



Week 1-4 TRAINING PROGRAM, ZONES & INTERVALS

BY Daisyway Coaching Systems



BY DAISYWAY COACHING SYSTEMS

TRAINING PROGRAM

This training program is aimed at riders who want to embark on more focused training in the 5 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 4 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



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.

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 | 6 – 10 min (20 - 30 min total climb time) | 55 - 70 | 4 min | 3 - 5 | Ideal hill to be 6 – 10min long. Repeat hill until 20min 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 |

21 JULY – 17 AUGUST



| | +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 |



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