



Max Adventure Training Schedule

City and Suburbs

City workouts highlighted in this color

Suburban workouts highlighted this color

Combo (city and suburbs together)

Date	Time	Lecture Topic	Duration	Workout Type	Place/Address	What to Bring
8/31/2009 Monday	6:15 PM	Kick-off information seminar	1 hr 15	Introduction to adventure racing	Moosejaw 1445 West Webster Place, Chicago, IL 60614	
9/1/2009 Tuesday	6:00 PM	bike/run	1 hr 30	bike/run	3600 N. Recreation Drive, (at the clock tower by golf course entrance) Chicago, IL 60613	Water bottle, helmet, mountain bike, run gear Heart Rate Monitor
9/2/2009 Wednesday	6:30 PM	Kick-off Equipment/Gear	1 hr 30	Introduction Equipment/Gear	TBD	
9/6/2009	No group workout, workout on own					
9/8/2009 Tues	6:00 PM	co-steering/map skills nutrition discuss	1 hr 15	map skills	3600 N. Recreation Drive, (at the clock tower by golf course entrance) Chicago, IL 60613	Water bottle, Wear running clothes
9/9/2008 Wednesday	6:30 PM	co-steering/map skills nutrition discuss	1 hr 15	map skills	Dupage Forest Preserve, Wheaton, IL http://www.dupageforest.com/preserve.aspx?id=4194	Water bottle, Wear running clothes
9/13/2009 Sunday	1:00 PM	Bike/Run team work skills	2 hrs	bike/run compass	Waterfall Glen, Darien, IL rt 55 and lemont rd.	bike/run gear/helmet compass/nutrition
9/15/2009 Tues	6:30 PM	Puzzles and Skills team work skills	1 hr 15		3600 N. Recreation Drive, (at the clock tower by golf course entrance) Chicago, IL 60613	Water bottle, Wear running clothes
9/16/2009 Wednesday	6:30 PM	Puzzles and Skills team work skills	1 hr 15		Dupage Forest Preserve, Wheaton, IL http://www.dupageforest.com/preserve.aspx?id=4194	Water bottle, Wear running clothes
9/20/2009 Sunday	8:30 AM	Intro to Kayaking	4 hrs	Kayaking	Lincoln Park Boat Club near the entrance to Lincoln Park Zoo Chicago, IL	rain jacket/comfy clothes water bottle/nutrition
9/22/2009 Tues	6:00 PM Sharp!!! Don't be late tonight!	Kayak skills	1 hr 30	Kayaking	Lincoln Park Boat Club near the entrance to Lincoln Park Zoo Chicago, IL optional workout Suburban group	rain jacket/comfy clothes water bottle/nutrition
9/23/2009 Wednesday	6:30 PM		1 hr 15		Dupage Forest Preserve, Wheaton, IL http://www.dupageforest.com/preserve.aspx?id=4194	
9/27/2009 Sunday	8:30 AM	Kayak skills	2 hrs	Kayaking	Lincoln Park Boat Club near the entrance to Lincoln Park Zoo Chicago, IL	rain jacket/comfy clothes water bottle/nutrition
9/29/2009 Tuesday	6:00 PM	team work skills	1 hr 30		3600 N. Recreation Drive, (at the clock tower by golf course entrance) Chicago, IL 60613	Water bottle, Wear running clothes
9/30/2009 Wednesday	6:30 PM	team work skills	1 hr 30		Dupage Forest Preserve, Wheaton, IL http://www.dupageforest.com/preserve.aspx?id=4194	Water bottle, Wear running clothes
10/3/2009 Sunday	1:00 PM	orienteeing bike/ run	2 hr 30	map skills teamwork bike/run	Waterfall Glen, Darien, IL rt 55 and lemont rd.	bike/run gear/helmet nutrition
10/6/2009 Tue	6:00 PM	GEAR Check	1 hr 30		3600 N. Recreation Drive, (at the clock tower by golf course entrance) Chicago, IL 60613	everything
10/7/2009 Wednesday	6:30 PM	GEAR Check	1 hr 30		Dupage Forest Preserve, Wheaton, IL http://www.dupageforest.com/preserve.aspx?id=4194	everything
10/9/2009 10/10/2009	travel to race RACE!					