

TEAM VITALITY

Discovery 947 Ride Joburg Training programme SUB 3–Personal Best

Sub-3/Personal Best

This plan is appropriate if you are:

- A competitive amateur cyclist who has finished a 100km road race in the past in close to 3 hours
- Currently training 8 – 12 hours per week, and have been doing so consistently for at least the past 3 months
- Lean and mean, with a competitive body weight for your build, age and height
- Ready to commit to up to 6 training sessions per week
- Planning to race regularly in the weeks leading up to the 94.7
- Aiming to achieve a personal best finish time of 2hr 30min – 3hours

Secrets to success

1 | Set your goals

What are your goals? What do you need to do to achieve them? You're more likely to reach your destination when you know what it is and have a clear route map on how to get there.

2 | Prepare for success

Optimise your seeding/start position. This is one of the most significant determinants of your finish time.

Familiarise yourself with the 2019 route, and train on the final 30km if possible.

Optimise your body (weight, composition) and bike equipment over the next 10 weeks so that you're positioned to achieve a PB result.

3 | Do as little as possible

The world's best pros know that efficiency in racing is key. You only have a finite number of matches to burn, use them wisely.

- Save energy: coast on the downhills, soft pedal whenever possible, use your momentum, take the short line and draft off the peloton.
- Take your pull in the paceline, but temper your workhorse ambitions
- Save your energy for the sting in the tail; 3 climbs in the final 10km

About the Author:

Dr Carol Austin, Head of Performance Support and Medical at www.africasteam.com Team Dimension Data for Qhubeka, Africa's first World Tour professional road cycling team. Carol leads a team of sports scientists, medical doctors, and paramedical assistants tasked with optimizing the riders' fitness, form, health and wellness. She joined the team in 2008, and under her leadership of the sports science strategy the team has progressed from national level to world tour performances; notably 5 stage wins in the 2016 Tour de France. Follow Carol on Twitter @drcarolaustin1

| **Mon** | **Tue** | **Wed** | **Thu** | **Fri** | **Sat** | **Sun**

WEEK 1	REST DAY + sports massage	EB 1hr 30min with 3 x 8min SS with 5min RBI	RB 30min + 30min core training	Moderate GB 1hr 30min or EB 1hr 30min with 2 sets of 6 x 20sec SI with 10sec RBI and 7min RBS	RB 30min + 30min core training	1hr 30min pre-race warm-up or moderate GB 2hr 30min – 3hr on hilly route (if not racing tomorrow)	EB 3hr
WEEK 2	REST DAY + sports massage	EB 1hr 30min with 3 x 5min HAc with 5 – 10min RBI	RB 30min + 30min core training	Moderate GB 1hr 30min or EB 1hr 30min with 3 sets of 6 x 20sec SI with 10sec RBI and 7min RBS	RB 30min + 30min core training	Hard GB 2hr 30min – 3hr on hilly route	EB 3hr 30min
WEEK 3	REST DAY + sports massage	EB 1hr 30min with 4 x 8min SS with 5min RBI	RB 30min + 30min core training	Moderate GB 1hr 30min or EB 1hr 30min with 4 x 5min HAc with 5 – 10min RBI	RB 30min + 30min core training	Hard GB 2hr 30min – 3hr on hilly route	EB 4hr
WEEK 4	REST DAY + sports massage. This is a 5-day recovery period. Take it easy.	Easy EB 1hr	RB 30min + 30min core training	Easy EB 1hr	REST DAY	Moderate GB 2hr 30min – 3hr on hilly route	EB 3hr 30min
WEEK 5	REST DAY + sports massage	EB 1hr 30min with 4 x 5min HAc with 5min RBI	RB 30min + 30min core training	Moderate GB 1hr 30min or EB 1hr 30min with 3 sets of 6 x 20sec SI with 10sec RBI and 6min RBS	RB 30min + 30min core training	1hr 30min pre-race warm-up or moderate GB 2hr 30min – 3hr on hilly route (if not racing tomorrow)	EB 3hr 30min
WEEK 6	REST DAY + sports massage	EB 1hr 30min with 3 x 8min SS with 5min RBI	RB 30min + 30min core training	Moderate GB 1hr 30min or EB 1hr 30min with 6 x 1min 30sec – 2min HA with 5 – 10min RBI	RB 30min + 30min core training	Hard GB 2hr 30min – 3hr on hilly route	EB 3hr 30min
WEEK 7	REST DAY + sports massage	EB 1hr 30min with 4 x 5min HAc with 5min RBI	RB 30min + 30min core training	Moderate GB 1hr 30min or EB 1hr 30min with 3 sets of 8 x 20sec SI with 10sec RBI and 6min RBS	RB 30min + 30min core training	1hr 30min pre-race warm-up or hard GB 3hr (if not racing tomorrow)	EB 4hr
WEEK 8	REST DAY + sports massage. This is a 5-day recovery period. Take it easy.	Easy EB 1hr	RB 30min + 30min core training	Easy EB 1hr	REST DAY	1hr 30min pre-race warm-up Session or moderate GB 2hr 30min – 3hr on hilly route (if not racing tomorrow)	EB 3hr 30min – 4hr
WEEK 9	REST DAY + sports massage	EB 1hr 30min with 3 x 8min SS with 5min RBI	RB 30min + 30min core training	Moderate GB 1hr 30min or EB 1hr 30min with 2 sets of 8 x 20sec SI with 10sec RBI and 6min RBS	RB 30min + 30min core training	Hard GB 2hr 30min – 3hr on hilly route	EB 2hr 30min
WEEK 10	REST DAY + sports massage	EB 1hr 30min with with 3 x 4min SS with 6min RBI	RB 30min + 30min core training	Moderate GB 1hr 30min or EB 1hr 30min with with 4 x 1min 30sec – 2min HA with 5 – 10min RBI	RB 30min + 30min core training	1hr 30min pre-race warm-up Session	Discovery 947 Ride Joburg

Workout Descriptions for Training Programme

Explanation of abbreviations:

RBI = Rest Between Intervals, RBS = Rest Between Sets

For Core Training Programme refer to www.activeworx.co.za

Training sessions

The Total Workout Time is described by the Training Session (RB, EB, GB) time e.g. EB 1.5hr + tempo 3 x 10min with 10min RBI means that the total workout time is 1hr 30min inclusive of three 10-minute Tempo intervals which will be done within this time.

Recovery Bike (RB)

Duration: 30min – 1 hour

Terrain: Flat to rolling

Effort: Very easy, RPE 1 – 2, able to speak normally

Cadence: Very light gear, 75 – 95rpm

Endurance Bike (EB)

Duration: 1– 4 hours

Terrain: Flat to rolling or Indoor Trainer

Effort: Easy to moderate pace, RPE 4 – 5, able to speak normally

Cadence: 85 – 100rpm on flat, 75 – 90rpm on climbs

Group Bike (GB)

Duration: 1hr 30min – 4 hours

Description: Variable paced ride with a group. Focus on your bunch riding skills and the fun (sometimes competitive) vibe.

Terrain: Flat to rolling

Effort: From Easy to Hard, RPE 4 – 7

Cadence: 85 – 100rpm on flat, 75 – 90rpm on climbs

Pre-race Warm-up

Terrain: Flat or on an indoor trainer

Description: Start with 20min of easy EB riding at 85 – 100rpm. Then complete the following routine: 5min tempo at 80 – 85rpm, 5min RB, 3 x 2min SS with 2min RBI, 3 x 20sec SI at 100 – 110rpm with 20sec RBI. Finish up your remaining session time with easy RB. You should finish up this session feeling fired up and ready to race (not tired).

Effort: Varies from easy to maximal efforts, RPE 4 – 10+

Specific intervals

Specific intervals are completed within the time given for the training session e.g. EB 1hr 30min + 3 x 10min tempo with 10min RBI means that the total workout time is 1hr 30min inclusive of three 10-minute tempo intervals which will be done within this time.

Steady State (SS)

Terrain: Flat or indoor trainer

Description: A challenging interval at lactate threshold. Focus on maintaining the intensity of the effort steady for the entire duration of the interval.

Power Zone: Threshold

Cadence: 90 – 100rpm

Effort: Strong – very strong effort, RPE 7 – 8, able to speak in short phrases

Hill Acceleration (HAc)

Terrain: 4 – 6% grade climb simulating the longer climbs on the route

Description: These 5min HAc intervals will prepare you for the “finish group” defining sections of the course. Ride at effort level you can just sustain for full duration of the climb. Wind up the speed by accelerating hard by increasing your cadence for the last 10 sec of each minute. **Power Zone:** Threshold – VO2max

Cadence: 80 – 90rpm increasing to 90 – 100rpm during 10sec accelerations

Effort: Very hard effort, RPE 8 – 9, only able to speak in words

Hill Attacks (HA)

Terrain: Short 5 – 8% grade climbs

Description: These 30sec – 2min intervals will develop your anaerobic climbing and acceleratory power. Ride along the flat section of road at a moderate pace (>28 – 32 km/hr). As you hit the hill, jump out of the saddle and accelerate. Attack the hill with maximal and sustained effort at a pace that you can sustain up and over the top of climb (no fading!). Visualise the peloton shattering behind you as you attack! **Power Zone:** VO2max – Anaerobic

Cadence: 90 – 100rpm

Effort: Extremely hard – Maximal, RPE >9 – 10+, not able to speak

Speed Intervals (SI)

Terrain: Flat to slight downhill

Description: Repeated maximal speed and intensity intervals completed in sets. These intervals develop your aerobic and anaerobic fitness. Focus on accelerating quickly, and then maintaining your power and speed for the full duration of the interval. The short RBI will not allow for complete recovery so expect to feel the burn. You are challenging your body to buffer accumulated H⁺ ions, and training your mind to accept momentary suffering in race situations.

Power Zone: Anaerobic

Cadence: 100 – 110rpm

Effort: Extremely hard – Maximal, RPE >9 – 10+, not able to speak

Rating of Perceived Exertion (RPE)^a

The intensity of your training session is described according to the following Rating 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. Do not concern yourself with any one factor such as leg pain or shortness of breath, but try to focus on your total feeling of exertion. For each workout an RPE is given. Before your training session refer to this scale so that you're reminded of the intensity of the training session and specific intervals. While training, assess 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 people's.

^aGunner Borg's Ten Point Category-Ratio Scale of Perceived Exertion

Perceived Exertion Score	Description
0	Nothing at all
0.5	Extremely weak
1	Very weak
2	Weak (light)
3	Moderate
4	Somewhat strong
5	Strong (heavy)
6	
7	Very strong
8	
9	
10	Extremely strong
*	Maximal



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