

TEAM VITALITY

Cape Town Cycle Tour 2017 Training programme

Personal Best Sub-3

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 six training sessions per week
- Planning to race regularly in the weeks leading up to the Cape Town Cycle Tour
- Aiming to achieve a personal best finish time of sub-3hours

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

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

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

Familiarize yourself with the route, and train on the final 30km (for real or virtually)

Optimize your body (weight, composition) and bike equipment over the next 12-weeks so that you're positioned to achieve a PB result.

3 | Do as little as possible


The world's best pro's 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 peline, but temper your workhorse ambitions
- Save your energy for the sting in the tail; Suikerbossie.

About the Author:

Dr Carol Austin, Head of Performance Support and Medical at Team Dimension Data for Qhubeka, Africa's first World Tour professional road cycling team. Carol leads a team of sport scientists, medical doctors, and paramedical assistants tasked with optimising 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 performance, notably 5 stage wins in the 2016 Tour de France. Follow Carol on Twitter @drcarolaustin1.

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
WEEK 1	19 Dec REST DAY + Sports Massage	20 Moderate GB 2:30 or EB 2:00 with 3 x 8min Tempo with 5min RBI	21 RB 0:30 + 30min Core Training	22 Moderate GB 2:30 or EB 2:00 with 4 x 5min SS with 5min RBI.	23 RB 0:30 + 30min Core Training	24 Moderate GB 3:00 on hilly route	25 EB 2:30 with 3 x 5min SP with 5min RBI
WEEK 2	26 REST DAY + Sports Massage	27 Moderate GB 2:30 or EB 2:00 with 3 x 10min Tempo with 5min RBI	28 RB 0:30 + 30min Core Training	29 Moderate GB 2:30 or EB 2:00 with 4 x 5min SS with 5min RBI.	30 RB 0:30 + 30min Core Training	31 Moderate GB 3:30 on hilly route	1 Jan EB 2:30 with 3 x 5min SP with 5min RBI
WEEK 3	2 REST DAY + Sports Massage	3 Moderate GB 2:30 or EB 2:00 with 4 x 10min Tempo with 5min RBI	4 RB 0:30 + 30min Core Training	5 Moderate GB 2:30 or EB 2:00 with 5 x 5min SS with 5min RBI.	6 RB 0:30 + 30min Core Training	7 Moderate GB 4:00 on Hilly Route	8 EB 2:30 with 3 x 5min SP with 5min RBI
WEEK 4	9 REST DAY + Sports Massage. This is a 5-day recovery period. Take it easy.	10 Easy EB 1:00	11 RB 0:30 + 30min Core Training	12 Easy EB 1:00	13 REST DAY	14 Moderate GB 3:30 on hilly route	15 EB 2:30 on Flat to Rolling Route with 3 x 10min Tempo with 5min RBI
WEEK 5	16 REST DAY + Sports Massage	17 Hard GB 1:30 or EB 1:30 with 4 x 5min SS with 5min RBI	18 RB 0:30 + 30min Core Training	19 EB 1:30 with 4 x 5min TC at 80-90rpm with 5min RBI	20 RB 0:30 + 30min Core Training	21 Moderate GB 4:00 on Hilly Route	22 EB 2:30 on Flat to Rolling Route with 3 x 10min Tempo with 5min RBI
WEEK 6	23 REST DAY + Sports Massage	24 Hard GB 1:30 or EB 1:30 with 4 x 6min SS with 4min RBI	25 RB 0:30 + 30min Core Training	26 EB 1:30 with 4 x 5min TC at 80-90rpm with 5min RBI	27 RB 0:30 + 30min Core Training	28 Hard GB 4:00 on Hilly Route or 2:00 EB (if racing tomorrow)	29 Value Logistics (Gauteng) The Fast One 97km or EB 2:30 on Flat to Rolling Route with 3 x 10min Tempo with 5min RBI
WEEK 7	30 REST DAY + Sports Massage	31 Moderate GB 1:30 or EB 1:30 with 5 x 6min SS with 4min RBI	1Feb RB 0:30 + 30min Core Training	2 EB 1:30 with 4 x 5min HAC with 5min RBI	3 RB 0:30 + 30min Core Training	4 Hard GB 4:00 on Hilly Route	5 EB 2:30 on Flat to Rolling Route with 3 x 10min Tempo with 5min RBI
WEEK 8	6 REST DAY + Sports Massage. This is a 5-day recovery period. Take it easy.	7 EB 1:00	8 RB 0:30 + 30min Core Training	9 EB 1:00	10 REST DAY or 1:30 EB if racing tomorrow	11 The 99er (Western Province) 102km or Moderate GB 4:00 on Hilly Route	12 RB 1:00 if raced yesterday or EB 2:00 with 3 x 10min Tempo with 5min RBI
WEEK 9	13 REST DAY + Sports Massage	14 Hard GB 1:30or EB 1:30 with 2 sets of 6 x 20sec SI with 10sec RBI and 6min RBS	15 RB 0:30 + 30min Core Training	16 EB 1:30 with 4 x 5min HAC with 5min RBI	17 RB 0:30 + 30min Core Training	18 Hard GB 4:00 on Hilly Route or 1:30 EB if racing tomorrow	19 Dishchem Ride for Sight 116km or EB 2:30 with 3 x 10min Tempo with 5min RBI

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
WEEK 10	20 REST DAY + Sports Massage	21 Hard GB 1:30or EB 1:30 with 3 sets of 6 x 20sec SI with 10sec RBI and 6min RBS	22 RB 0:30 + 30min Core Training	23 EB 1:30 with 4 x 5min HAC with 5min RBI	24 RB 0:30 + 30min Core Training	25 Hard GB 4:00 on Hilly Route	26 EB 2:30 on Flat to Rolling Route with 3 x 10min Tempo with 5min RBI
WEEK 11	27 REST DAY + Sports Massage. This is a 5-day recovery period. Take it easy.	28 EB 1:00	1 Mar RB 0:30 + 30min Core Training	2 EB 1:00	3 REST DAY	4 Moderate GB 2:30 on Hilly Route	5 EB 2:30 with 2 sets of 6 x 20sec SI with 10sec RBI and 6min RBS
WEEK 12	6 REST DAY + Sports Massage	7 Moderate GB 1:30 or EB 1:30 with 3 x 6min SS with 4min RBI	8 RB 0:30 + 30min Core Training	9 EB 1:00 with 3 x 5min HAC with 5min RBI	10 RB 0:30 + 30min Core Training	11 Easy EB 1:00	12  CAPE TOWN CYCLE TOUR SUPPORTS THE SOUTH AFRICAN CYCLING ASSOCIATION

Explanation of terms

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 1:30 + tempo 3 x 10min with 10min RBI means that the total workout time is 1hr30min inclusive of three 10-minute tempo intervals done within this time.

Recovery Bike (RB)

Duration: 45min - 1:00 hours

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 - 4:00 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: 2:30 - 4:00 hours

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 1:30 + 3 x 10min Tempo with 10min RBI means that the total workout time is 1hr30min 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.

Power Zone: Tempo

Cadence: 80-90rpm

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

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+

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

Threshold Climb (TC)

Terrain: On a steady climb, 4-8% gradient

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

Power Zone: Threshold

Cadence: 80-90rpm

Effort: Very Hard, RPE 8, only able to speak in words

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 through cadence for the last 10sec 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

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.

^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

