

Forrest GrapeRide 101km Complete Performance Training Plan



Day	Discipline	Rank	Details	Actual		Intensity RPI	Actual Intensity	Actual Avg Heart Rate	Comments: How did you feel, where did you go, what was the weather like?	
				Duration (min)	Distance (Km)					
1	13/02/13	8 weeks	Hard	Goal: To start training for the GrapeRide - have you entered? This will help your commitment to preparing for it...						Comment
	Mon	Cycle	3	Steady ride - get on your bike and enjoy. Make sure that you check your tyre pressure before the ride. Reccomended pressure is written on the side of your tyre.	60				2	
	Tue	Rest	0	REST	0				0	
	Wed	Cycle	1	Interval speed session - with a group of friends challenge each other by racing to key points on your ride. Be aware of 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	75				3	
	Thu	Cycle	2	Steady ride - ride with someone else if possible as it is much more fun. Meet others at CP rides	60				2	
	Fri	Rest	0	REST	0				0	
	Sat	Cycle	2	Cycle steady - is your bike comfortable? If not get your CP coach on Wednesday to look at it for your or take it into your bike shop.	90				2	
	Sun	Cycle	1	Complete a long steady group ride with friends Join our CP Sunday Group ride	120				2	
Total Week 1					06:45	00:00			0	
2	20/02/13	7 weeks	Hard	Goal: Focus on your technique this week and get someone to give you some feedback from the Wednesday group cycling session						Comment
	Mon	Rest		REST - Use today to find out about other build up events that you could do. Girls on Bikes, Charity ride, Ride the Rakaia...? Check out our events page on the CP website	0				0	
	Tue	Other		REST or... Your choice you can either go for a walk (hills are great), an easy run, go to the gym. Commuting on your bike is a great option if possible.	60				2	
	Wed	Cycle	1	Race for the road signs - every sign that has a number on it is worth that many points - do it in a group and be aware of traffic as you sprint. 75mins CP Summer cycle session and skills ride For more details http://www.completeperformance.co.nz/cp-summer-cycling-session.html	75				3	
	Thu	Cycle	2	Steady ride - are you comfortable on your bike. Having your bike set up properly and a good pair of bike shorts will going a long way to being comfortable	75				2	
	Fri	Rest		REST	0				0	
	Sat	Cycle	2	Cycle steady - Make sure that you a drink bottle every hour - so get through one and a half today.	90				2	
	Sun	Cycle	1	Complete a long steady group ride with friends Join our CP Sunday Group ride	150				2	
Total Week 2					07:30	00:00			0	

Day	Discipline	Rank	Details	Actual			Actual Avg Heart Rate	Comments: How did you feel, where did you go, what was the weather like?	
				Duration (min)	Actual Distance (Km)	Intensity RPI			
3	27/02/13	6 weeks	Easy	Goal: Make sure that this feels like an easy week and you give yourself a chance to relax and get motivated for the next 2 weeks					Comment
Mon	Rest		REST	0		0			
Tue	Rest		REST - this is an easy week - put your feet up	0		0			
Wed	Cycle	1	75mins CP Summer cycle session and skills ride For more details http://www.completeperformance.co.nz/cp-summer-cycling-session.html Or fast session if you are not based in CHCH. Go fast and have fun with your mates.	75		3			
Thu	Cycle	2	Steady ride - do a quick bike check before you ride today - brakes work, wheels spin freely, there are no nicks or cuts in your tyres and everything feels tight	90		2			
Fri	Rest		REST	0		0			
Sat	Rest		REST - this week is your easy week so take an extra rest day this weekend. Sleep in and read the paper - you have to do it as it is in your training plan...	0		0			
Sun	Cycle	1	Complete a long steady group ride with friends Join our CP Sunday Group ride Practice eating and drinking on this ride - can you maintain a straight line? Drop to the back when you do this	120		2			
Total Week 3				04:45	00:00	0			
4	06/03/13	5 weeks	Hard	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.	60		3			
Tue	Rest		REST	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 and 3 x 90 second intervals with 60sec rest between each. Or - 75mins CP Summer cycle session and skills ride and we will manage you interval session for you and make sure that it is fun!	75		3			
Thu	Cycle	2	Steady ride - practice riding out of your saddle today. Put your bike in a hard gear and pedal for 10 strokes then glide. Great for your balance and acceleration	90		2			
Fri	Rest		REST	0		0			
Sat	Cycle	2	Cycle steady - hills would be great if possible. For exercise over 90mins use a sports drink (e.g. leppin) less than 90min use water	90		2			
Sun	Cycle	1	Complete a long steady group ride with friends Join our CP Sunday Group ride	180		2			
Total Week 4				08:15	00:00	0			

Day	Discipline	Rank	Details	Duration (min)	Actual Distance (min)	Actual Intensity (Km)	Actual Intensity RPI	Actual Avg Heart Rate	Comments: How did you feel, where did you go, what was the weather like?
Goal: Make sure that you have a plan for your recovery nutrition. Do this well and you will recover well and your next session will go well. Do it badly and you will dig a hole for yourself and not feel good in your next session. Complete Performance can help you with your nutrition if required									
5	13/03/13	4 weeks	Hard						Comment
Mon	Rest		REST	0			0		
Tue	Cycle	2	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 you can. Stand tall.	90			2		
Wed	Cycle	1	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-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. 30 revolutions on each side.	90			2		
Sun	Cycle	1	CP Group Ride - Steady and have fun - practice bunch riding	210			2		
Total Week 5				07:45	00:00	0			
Goal: Make sure that you are confident and comfortable of how to ride in a bunch. If you have any doubts make sure that you make it to our bunch riding basics sessions over the next 2 weeks									
6	20/03/13	3 weeks	Easy						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. Look behind you and be 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		
Fri	Rest	0	Rest - this is supposed to be an easy week before your final 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		
Total Week 6				05:45	00:00	0			

Day	Discipline	Rank	Details	Actual			Actual Avg Heart Rate	Comments: How did you feel, where did you go, what was the weather like?	
				Duration (min)	Actual Distance (Km)	Intensity RPI			
7	27/03/13	2 weeks	Hard	Goal: Do you have a plan for the event - what will you wear, what will you eat, do you know the course or have you talked to 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	Cycle	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/cp-summer-cycling-session.html	75		4			
Thu	Rest		REST	0		0			
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.	240		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 Week 7				06:15	00:00	0			
8	03/04/13	1 weeks	Taper	Goal: To ride to your plan - Pace yourself, be safe, eat and drink well and have fun!					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	e	Forrest GrapeRide - ride to your plan. Eat and drink well and have fun!!	210		2			
Sun	Rest		Celebrate!!	0		0			
Total Week 8				06:15	00:00	0			

Day	Discipline	Rank	Details	Duration (min)	Actual (min)	Actual Distance (Km)	Intensity RPI	Actual Intensity	Actual Avg Heart Rate	Comments: How did you feel, where did you go, what was the weather like?
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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 session durations are plus or minus 10 mins

