

TEAM VITALITY

Discovery 947 Ride Joburg Training programme First Timer-SUB 5

First Timer/Sub-5

This plan is appropriate if you are:

- New to the sport of cycling
- More interested in the journey and enjoyment, than the race
- Have not been training regularly (if at all)
- Would like to enjoy the experience and minimise the suffering
- Keen to improve your fitness and health
- Riding a mountain-bike, hybrid or entry level road bike
- Ready to commit to four training sessions per week, with longer rides on the weekend
- Planning to do a couple of 50 – 85km races leading up to the 94.7
- Aiming to finish in sub-5 hours

To gain optimal benefit from this programme the use of a bike computer with a cadence meter is recommended.

Secrets to Success

1 | Time counts

Commit to training four times weekly and to completing the prescribed hours for each workout. If you doubt your powers of commitment, buddy-up on this training plan with a friend, or make regular dates with a spin class. When your energy and inspiration are lagging, they'll be there to motivate you. As long as you complete your training session/hours, you're on track for success. Don't sweat the small stuff (like specific intervals). Focus on the big picture; 4 sessions and total hours per week.

2 | Spin for success

The optimal cadence for endurance cycling is 80 – 100rpm. Most beginners grind along at 60 – 75rpm, which results in unnecessary muscular stress and fatigue. Revolutionize your cycling experience. Learn to spin like the pros.

- Invest in a cadence meter (so you can see what you're doing)
- Take note of the awesome selection of gears on your bike; and learn to use them
- Keep your cadence over 90rpm on flats, and over 80rpm on climbs

3 | Keep it fun

Find the fun in each training session. Mix it up with spin classes, indoor trainer sessions, group/club rides on the road or MTB. Consistency is key, and when training is a blast you'll be coming back for more.

About the Author:

Dr Carol Austin is 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	EB 1hr. Focus on keeping your cadence between 80 – 100rpm for the whole ride.	REST DAY	EB 1hr with 3 x 5min SP with 5min RBI	REST DAY	GB 1hr 30min. Focus on keeping your cadence between 80 – 100rpm for the whole ride. Use your gears when you hit the hills.	EB 1hr with 3 x 5min SP with 5min RBI
WEEK 2	REST DAY	EB 1hr 15min. Focus on keeping your cadence between 80 – 100rpm for the whole ride.	REST DAY	EB 1hr 15min with 3 x 6min Tempo with 4min RBI	REST DAY	GB 2hr. Focus on keeping your cadence between 80 – 100rpm for the whole ride. Use your gears when you hit the hills.	EB 1hr 30min with with 3 x 5min SP with 5min RBI
WEEK 3	REST DAY. This is a 5-day recovery period. Take it easy.	RB 1hr	REST DAY	EB 1hr	REST DAY	GB 2:00 on hilly route	EB 1hr 30min with with 3 x 5min SP with 5min RBI
WEEK 4	15min power walk, 15min jogging, 15min power walk	Moderate GB 1hr 30min or EB 1hr 30min with 3 x 5min SS with 5min RBI	REST DAY	EB 1r 30min with 4 x 6min tempo with 4min RBI	REST DAY	Easy GB 2hr on hilly route	EB 2hr on flat to rolling route
WEEK 5	REST DAY	Moderate GB 1hr 30min or EB 1hr 30min with 4 x 5min SS with 5min RBI	REST DAY	EB 1hr 30min with 3 x 8min tempo with 4min RBI	REST DAY	Moderate GB 2hr 30min on hilly route or 1hr 30min EB (if racing tomorrow)	EB 2hr on flat to rolling route
WEEK 6	REST DAY This is a 5-day recovery period. Take it easy.	EB 1hr	REST DAY	EB 1hr	REST DAY	Moderate GB 2:30 on hilly route	EB 2hr on flat to rolling route or Easy EB 1:30 if raced yesterday
WEEK 7	REST DAY	Moderate GB 1hr 30min or EB 1hr 30min with 4 x 6min SS with 4min RBI	REST DAY	EB 1hr 30min with 3 x 10min tempo with 5min RBI	REST DAY	GB 3hr on hilly route	EB 1hr 30min with with 3 x 5min SP with 5min RBI
WEEK 8	REST DAY	Moderate GB 1hr 30min or EB 1hr 30min with 4 x 6min SS with 4min RBI	REST DAY	EB 1hr 30min with 3 x 10min tempo with 5min RBI	REST DAY	Easy EB 1:30	GB 3hr on hilly route
WEEK 9	REST DAY + sports massage. This is a 5-day recovery period. Take it easy.	EB 1hr	REST DAY	EB 1hr	REST DAY	GB 3:00 on hilly route	Easy EB 1hr
WEEK 10	REST DAY	Moderate GB 1hr 30min or EB 1hr 30min with 3 x 6min SS with 4min RBI	REST DAY	EB 1hr with 2 x 10min tempo with 5min RBI	REST DAY	Easy EB 1hr	Discovery 947 Ride Joburg

Workout descriptions for training programme

Explanation of abbreviations:

RBI = Rest Between Intervals, RBS = Rest Between Sets

Training sessions

The Total Workout Time is described by the Training Session (RB, EB, GB) time e.g. EB 1hr 30min + 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: 1hr30 - 4hrs

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

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.

Strength Pedal (SP)

Terrain: Long, gradual hill 4 – 6% grade

Description: In a heavy gear, pedal steadily at a low cadence while maintaining a moderate heart rate. Focus on pedaling smoothly through the entire pedal stroke. You should feel like you're riding through treacle! This on-the-bike strength training interval will improve your climbing strength and performance.

Power Zone: Endurance to Tempo

Cadence: 50 – 60rpm

Effort: moderate, RPE 6, just able to speak in sentences

Tempo (Tempo)

Terrain: 1 – 3% grade or indoor trainer

Description: Tempo intervals are efforts aimed at increasing your threshold power. Focus on maintaining sustained, constant effort and power throughout within the prescribed cadence zone.

Pre-Race Warmup

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+

Power Zone: Tempo

Cadence: 80 – 90rpm

Effort: RPE 6 – 7, able to talk in short phrases

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

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.

^a Gunner 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