING

Taster	Day 1 – Run Day	Day 2 – Bike Day	Day 3 – Run, Bike, Run, Bike
Week 1	3km	10km	-
Week 2	3.5km	12km	1km , 5km , 1km , 5km
Week 3	4km	14km	1.5km, 6km , 1.5km , 6km
Week 4	4.5km	16km	2km , 7km , 2km , 7km
Week 5	5.5km	18km	2.5km, 8km , 2.5km 8km
Week 6	6.5km	20km	3km , 9km , 3km , 9km
Week 7	7.5km	22km	3.5km , 10km , 3.5km , 10km
Week 8	5km	12km	4km , 11km , 4km , 11km
Week 9	4km	10km	RACE DAY

Sport	Day 1 – Run Day	Day 2 – Bike Day	Day 3 – Run, Bike, Run, Bike
Week 1	8km	20km	-
Week 2	9km	24km	2km, 7km, 2km, 7km
Week 3	10km	28km	3km, 8km, 3km, 8km
Week 4	11km	32km	4.5km, 9.5km, 4.5km , 9.5km
Week 5	12km	36km	5km, 11km, 5km, 11km
Week 6	14km	40km	5.5km, 13.5km, 5.5km , 13.5km
Week 7	16km	44km	6km, 15km , 6km ,15km
Week 8	12km	32km	7.5km, 18.5km ,7.5km, 18.5km
Week 9	8km	20km	RACE DAY

Day 1 and Day 2 is about building a base and increasing the KMs weekly, so on race day you are confident you have put in the hard yards.

Day 3 is about getting familiar with the transitions from run to bike, switching footwear, putting on & off your helmet, and fuelling yourself while on the course.

Spread your workouts out throughout the week, like a Tuesday Thursday Saturday system, so you can rest and recover properly.

Add 1- 2 strength sessions weekly for injury prevention.

Week 7 and 8 will be the most challenging weeks of the programme, while week 9 is a taper week with the race on the Saturday.

Add hills/inclines to your weekly training if possible.