TRAINING PROGRAMME, ZONES & INTERVALS

BY Daisyway Coaching Systems

Wines2Whales

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TRAINING PROGRAMME

This training programme is aimed at riders who want to embark on more focused training in the 3 months preceding the event. It is an indication of the estimated effort of training required to finish a 3-day Stage Race comfortably.

Level of fitness required:
Should have some baseline fitness and be able to manage +-5hrs/week of varying intensities

Equipment required:
Weekend sessions are intended for outdoor riding while weekday sessions are adjustable for both outdoor and indoor riding

Suggested for months:
July to November or 3 months before the start of the race

GETTING STARTED

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The training plan is for a total of 3 months (+-16 weeks to go).

We do not advise preparing for this type of event with less than 3 months.

DETERMINING YOUR TRAINING ZONES:

Complete either a Functional Threshold Power (FTP) Test on your Indoor Trainer or an Outdoor 20min Time Trial on a set route – ride 'as hard as you can' for 20 minutes

Calculate your FTP watts value by multiplying your average watts for the 20min's with 95% (FTP Watts = Average Watts (20min) X 95%)

Your average HR for the duration of the 20min's = your FTP HR

Use your FTP watts and/or FTP HR values to calculate your specific watt and/or HR zones according to the Training zones table

We highly recommend incorporating as much CORE STRENGTH TRAINING as possible, as this will make an immense difference in how your body will cope with the higher training load and racing. You can either make use of a certified instructor or check out our cycling-specific core workouts here.

Please also check out our all-entailing Stage Race Survival Manual covering everything from nutrition, pacing to medical issue knowledge needed to get through a MTB Stage Race..

We hope you enjoy this training plan!

Please get in touch with any queries or if you should rather want to sign up for a more personalised training schedule or coaching.

Any direct queries can be made to Coach Louise: louise@daisyway.co.za

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TRAINING ZONES

ZONE	INTENSITY	RPE*	% FTP (watts)	% FTP HR (bpm)	DESCRIPTION
1	EASY Active Recovery	1 (Very light)	35 - 55	60 – 68	Think "recovery" while doing this.
2	ENDURANCE	2-3 (Fairly light to Moderate)	55 - 75	68 – 83	Easy pace, breathing slightly elevated but conversation easy. Maintain a constant cadence (80 and 90rpm) and a steady pace on climbs. Don't "chase out“ hills. Develops: Muscular endurance, pedal stroke, oxygen capacity & mobilisation of stored fats. Teaches body to produce less lactic acid
3	TEMPO	3-4 (Moderate to somewhat hard	75 - 85	83 – 89	Slightly faster pace than ENDURANCE. Breathing heavier, but still able to have a conversation. Cadence 80 - 90rpm. Same applies for hills. Develops: Cardiorespiratory and muscular system
4	SWEETSPOT	4-5 (Somewhat hard)	85 – 90	89 – 95	Slightly faster pace than TEMPO, and close to RACE PACE. Breathing heavier, but just able to have a conversation. Cadence 80 - 90rpm. Same applies for hills. Develops: Cardiorespiratory and muscular system
5	Lactate Threshold (LT)	6-7 (Hard to Very Hard)	90 - 105	95 - 105	Aim: Lifts usable endurance capacity at a race pace, increases power and speed
6	MAXIMUM AEROBIC INTERVALS	8-9 (Very very Hard)	105 - 120	Max	Aim: To improve maximum aerobic capacity

* Borg's Rate of Perceived exertion (RPE) Scale:
Your RPE should reflect how heavy and strenuous the exercise feels to you, combining all sensations and feelings of physical stress, effort, and fatigue. The scale ranges from 0 - 10, where 0 means no exertion at all and 10 maximal exertion. Try to appraise your feeling of exertion as honestly as possible, without thinking about what the actual physical load is. Your own feeling of effort and exertion is important, not how it compares to other's.

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INTERVAL DESCRIPTION

INTENSITY	WARM-UP	INTERVAL DURATION	CADENCE	RECOVERY	REPEATS	DESCRIPTION	COOLDOWN
1-legged pedalling (ZONE 3-4)	Part of Endurance ride	30sec/leg	50 - 80	30 sec	4	Unclip 1 foot, hang away from rotating pedal. Pedal as fast as you can with 1 foot for 30sec. Then switch legs. Click here for THE PEDAL STROKE demonstration.	Part of ride
LT INTERVALS (ZONE 5)	15 min Easy	6 min	+-90rpm	3 min	4	Try completing each interval at the same constant pace	10 – 30 min Easy
LONG CLIMBS (ZONE 5-6)	20 min Easy	5 – 10 min (+-25 min total climb time)	55 - 70	4 min	3 - 5	Ideal hill to be 5 – 10min long. Repeat hill until +-25min of total climb time is reached. Recover on each downhill. Start each effort 'fast', out of the saddle and get HR up quickly. Gear down to about 60 rpm, stay seated and concentrate on pedalling motion and smooth & round circles. Increase cadence in the last 100m of the hill, stand and sprint 'over the top'.	20 min Easy
VO2 INTERVALS (ZONE 6)	15 min Easy	1 min	90 - 100rpm	1 min	6	Maximum effort sprint for 1 min. Think “power” and “speed”	10 – 30 min Easy
LONG HILL SPRINTS (ZONE 5-6)	15 min Easy	3 min	55 - 70	2 min	6	Choose a 3min hill. Stand out of the saddle and sprint minute 1 at a high-ish cadence (60 - 80rpm). Gear down and ride minute 2 seated at a low-ish cadence (50 - 70rpm). Stand out of the saddle and sprint minute 3 at a high-ish cadence (60 - 80rpm). Concentrate on pedalling in smooth and round circles.	15 min Easy
SUPRA LT INTERVALS (ZONE 5-6)	15 min Easy	4 min	90 - 100rpm	2 min	4	Maximum effort sprint for 4 min. Think “power” and “speed”	10 – 30 min Easy
FAST PEDAL (ZONE 3-4)	15 min Easy	5 min	100 - 110	10 min	3	Pedal as fast as you can without hopping on the seat.	15 min Easy

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27 JUL - 23 AUG

	+-16 WEEKS TO GO		15 WEEKS TO GO		14 WEEKS TO GO: EASY		13 WEEKS TO GO	
Mon	Core training & stretch	00:00	Core training & stretch	00:00	Core training & stretch	00:00	Core training & stretch	00:00
Tue	Endurance (Z2) with Technical & Skills	01:00	Endurance (Z2) with Technical & Skills	01:00	Tempo (Z3) with Technical & Skills	01:30	Long climbs or simulate Indoors (Z5)	01:00
Wed	Tempo (Z3) with Technical & Skills	01:00	Long climbs or simulate Indoors (Z5)	01:00	Core training & stretch	00:00	Endurance (Z2) with Technical & Skills	01:00
Thu	Endurance (Z2) with 1-leg pedalling	01:00	Endurance (Z2) with 1-leg pedalling	01:00	Endurance (Z2) with Technical & Skills	01:30	LT INTERVALS or simulate Indoors (Z5)	01:00
Fri	Core training & stretch	00:00	Core training & stretch	00:00	DAY OFF	00:00	DAY OFF	00:00
Sat	MTB Tempo (Z3) Technical terrain	02:00	Endurance Rolling hills (Z2)	02:00	Tempo (Z3) Hard, Hilly & Technical	03:00	Tempo (Z3) Hard, Hilly & Technical	02:00
Sun	Endurance (Z2) Rolling hills	02:00	MTB Tempo (zone 3) Technical terrain	02:00	DAY OFF	00:00	Endurance (Z2) Rolling hills	03:00
	Total week goal:	7h		7h		6h		8h

- Check each day's session above, and refer to the Training zones and Intervals to see at what intensity or what type of interval to ride.
- Add Endurance (Z2) minutes to get to each days total time goal
- Include MTB Technical training as often as possible or as route availability allows.

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24 AUG – 20 SEP

	+-12 WEEKS TO GO		11 WEEKS TO GO: EASY		10 WEEKS TO GO		9 WEEKS TO GO	
Mon	Core training & stretch	00:00	Core training & stretch	00:00	Core training & stretch	00:00	Core training & stretch	00:00
Tue	Long climbs or simulate Indoors (Z5)	01:00	Endurance (Z2) with Technical & Skills	01:30	LT INTERVALS or simulate Indoors (Z5)	01:00	LT INTERVALS or simulate Indoors (Z5)	01:30
Wed	Endurance (Z2) with Technical & Skills	01:00	DAY OFF	00:00	Endurance (Z2) with Technical & Skills	01:00	Endurance (Z2) with Technical & Skills	01:00
Thu	LT INTERVALS or simulate Indoors (Z5)	01:00	Endurance (Z2) with 1-leg pedalling	01:30	Long hill sprints or simulate Indoors (Z5-6)	01:00	Long hill sprints or simulate Indoors (Z5-6)	01:30
Fri	DAY OFF	00:00	Core training & stretch	00:00	DAY OFF	00:00	DAY OFF	00:00
Sat	Tempo (Z3), Technical terrain	03:00	Tempo (Z3) Hard, Hilly & Technical	04:00	Tempo (Z3), Technical terrain	03:00	Tempo (Z3), Technical terrain	03:00
Sun	MTB Endurance (Z2) Technical Route	03:00	DAY OFF	00:00	MTB Endurance (Z2) Technical Route	04:00	MTB Endurance (Z2) Technical Route	04:00
	Total week goal:	9h		7h		10h		11h

- Check each day's session above, and refer to the Training zones and Intervals to see at what intensity or what type of interval to ride.
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21 SEP – 18 OCT

	+-8 WEEKS TO GO: EASY		7 WEEKS TO GO		6 WEEKS TO GO		5 WEEKS TO GO: EASY	
Mon	Core training & stretch	00:00	Core training & stretch	00:00	Core training & stretch	00:00	Core training & stretch	00:00
Tue	Endurance (Z2) with Technical & Skills	01:30	SUPRA LT INTERVALS (Z5-6)	01:30	SUPRA LT INTERVALS (Z5-6)	01:30	Tempo (Z3) with Technical & Skills	01:30
Wed	Endurance (Z2) with 1-leg pedalling	01:00	Endurance (Z2) with Technical & Skills	01:00	Endurance (Z2) with 1-leg pedalling	01:30	Core training & stretch	00:00
Thu	Endurance (Z2) with 1-leg pedalling	01:30	Long hill sprints (Z5-6)	01:30	VO2 INTERVALS (Z6)	01:30	Tempo (Z3) with Technical & Skills	01:30
Fri	Core training & stretch	00:00	Core training & stretch	00:00	Core training & stretch	00:00	DAY OFF	00:00
Sat	Tempo (Z3) Hard, Hilly & Technical	04:00	Tempo (Z3) Hard, Hilly & Technical	03:30	Tempo (Z3) Hard, Hilly & Technical	04:00	Tempo (Z3) Hard, Hilly & Technical	05:00
Sun	DAY OFF	00:00	Endurance Rolling hills (Z2)	04:30	MTB Endurance (Z2) Technical Route	04:30	DAY OFF	00:00
	Total week goal:	8h		12h		13h		8h

- Check each day's session above, and refer to the Training zones and Intervals to see at what intensity or what type of interval to ride.
- Add Endurance (Z2) minutes to get to each days total time goal
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19 OCT – 11 NOV (PIN)

	13 OCT		20 OCT		27 OCT: TAPER WEEK		RACE WEEK
Mon	Core training & stretch	00:00	Core training & stretch	00:00	Core training & stretch	00:00	**PINOTAGE**
Tue	SUPRA LT INTERVALS (Z5-6)	01:30	VO2 INTERVALS (Z6)	01:00	VO2 INTERVALS (Z6)	01:00	**PINOTAGE**
Wed	Endurance (Z2) with 1-leg pedalling	01:00	Endurance (Z2) with Technical & Skills	01:00	Endurance (Z2)	01:30	**PINOTAGE**
Thu	VO2 INTERVALS (Z6)	01:30	VO2 INTERVALS (Z6)	01:00	Tempo (Z3) with Technical & Skills	01:30	
Fri	DAY OFF	00:00	DAY OFF	00:00	DAY OFF	00:00	
Sat	Tempo (Z3) Hard, Hilly & Technical	04:00	MTB Endurance (Z2) Technical Route	04:00	Endurance (Z2)	01:00	
Sun	MTB Endurance (Z2) Technical Route	04:00	MTB Tempo (Z3), Hilly & Technical	03:00	Tempo (Z3), light gears	01:00	
	Total week goal:	12h		10h		6h00	

- Check each day's session above, and refer to the Training zones and Intervals to see at what intensity or what type of interval to ride.
- Add Endurance (Z2) minutes to get to each days total time goal
- Include MTB Technical training as often as possible or as route availability allows.