

# Forrest GrapeRide 42km Taster Course Complete Performance Training Plan



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?
<b>1 13/02/13 8 weeks Easy</b> Goal: To start training for the GrapeRide - have you entered? This will help your commitment to preparing for it... Print this plan out and put it on the fridge so your family can keep you accountable and follow your progress. <span style="float:right">Comment</span>										
Mon	Cycle	3	Steady ride - get on your bike and enjoy. Make sure that you check your tyre pressure before the ride. Recommended pressure is written on the side of your tyre.	30			2			
Tue	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 local bike shop.	30			2			
Thu	Rest	0	REST	0			0			
Fri	Rest	0	REST	0			0			
Wkend	Cycle	1	Steady ride - ride with someone else if possible as it is much more fun. Meet others at CP rides (chch based on Wednesday and Sunday) Need to learn to ride in a bunch? Check out CP's Bunch Riding Basics course <a href="http://www.completeperformance.co.nz/bunch-riding-basics.html">http://www.completeperformance.co.nz/bunch-riding-basics.html</a>	60			2			
Wkend	Rest	0	REST	0			0			
<b>Total Week 1</b>				<b>02:00</b>	<b>00:00</b>	<b>0</b>				
<b>2 20/02/13 7 weeks Moderate</b> Goal: Focus on your technique this week and get someone to give you some feedback from the CP Wednesday group cycling session <span style="float:right">Comment</span>										
Mon	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	30			2			
Tue	Rest	3	REST	0			0			
Wed	Cycle	1	One of the key aspects of riding a bike is to enjoy it and explore your surroundings so either add a little extra loop on your monday ride or go somewhere completely different. Aim for 45mins and make sure that you write your actual time down as we will compare this time later in the programme. Remember make a note of the temperature and wind conditions	45			2			
Thu	Other	3	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.	30			2			
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			
Wkend	Cycle	1	Cycle steady - Make sure that you a drink bottle every hour - so get through one today.	60			2			
Wkend	Cycle		REST	0			0			
<b>Total Week 2</b>				<b>02:45</b>	<b>00:00</b>	<b>0</b>				

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	Hard	Goal: Complete four training sessions this week. Consistency is the key to training for an endurance event so keep up with the regular rides.					Comment
Mon	Rest	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	30		2			
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 <a href="http://www.completeperformance.co.nz/cp-summer-cycling-session.html">http://www.completeperformance.co.nz/cp-summer-cycling-session.html</a> Or if you are based outside of chch - while riding practice your braking and cornering at least 3 times on the ride	45		2			
Thu	Other	3	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.	30		2			
Fri	Rest		REST	0		0			
Wkend	Cycle	1	Complete a steady group ride with friends or Join our CP Sunday Group ride Practice eating and drinking on this ride - can you maintain a straight line while doing this? Drop to the back when you are nervous about this	75		2			
Wkend	Rest		REST	0		0			
<b>Total Week 3</b>				<b>03:00</b>	<b>00:00</b>	<b>0</b>			
4	06/03/13	5 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. Week 4 of the programme you have done well to get to here so keep it up.					Comment
Mon	Cycle	3	Get out and enjoy your ride today. Remember what it was like to ride a bike when you were a kid? Make sure that you do some free wheeling and enjoy the freedom of riding your bike.	30		2			
Tue	Rest		REST	0		0			
Wed	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	45		2			
Thu	Rest		REST	0		0			
Fri	Rest		REST	0		0			
Wkend	Cycle	1	CP Group Ride - Steady and have fun Your event has a 3km gravel section - are you comfortable with riding gravel on your bike??? It would be a great idea to find some and practice it on this ride. Key point is look where you <u>want</u> to go and not where you don't want to.	60		2			
Wkend	Rest		REST - this week is your easy week so make sure of this rest day today. Sleep in and read the paper - you have to do it as it is in your training plan...	0		0			
<b>Total Week 4</b>				<b>02:15</b>	<b>00:00</b>	<b>0</b>			

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?	
5	13/03/13	4 weeks	Hard	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							Comment
Mon	Cycle	2	Check your cadence (the speed that your legs are going around). You should be pedalling is the most efficient at about 90RPM which means that you need to count your right leg going around 90 times in one minute. Test yourself then aim to keep you cadence between 85-95 for the rest of the ride	45				2			
Tue	Rest		REST	0				0			
Wed	Cycle	1	Time to challenge yourself with some faster riding to really develop your fitness and get you ready for race day. Interval session complete 2 x 30second intervals with 60sec rest between each, then 2 x 60 second intervals with 60sec rest between each and 2 x 90 second intervals with 60sec rest between each. During the intervals aim to go as hard as you can for the duration.  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!	60				3			
Thu	Other	3	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.	30				2			
Fri	Rest		REST	0				0			
Wkend	Cycle	1	Cycle steady - do the duration and keep a steady effort across the duration For exercise over 90mins use a sports drink (e.g. Leppin) less than 90mins use water	90				2			
Wkend	Rest		REST	0				0			
<b>Total Week 5</b>				<b>03:45</b>	<b>00:00</b>	<b>0</b>					
6	20/03/13	3 weeks	Moderate	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							Comment
Mon	Cycle	2	Short and sharp it would be great if you could a short hill climb if you are close to a hill. There are no hills in the race but it is great for your fitness and strength.	30				3			
Tue	Rest		REST	0				0			
Wed	Cycle	1	What are your goals for the event? Based on the training that you have done to this point you should have an idea of what you would like to achieve. It is to finish? or to finish in a certain time or simply to have fun with friends and a good excuse to drink some nice wine and a weekend away? <a href="http://www.completeperformance.co.nz/cp-summer-cycling-session.html">http://www.completeperformance.co.nz/cp-summer-cycling-session.html</a> You should know about how to ride in a bunch by know but if not... you need to do our bunch riding basics course	45				2			
Thu	Other	3	REST	0				0			
Fri	Rest	0	Rest - this is supposed to be an easier week before your final hard training week	0				0			
Wkend	Cycle	1	Flat keep it nice and steady and ride somewhere different - Remember all the things that you have learnt so far and think about how great it is going to be when you cross the finish line in a couple of weeks time.	90				2			
Wkend	Rest		REST	0				0			
<b>Total Week 6</b>				<b>02:45</b>	<b>00:00</b>	<b>0</b>					

Actual											
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?	
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	Cycle	2	Time to test yourself... on the Wednesday of week two we mentioned that you rode a different loop and that you should make a note of how long it took you. You have 5 weeks of training under your belt since then, so it's time to go out and beat it. Remember to factor in the temperature and wind conditions	60			4			
	Tue	Cycle		REST	0			0			
	Wed	Cycle	1	Complete an interval training session of 2minutes hard recover for approximatley 2 minutes then repeat this 5 times 75mins CP Summer cycle session and skills ride For more details <a href="http://www.completeperformance.co.nz/cp-summer-cycling-session.html">http://www.completeperformance.co.nz/cp-summer-cycling-session.html</a>	75			3			
	Thu	Other	3	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.	30			2			
	Fri	Rest		REST - Rest up it is your final big ride this weekend	0			0			
	Wkend	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 close to 42km so you know you can do it. Practice with the food and fluid that you will use on the day.	120			2			
	Wkend	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			
<b>Total Week 7</b>					<b>04:45</b>	<b>00:00</b>	<b>0</b>				
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 on your bike and go steady for the first 30mins then if you feel good ride hard to finish the 45min ride	45			3			
	Wed	Rest		REST	0			0			
	Thu	Cycle	2	Easy ride make sure that your bike works well and feel great. Complete a warm up then do 1 hard efforts lasting about 90 seconds 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 42km Taster - ride to your plan. Eat and drink well and have fun!	105			2			
	Sun	Rest		Celebrate!!	0			0			
<b>Total Week 8</b>					<b>03:00</b>	<b>00:00</b>	<b>0</b>				

Day	Discipline	Rank	Details	Duration (min)	Actual Distance (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 42km Taster 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](mailto:info@completeperformance.co.nz) or check out our website [www.completeperformance.co.nz](http://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

