



# 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 3×12
- Side plank 3×45 sec each side
- Farmer carries 4×40–60 sec
- Bird dogs 3×10 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 4×10
- Push-ups or incline presses 4×12
- Single-arm rows 3×12 each side
- Pallof press holds 3×30 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 3×10 each side
- RDLs 3×8
- Glute bridges 3×12
- Anti-extension plank holds 3×45 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
- Pallof 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.**

