



TRAINING PROGRAM

FOLLOW THE FLOW '26

A JOURNEY BEYOND LAKE WAWASEE

FROM THE CONTINENTAL DIVIDE TO LAKE MICHIGAN

TEAM BTR™

NORTH AMERICA

TRAINING PROGRAM

Follow the Flow is my personal, block-based training plan built around endurance, resilience, and intentional suffering. This is the exact framework I'm using to prepare for a 140+ mile stand-up paddle board journey from the continental divide in Noble County, Indiana, all the way to Lake Michigan. It's not a polished program or a one-size-fits-all plan. It's the real plan I'm living inside of as I get ready for a history-making paddle.

I'm sharing this openly through training logs, blogs, and video not for validation, but for transparency. I want people to see what real preparation looks like when it's quiet, repetitive, and unglamorous, because that's the part that actually builds confidence and resilience. This plan is here for anyone who wants to follow along, take ideas from it, or use it as motivation while I document the process.

If you're serious about taking on a journey like this yourself, whether it's a long paddle, an endurance project, reach out and let's talk about it.

Big goals deserve thoughtful preparation, and no one should feel like they have to figure it all out alone. 🤙





BLOCK 1

WEEK 1-4

BLOCK 1 — STAYING IN THE QUIET

Weeks 1-4 | Foundation + Mental Tolerance

BASE WEEK STRUCTURE (BLOCK 1)

DAY 1 — LONG STEADY BIKE + CORE

- Bike: 90 minutes steady (Zone 2)
- No surges, no coasting

Core (20 min):

- Dead bugs 3x12
- Side plank 3x45 sec each side
- Farmer carries 4x40–60 sec
- Bird dogs 3x10 each side

DAY 2 — SWIM + UPPER LIFT

- Swim: 3,000–4,000 yards easy aerobic

Lift (upper body):

- Scap pull-ups or band pull-downs 4x10
- Push-ups or incline presses 4x12
- Single-arm rows 3x12 each side
- Palloff press holds 3x30 sec

DAY 3 — BRUTAL STEADY BIKE

- Bike: 60 minutes steady-state
- Effort: “Uncomfortable but sustainable”

DAY 4 — RUN + MOBILITY

- Run: 3–5 km easy (conversation pace)
- Terrain friendly, no pace goals

Mobility (30+ min):

- Hips
- Thoracic spine
- Hamstrings
- Ankles
- Low back

DAY 5 — SWIM + LOWER LIFT

- Swim: 4,000–5,000 yards aerobic

Lift (lower + spine):

- Split squats 3x10 each side
- RDLs 3x8
- Glute bridges 3x12
- Anti-extension plank holds 3x45 sec

DAY 6 — LONG BIKE / ADVENTURE DAY

- Bike: 2–3 hours steady

DAY 7 — ACTIVE RECOVERY

- Easy walk, light swim, or 30 min spin
- Long mobility + sauna / cold if available

BLOCK 1 — WEEKLY PROGRESSION

- Week 1: Establish baseline durations
- Week 2: Add 10–15 min to Day 6 long bike
- Week 3: Add 10 min to Day 3 brutal steady bike
- Week 4: Hold volume, remove distractions (less music, fewer metrics)

“Focus on building aerobic capacity, durability, and comfort in mental quiet.”



BLOCK 2

WEEK 5-8

BLOCK 2 — LONG DURATION + MENTAL FORTITUDE

Weeks 5-8 | Long Hard Efforts

DAY 1 — LONG STEADY BIKE + CORE

- Bike: 110 minutes steady (Zone 2)
- No surges, no coasting

Core (20 min):

- Dead bugs 3×15
- Side plank 3×1 min. each side
- Farmer carries 4×40–60 sec
- Bird dogs 4×10 each side

DAY 2 — SWIM + UPPER LIFT

- Swim: 3,500-4,500 yards easy aerobic

Lift (upper body):

- Scap pull-ups or band pull-downs 4×15
- Push-ups or incline presses 100 reps
- Single-arm rows 3×12 each side
- Palloff press holds 3×45 sec

DAY 3 — BRUTAL STEADY BIKE

- Bike: 75 minutes steady-state
- Effort: “Uncomfortable but sustainable”

DAY 4 — RUN + MOBILITY

- Run: 5 km easy (conversation pace)
- Terrain friendly, no pace goals

Mobility (45 min):

- Hips
- Thoracic spine
- Hamstrings
- Ankles
- Low back

DAY 5 — SWIM + LOWER LIFT

- Swim: 5,000 yards aerobic

Lift (lower + spine):

- Split squats 3×10 each side
- RDLs 3×8
- Glute bridges 3×12
- Anti-extension plank holds 3×1 min.

DAY 6 — LONG BIKE / ADVENTURE DAY

- Bike: 3 hours steady

DAY 7 — ACTIVE RECOVERY

- Easy walk, light swim, or 30 min spin
- Long mobility + sauna / cold if available

BLOCK 2 — WEEKLY PROGRESSION

- Week 5: Adjust to new durations & reps
- Week 6: Add 30 min to Day 6 long bike
- Week 7: Add 15 min to Day 3 brutal steady bike
- Week 8: Hold volume, remove distractions, No Music or Headphones

“Focus on
Building an
unbreakable
baseline and
becoming
mentally tough
through quiet
training”



BLOCK 3

WEEK 9-12

BLOCK 3 — CONFIDENCE THROUGH REPETITION

Weeks 9-12 | Spring Paddle Reintroduction

BASE WEEK STRUCTURE

Key Changes

- Paddle replaces some bike sessions
- Bike volume slightly reduced
- Lifting volume decreases

DAY 1 — MID-DISTANCE PADDLE

- Paddle: 60–90 min steady
- Focus on technique, posture, rhythm
- Test gear every session

DAY 2 — SWIM + LIFT

- Swim: 3,200 yards easy
- Lift: upper body isometrics and core (shorter sessions)

DAY 3 — BRUTAL STEADY BIKE + LONG EASY PADDLE

- Bike: 60 min Zone 4 (Hard)
- Paddle: 2-3 Hours Easy
- Course Specific Paddles (testing gear and map sections that are the most difficult to navigate)

DAY 4 — RUN + MOBILITY

- Run: 10 km easy
- Mobility emphasized

DAY 5 — PADDLE

- Paddle: 60 min Steady Hard Effort
- Same route each week but more distance in the same time

DAY 6 — LONG SESSION (ROTATE)

Alternate weekly:

- Week A: Long paddle (3 hrs)
- Week B: Long bike (2 hrs)

DAY 7 — ACTIVE RECOVERY

- Research and map locations + exit points and crew support spots

BLOCK 3 — WEEKLY PROGRESSION

- Increase paddle intensity each week but maintain same distance
- Use each paddle training day to test gear and paddle different sections of the route
- Gear confidence is the priority

“Earlier blocks taught you how to stay consistent, Block 3 teaches you how to stay calm inside the work.”



BLOCK 4

WEEK 13-15

BLOCK 3 — FLOW DOMINANCE

Weeks 13-15 | Long Duration + Trust

DAY 1 — LONG STEADY PADDLE

- Paddle: 2.5 hours steady
- No surges, no coasting

Core (20 min):

- Walking Lunges 4x20
- Plank 4x2 min.
- Shoulder Press 4x25 @ 20#
- Hollow Holds 4x30 sec.

DAY 2 — SWIM + UPPER LIFT

- Swim: 4,000 yards easy aerobic

Lift (upper body):

- Pull-ups 4x10 reps
- Push-ups or incline presses 100 reps
- Deadlifts 10x5 reps Heavy
- Overhead Plate hold 3x60 sec. @ 45#

DAY 3 — LONG STEADY BIKE

- Bike: 2 hours steady-state

DAY 4 — RUN + MOBILITY

- Run: 10 km easy (conversation pace)
- Terrain friendly, no pace goals

Mobility (45 min):

- Hips
- Thoracic spine
- Hamstrings
- Ankles
- Low back

DAY 5 — EASY PADDLE

- Paddle: 2 hours easy

Lift (lower + spine):

- Squats 4x20 reps
- RDLs 10x5 reps
- Air Squats x100 reps

DAY 6 — LONG BIKE / ADVENTURE DAY

- Bike: 3 hours steady
- or
- long hike/run

DAY 7 — ACTIVE RECOVERY

- Easy walk, light swim, or 30 min spin
- Long mobility + sauna / cold if available
- Research and map locations + exit points and crew support spots

BLOCK 2 — WEEKLY PROGRESSION

- Week 13: Adjust to new durations & reps
- Week 14: Focus on recovery and Mobility
- Week 15: Last week of hard training before the taper. Spend extra time on mental focus and lower intensity all week. Maintain overall time but don't push as hard.

“The hard work is done, but it is time to focus on the mental grind that is coming. Take a breath and look at how far you've come.”



BLOCK 5

WEEK 15-18

BLOCK 5 — SIMULATION & SURRENDER

Weeks 15-18

By the time you reach Block 5, the work of Blocks 1-4 is already done and you are as fit as you'll be. The long paddles are familiar, the systems are tested, and the discomfort no longer feels threatening. This phase is not about adding fitness. It's about sharpening execution while letting go of the need to prove anything.

Training shifts toward 1-2 near-simulation paddles per week, not to test limits, but to rehearse calm, efficient execution under realistic conditions (Good & Bad). Volume plateaus and every session should finish with the feeling that you have more in the tank. The goal is control, not exhaustion.

DAY 1 — LONG PADDLE

- Paddle: 4 hours steady
- Fuel exactly as planned for event

DAY 2 — RECOVERY SWIM

- Swim: 2,500 yards very easy

DAY 3 — SUPPORT BIKE

- Bike: 90 min steady
- No pushing, no spikes

DAY 4 — MOBILITY

- Short run if desired
- 1 Hour of Mobility is mandatory

DAY 5 — PADDLE

- Paddle: 2 hours easy

DAY 6 — B2B PADDLE

- Paddle: 2 hours easy
- Focus on recovery and efficiency on the water.
B2B = Back to Back

DAY 7 — Rest Day

BLOCK 5 — WEEKLY PROGRESSION

- Week 15 & 16: No Change
- Week 17: Cut all distances and times in half. This is the taper before the big paddle.

HOW TO USE THIS PROGRAM

This training plan is the exact framework I'm using to prepare for a 140+ mile stand-up paddleboard journey from the continental divide in Noble County, Indiana, all the way to Lake Michigan. It's written as a series of progressive blocks, each with a physical focus and a mental theme, because this journey isn't just about fitness. It's about staying steady when things get quiet, repetitive, and uncomfortable.

I use this program as a living document. I follow the blocks in order, respect the progressions, and adjust only when my body or conditions demand it. Missed days are skipped, not made up. Some weeks feel strong. Some feel flat. Both are part of the process. The goal isn't perfection, it's consistency over time.

If you're following along, I encourage you to use this plan the same way:

Read the block you're in.

Understand the intent behind the workouts.

Execute the sessions calmly, without forcing effort or chasing numbers.

Let the repetition do the work. This program rewards patience. If you rush it, you'll miss what it's trying to teach you.

SCALING GUIDE — HOW TO ADAPT THIS PLAN

This program is written from the perspective of a high-volume endurance build, but the structure can be adapted without losing its intent.

If You're New to Endurance

- Reduce total volume by 30–40%
- Keep the same weekly layout, just shorten sessions
- Focus on finishing sessions feeling better, not emptied

If You're an Experienced Endurance Athlete

- Follow the plan mostly as written
- Make small duration adjustments based on recovery
- Respect the taper and simulation phases

If You're Time-Crunched

- Keep frequency high, shorten duration
- Prioritize consistency over "perfect" weeks

Important Rule

Do not increase volume and intensity in the same week.

If something feels off, adjust early. The goal is durability, not heroics.

WHO THIS PLAN IS FOR / WHO IT ISN'T FOR

THIS PLAN IS FOR YOU IF:

- You value consistency over hype
- You're drawn to long, quiet endurance work
- You want to build confidence through preparation, not bravado
- You're okay with repetition and unglamorous training
- You respect recovery as part of the work
- You're willing to listen to your body instead of forcing outcomes

THIS PLAN IS NOT FOR YOU IF:

- You're looking for quick results or shortcuts
- You need constant novelty or excitement to stay engaged
- You want a race-focused, peak-performance program
- You ignore fatigue and train through warning signs
- You expect motivation to carry you instead of discipline

This is not a "crush yourself" plan.

It's a show up, stay patient, trust the process plan.

