

# TEAM VITALITY

## Cape Town Cycle Tour 2017 Training programme

### First Timer Sub-4

This plan is appropriate if you are:

- A past participant of the Cape Town Cycle Tour or similar distance mass road race events in the past
- Curious about your real performance potential and would like to see what you could achieve with a scientific training approach
- Training regularly at the moment (6-9 hours per week) and can currently comfortably manage a 2:30hr ride
- Participate in weekend group rides
- Have a normal body weight for your build, age and height
- Riding a entry to mid-level road bike
- Ready to commit to 4-5 training sessions per week, with longer rides on the weekend
- Planning to race several 85-100km races leading up to the Cape Town Cycle Tour
- Aiming to finish in Sub-4 hours

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. If you haven't been racing much this season and you know you're going to be a back marker, consider joining a charity bond group (like Qhubeka), Ride for a Purpose and "jump the queue", legitimately.

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

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
<b>WEEK 10</b>	20 REST DAY	21 Hard GB 1:30 or EB 1:30 with 2 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 REST DAY	25 Hard GB 4:00 on Hilly Route	26 EB 2:00 on Flat to Rolling Route with 2 x 8min Tempo with 5min RBI
<b>WEEK 11</b>	27 REST DAY. This is a 5-day recovery period. Take it easy	28 EB 1:00	1Mar 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
<b>WEEK 12</b>	6 REST DAY	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 REST DAY	11 Easy EB 1:00	12 

# 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:** Hard - 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)<sup>a</sup>

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.

<sup>a</sup> 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

