

Forrest GrapeRide 101km Complete Performance Training Plan

Steady ride - get on your bike and enjoy. Make sure that you check your tyre pressure before the ride. Recomended pressure is written on the side of your tyre. REST Interval speed session - with a group of friends challenge each other by racing to key points on your ride. Be aware traffic though. 75mins CP Summer cycle session and skills ride - For more details http://www.completeperformance.co.nz/cp-summer cycling-session.html Need to learn to ride in a bunch? Check out CP's Bunch Riding Basics course http://www.completeperformance.co.nz/bunch-riding-basics.html Steady ride - ride with someone else if possible as it is much more fun. Meet others at CP rides REST Cycle steady - is your bike comfortable? If not get your Cl	60 0	(min) elp your	(Km)	2		Heart Rate	Comments:	How did you feel, where did you go, what was the weather like?				
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Sat Rest Rest	Thu	Cycle	2	brakes work, wheels spin freely, there are no nicks or cuts	90			2			
Sat Rest day this weekend. Sleep in and read the paper - you have to do it as it is in your training plan 0 0 0 Sun Cycle 1 a straight line? Drop to the back when you do this 120 2 Total Week 3 Goal: Complete at least four training sessions this week. Consistency is the key to training for an endurance event so keep up with the regular rides. Week 4 of the programme you have done well to get to here so keep it up. Comment Mon Cycle Short and sharp it would be great if you could do a good hill climb if you are close to a hill. If not just aim to hit the correct intensity. REST 0 0 0 Tue Rest Rest REST 0 0 0 0 Wed Cycle 1 Interval session complete 3 x 30second intervals with 60sec rest between each. 3 x 60 second intervals with 60sec rest between each. 3 x 60 second intervals with 60sec rest between each. 3 x 60 second intervals with 60sec rest between each. 3 x 60 second intervals with 60sec rest between each. 3 x 60 second intervals with 60sec rest between each. 3 x 60 second intervals with 60sec rest between each. 3 x 60 second intervals with 60sec rest between each. 3 x 60 second intervals with 60sec rest between each. 3 x 60 second intervals with 60sec rest between each. 3 x 60 second intervals with 60sec rest between each. 3 x 60 second intervals with 60sec rest between each. 3 x 60 second intervals with 60sec rest between each. 3 x 60 second intervals with 60sec rest between each. 3 x 60 second intervals with 60sec rest between each. 3 x 60 second intervals with 60sec rest between each. 3 x 60 second intervals with 60sec rest between each. 3 x 60 second intervals with 60sec rest between each. 3 x 60 second intervals with 60sec rest between each and 3 x 90 second intervals with 60sec rest between each and 3 x 90 second intervals with 60sec rest between each and 3 x 90 second intervals with 60sec rest between each each and 3 x 90 second intervals with 60sec rest between each each each each each each each e	Fri	Rest		-	0			0			
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	Sat	Cycle	2	For exercise over 90mins use a sports drink (e.g. leppin) less than 90min use water	90			2			
	Sun	Cycle	1		180			2			
Total Week 4 08:15 00:00 0	Total Wee	k 4			08:15	00:00	0		-	•	

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Day	Discipline	Rank	Details	Duration (min)	Actual (min)	Distance (Km)	Intensity RPI	Actual Intensity	Actual Avg Heart Rate	Comments: How did you feel, where did you go, what was the weather like?
Day	Discipline	Halik	Goal: Make sure that you have a plan for your recovery nutri	. ,	<u> </u>					was the weather like:
			will go well. Do it badly and you will dig a hole for yourself as							
5 13/03/13	4 weeks	Hard	help you with your nutrition if required	3	,					Comment
Mon	Rest		REST	0			0			
			Steady ride - this is a good session to ride some hills if you							
			are able. Aim to ride a portion of them out of your saddle if							
Tue	Cycle	2	you can. Stand tall.	90			2			
			Hard interval session - this is best done with one or two others These rides are getting harder to help you deal with the tougher parts of the race. You should be breathing heavily during this ride 75mins CP Summer cycle session and skills ride For more details http://www.completeperformance.co.nz/cp-							
Wed	Cycle	1	summer-cycling-session.html	75			4			
Thu	Rest		REST	0			0			
Fri	Rest		REST	0			0			
Sat	Cycle	2	Hills and flat - focus on your pedal technique and on a quiet road unclip one foot and pedal with 1 leg. 30revolutions on each side.	90			2			
Sun	Cycle	1	CP Group Ride - Steady and have fun - practice bunch riding	210			2			
Total Wee	k 5			07:45	00:00	0				
			Goal: Make sure that you are confident and comfortable of h	ow to ride in	a bunch	. If you hav	e any doub	ts make su	re that you	
6 20/03/13	3 weeks	Easy	make it to our bunch riding basics sessions over the next 2 v			,	,			Comment
Mon	Rest		Rest	0			0			
			Ride hard if you are doing the bunch riding basics tomorrow. A good session is to sprint to every road sign during the ride with a few friends. Look behind you and be							
Tue	Cycle		safe.	60			4			
Wed	Cycle	1	Intervals - 2 min very hard riding as you can uphill then blast the final 30 seconds maximal effort before descending back down for your recovery. Complete 5 of these on a hill and 5 on the flat 75mins CP Summer cycle session and skills ride For more details http://www.completeperformance.co.nz/cp-summer-cycling-session.html You should know about how to ride in a bunch by know but if not you need to do our bunch riding basics course	75			4			
Thu	Rest	0	Rest	0			0			
THU	11001	<u> </u>	Rest - this is supposed to be an easy week before your final	- 0			0			
Fri	Rest	0	hard week	0			0			
Sat	Cycle	2	Flat keep it nice and steady and ride somewhere different.	90			2			
Sun	Cycle	1	CP Group Ride - Steady and have fun - practice bunch riding.	120			2			
			numg.	_	00.55				l	
Total Wee	Кб			05:45	00:00	0				

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Dav	Discipline	Rank	Details	Duration (min)	Actual (min)	Distance (Km)	Intensity RPI		Actual Avg Heart Rate	Comments: How did you feel, where did you go, what was the weather like?		
Day	Discipline	Hank	Goal: Do you have a plan for the event - what will you wear,	, ,	<u> </u>	. ,				was the weather like:		
7 27/03/13	2 weeks	Hard	someone that has done the event?					•		Comment		
Mon	Rest		REST	0			0					
Tue	Cycle		Ride hard if you are doing the bunch riding basics tomorrow. A good session is to sprint to every road sign during the ride with a few friends, this week have turns as to who starts the sprint. Look behind you and be safe.	60			4					
Wed Thu	Cycle Rest	1	Complete an interval training session of your choosing and aim to sprint both standing and seated and up hill and flat 75mins CP Summer cycle session and skills ride For more details http://www.completeperformance.co.nz/cpsummer-cycling-session.html REST	75 0			4					
Fri	Rest		REST - Rest up it is your final big ride tomorrow	0			0					
Sat	Rest	1	CP Group Ride - Pre race practice - do the duration that you might expect to do on Race day. Make sure that this is 101km so you know you can do it. Practice with the food and fluid that you will use on the day.				2					
Sun	Cycle		REST - reward yourself with a couple of days off to make sure that you recover properly now that your training is finished	0			0					
Total Wee	k 7			06:15	00:00	0						
8 03/04/13		Taper	Goal: To ride to your plan - Pace yourself, be safe, eat and of			in!				Comment		
Mon	Rest		REST	0			0					
Tue	Cycle	2	Steady ride - get back on your bike and go steady for the first 30mins then if you feel good ride hard to finish the 1hour ride	60			3					
Wed	Cycle	1	75mins CP Summer cycle session and skills ride For more details http://www.completeperformance.co.nz/cp-summer-cycling-session.html	75			4					
Thu	Cycle	2	Easy ride make sure that your bike works well and feel great. Complete a warm up then do to hard efforts lasting about 45secs before an easy warm down	25			3					
Fri	Rest		REST - Go for a quite 5 minute ride to feel great and make sure that your bike is running well	5			1					
Sat	Cycle	е	Forrest GrapeRide - ride to your plan. Eat and drink well and have fun!!	210			2					
Sun	Rest		Celebrate!!	0			0					
Total Wee	k 8			06:15	00:00	0						

						Actual				r der ill, reel reduy, reel alive - Corriptete Coaching Support.
				Duration	Actual	Distance	Intensity	Actual	Actual Avg	Comments: How did you feel, where did you go, what
Day	Discipline	Rank	Details	(min)	(min)	(Km)	RPI	Intensity	Heart Rate	was the weather like?

Training programme notes

Welcome to our Complete Performance Forrest GrapeRide training programme. The goal for this programme is to work towards complete the event in a comfortable manner.

It must be noted that this is a generic programme and one that will not fit everyone's lifestyle and goals for the event. Therefore if you want to get the best results we strongly recommend that you get a programme written specifically for you, contact us on 0800 551 002 info@completeperformance.co.nz or check out our website www.completeperformance.co.nz

Technique

There is more to biking and than just getting on your bike and heading off to ride. How you move will have a big influence on your efficiency as well as speed and therefore how much you enjoy your day.

If you are thinking about how you are biking rather than how far you have to go to the end you will probably be going well.

Either join our group sessions or sign up for an individualised running technique session with us.

Key sessions

The sessions ranked a level 1 are the most important. 2 are second most important and if they don't have a ranking then these are bonus sessions If you are tired drop the level 3 sessions first and try and complete the priority sessions well.

Option A - Do the session as prescribed.

Option B - Do the same intensity session but decrease the duration by a third.

Option C - Do a short recovery session with a maximum of 20 minutes and a level 1-2 intensity - do not do the prescribed training.

Option D - Rest and do nothing making sure that you are eating well just like every other day.

All easeign durations are plus or minus 10 mins

						Actual				r eer iit, reer ready, reer alive - Complete coaching support.
				Duration	Actual	Distance	Intensity	Actual	Actual Avg	Comments: How did you feel, where did you go, what
Day	Discipline	Rank	Details	(min)	(min)	(Km)	RPI	Intensity	Heart Rate	was the weather like?

Warming down

All times include the time to warm up but not your warm down - allow 3-5 minutes of easy exercise at the end of your session to warm down.

Get in to the habit of stretching at the end of your session as part of your warm down. This is not included in the session time so please allow this. Lack of stretching can lead to a lack of power and a lesser result.

Nutrition

During your training make sure that you practice your race day nutrition. Get used to Leppin gels, sports drinks and your food so there are no surprises come race day.

Race day nutrition includes your meal the night before, your pre race meal, during race enery food/fluid, and post race food Contact our Nutritionist Becky Ward if you would like specific Nutrition advice 0800 551 002 becky@completeperformance.co.nz

Goal setting

We have written a goal for each week in the programme. Use these as a way to motivate; achieving these will keep you on track and give you focus.

Amount of training

Go as you feel - remember this training plan is a guide to your training and there are a number of other factors that effect the stress that your body is under, such as work, friends and quality of sleep. Therefore if you are feeling tired start your session and if you still feel bad after 15 minutes either cut your session short or turn around and go home. However if you start feeling better carry on with your session as planned. Use the rating of perceived exertion scale when monitoring the intensity of your training.

Training Intensities

Scale	Intensity	HR Zones Description		Heart Rate		М		
					Run	Other	60	1
1	Easy	Recovery	Can talk easily e.g. recovery,cool down				120	2
2	Steady	Aerobic (A	can talk but breathing more heavily				180	3
3	Mod Hard	Aerobic +	can manage the odd word				240	4
4	Hard	Anaerobio	don't feel like talking				300	5
5	V Hard	Anaerobio	sucking in all the oxygen you can!				360	6
6	Max	Maximal (Sprinting - Giving it everything!!				420	7