

Adventure Racing

Adventure racing involves the three discipline of Mountain biking, trail running, kayaking, and orienteering. Some races includes other elements such as rappelling, horse back riding, and climbing. There are many distances as well, ranging from a sprint that lasts anywhere from 4-6 hours or a 24 hour race or multi day expedition race. How do you train for an event such as this. This program details a fitness program for an athlete jut getting into the sport. The program covers training and nutrition. The cost is \$50 and can purchase on line.