

Forrest GrapeRide 42km Taster Course Complete Performance Training Plan

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						Actual					
				Duration	Actual	Distance	Intensity		<b>Actual Avg</b>		v did you feel, where did you go, wh
Day	Discipline	Rank	Details	(min)	(min)	(Km)	RPI		<b>Heart Rate</b>		was the weather like?
			Goal: To start training for the GrapeRide - have you entered	l? This will he	elp your	commitmen	t to preparin	g for it			
3/02/13	8 weeks	Easy	Print this plan out and put it on the fridge so your family can	keep you ac	countabl	e and follow	w your progr	ess.		Comment	
			Steady ride - get on your bike and enjoy. Make sure that								
			you check your tyre pressure before the ride.								
Mon	Cycle	3	Reccomended pressure is written on the side of your tyre.	30			,				
Tue	Rest	0	REST	0			0				
rue	กษรเ	U	Cycle steady - is your bike comfortable? If not get your CP	U			U				
			coach on Wednesday to look at it for your or take it into								
Cat	Cuala	2	your local bike shop.	30			0				
Sat Thu	Cycle Rest	0	REST	0			0				
		0	REST	0			0				
-ri	Rest	U	-	0			0				
			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								
			http://www.completeperformance.co.nz/bunch-riding-								
		- 1	basics.html	60			2				
	Cycle										
	Rest	0	REST	0			0				
Wkend Wkend Total Wee	Rest	0	REST	02:00	00:00	0	0				
Vkend	Rest	0		02:00		0 dback from	<u> </u>	Inesday gro	up cycling		
Wkend Total Wee	Rest ek 1	0 Moderate	Goal: Focus on your technique this week and get someone	02:00		0 dback from	<u> </u>	Inesday gro		Comment	
Wkend Total Wee	Rest ek 1		Goal: Focus on your technique this week and get someone essession	02:00 to give you s		0 dback from	<u> </u>	Inesday gro		Comment	
Wkend Total Wee	Rest ek 1		Goal: Focus on your technique this week and get someone ession  Steady ride - are you comfortable on your bike. Having you	02:00 to give you s		0 dback from	<u> </u>	Inesday gro		Comment	
Wkend Total Wee 20/02/13	Rest ek 1  7 weeks	Moderate	Goal: Focus on your technique this week and get someone e session  Steady ride - are you comfortable on your bike. Having you bike set up properly and a good pair of bike shorts will going	02:00 to give you s		0 dback from	the CP Wed	Inesday gro		Comment	
Wkend  Fotal Wee  20/02/13  Mon	Rest ek 1 7 weeks Cycle	Moderate 2	Goal: Focus on your technique this week and get someone e session  Steady ride - are you comfortable on your bike. Having you bike set up properly and a good pair of bike shorts will going a long way to being comfortable	02:00 to give you s		<b>0</b> dback from	<u> </u>	Inesday gro		Comment	
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Wkend  Fotal Wee  20/02/13  Mon	Rest ek 1 7 weeks Cycle	Moderate 2	Goal: Focus on your technique this week and get someone exession  Steady ride - are you comfortable on your bike. Having you bike set up properly and a good pair of bike shorts will going a long way to being comfortable  REST  One of the key aspects of riding a bike is to enjoy it and	02:00 to give you s		0 dback from	the CP Wed	Inesday gro		Comment	
Wkend Total Wee 20/02/13 Mon	Rest ek 1 7 weeks Cycle	Moderate 2	Goal: Focus on your technique this week and get someone essession  Steady ride - are you comfortable on your bike. Having you bike set up properly and a good pair of bike shorts will going a long way to being comfortable  REST  One of the key aspects of riding a bike is to enjoy it and explore your surroundings so either add a little extra loop or	02:00 to give you s		0 dback from	the CP Wed	Inesday gro		Comment	
Wkend  Fotal Wee  20/02/13  Mon	Rest ek 1 7 weeks Cycle	Moderate 2	Goal: Focus on your technique this week and get someone ession  Steady ride - are you comfortable on your bike. Having you bike set up properly and a good pair of bike shorts will going a long way to being comfortable  REST  One of the key aspects of riding a bike is to enjoy it and explore your surroundings so either add a little extra loop or your monday ride or go somewhere completely different.	02:00 to give you s		0 dback from	the CP Wed	inesday gro		Comment	
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Wkend  Fotal Wee  20/02/13  Mon	Rest ek 1 7 weeks Cycle	Moderate 2	Goal: Focus on your technique this week and get someone exession  Steady ride - are you comfortable on your bike. Having you bike set up properly and a good pair of bike shorts will going a long way to being comfortable  REST  One of the key aspects of riding a bike is to enjoy it and explore your surroundings so either add a little extra loop or 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	02:00 to give you s		<b>0</b> dback from	the CP Wed	Inesday gro		Comment	
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Wkend Total Wee 20/02/13  Mon Tue	Rest ek 1  7 weeks  Cycle Rest  Cycle	Moderate 2 3	Goal: Focus on your technique this week and get someone expession  Steady ride - are you comfortable on your bike. Having you bike set up properly and a good pair of bike shorts will going a long way to being comfortable  REST  One of the key aspects of riding a bike is to enjoy it and explore your surroundings so either add a little extra loop or 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  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.	02:00 to give you s  r 3 30 0		0 iback from	the CP Wed	Inesday gro		Comment	
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Wkend Total Wee 20/02/13  Mon Tue	Rest ek 1  7 weeks  Cycle Rest  Cycle Other	Moderate 2 3	Goal: Focus on your technique this week and get someone exession  Steady ride - are you comfortable on your bike. Having you bike set up properly and a good pair of bike shorts will going a long way to being comfortable  REST  One of the key aspects of riding a bike is to enjoy it and explore your surroundings so either add a little extra loop or 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  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.  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	02:00 to give you s  r 3 30 0 45		0 diback from	the CP Wed	Inesday gro		Comment	
Wkend Fotal Wee 20/02/13  Mon Fue	Rest ek 1  7 weeks  Cycle Rest  Cycle Other	Moderate 2 3	Goal: Focus on your technique this week and get someone expession  Steady ride - are you comfortable on your bike. Having you bike set up properly and a good pair of bike shorts will going a long way to being comfortable  REST  One of the key aspects of riding a bike is to enjoy it and explore your surroundings so either add a little extra loop or 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  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.  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 Cycle steady - Make sure that you a drink bottle every hour	02:00 to give you s  r 3 30 0		0 iback from	the CP Wed	inesday gro		Comment	
Wkend Fotal Wee 20/02/13  Mon Fue  Wed	Rest ek 1  7 weeks  Cycle Rest  Cycle Other	Moderate 2 3	Goal: Focus on your technique this week and get someone exession  Steady ride - are you comfortable on your bike. Having you bike set up properly and a good pair of bike shorts will going a long way to being comfortable  REST  One of the key aspects of riding a bike is to enjoy it and explore your surroundings so either add a little extra loop or 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  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.  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	02:00 to give you s  r 3 30 0 45		0 iback from	the CP Wed	Inesday gro		Comment	

						Actual				r der ist, reer ready, reer anver - complete coaching support.
Devi	Discipline	Rank	Details	Duration			Intensity	Actual	Actual Avg Heart Rate	Comments: How did you feel, where did you go, what was the weather like?
Day	Discipline	Hank	Goal: Complete four training sessions this week. Consistence	(min)	(min)	(Km)	RPI odurance ov			was the weather like?
3 27/02/13	6 weeks	Hard	regular rides.	by is the key	to trairii	ig ioi aii ei	idulalice evi	on so keep	up with the	Comment
	1		Steady ride - do a quick bike check before you ride today -							
			brakes work, wheels spin freely, there are no nicks or cuts							
Mon	Rest	2	in your tyres and everything feels tight	30			2			
Tue	Rest		REST - this is an easy week - put your feet up	0			0			
10/ a d	Cuala		75mins CP Summer cycle session and skills ride For more details http://www.completeperformance.co.nz/cp- summer-cycling-session.html Or if you are based outside of chch - while riding practice your braking and cornering at least 3 times on the ride	45			2			
Wed	Cycle		REST or Your choice you can either go for a walk (hills	45						
			are great), an easy run, go to the gym. Commuting on your							
Thu	Other	3	bike is a great option if possible.	30			2			
Fri	Rest		REST	0			0			
			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							
Wkend	Cycle	1	ar nervous about this	75			2			
Wkend	Rest		REST	0			0			
Total Wee	k 3			03:00	00:00	0				
	- 1	_	Goal: Make sure that this feels like an easy week and you gi				d get motiva	ated for the	next 2	
4 06/03/13	5 weeks	Easy	weeks. Week 4 of the programme you have done well to get Get out and enjoy your ride today. Remember what it was	to nere so k	eep it up	).			1	Comment
Mon	Cycle	3	like to ride a bike when you where a kid? Make sure that you do some free wheeling and enjoy the freedom of riding your bike.	30			2			
Tue	Rest	<u> </u>	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 want 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			
Total Wee	ek 4			02:15	00:00	0			•	
. Otal Wee	··· ·			02.10	00.00		l			

						Actual				rear in, rear ready, rear alive - Complete coaching support.
Day	Discipline	Rank	Details	Duration (min)	Actual (min)	Distance (Km)	Intensity RPI		Actual Avg Heart Rate	Comments: How did you feel, where did you go, what was the weather like?
		-	Goal: Make sure that you have a plan for your recovery nutri							
			will go well. Do it badly and you will dig a hole for yourself ar	nd not feel g	ood in yo	our next ses	sion. Comp	lete Perfor		
5 13/03/13	4 weeks	Hard	help you with your nutrition if required							Comment
			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 betwen 85-95 for the rest of the							
Mon	Cycle	2	ride	45			2			
Tue	Rest		REST	0			0			
			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							
14/I	0		we will manage you interval session for you and make sure	00			0			
Wed	Cycle	1	that it is fun!  REST or Your choice you can either go for a walk (hills	60			3			
			are great), an easy run, go to the gym. Commuting on your							
Thu	Other	3	bike is a great option if possible.	30			2			
Fri	Rest		REST	0			0			
			Cycle steady - do the duration and keep a steady effort							
			across the duration							
			For exercise over 90mins use a sports drink (e.g. Leppin)							
Wkend	Cycle	1	less than 90mins use water	90			2			
	Rest		REST	0			0			
Total Wee	k 5			03:45	00:00	0				
			Goal: Make sure that you are confident and comfortable of he		a bunch	. If you hav	ve any doubt	s make sur		
6 20/03/13	3 weeks	Moderate	make it to our bunch riding basics sessions over the next 2 w	veeks						Comment
			Short and sharp it would be great if you could a short hill							
Man	Cycle	2	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			
Mon Tue	Rest		REST	0			0			
1 40	1 1001		-	0			U			
1			What are your goals for the event? Based on the training							
1			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?							
			http://www.completeperformance.co.nz/cp-summer-cycling-							
			session.html							
			You should know about how to ride in a bunch by know but							
Wed	Cycle	1	if not you need to do our bunch riding basics course	45			2			
Thu	Other	3	REST	0			0			
			Rest - this is supposed to be an easier week before your							
Fri	Rest	0	final hard training week	0			0			
			Flat keep it nice and steady and ride somewhere different -							
1			Remember all the things that you have learnt so far and							
L	<u>.</u> .		think about how great it is going to be when you cross the							
Wkend	Cycle	1	finish line in a couple of weeks time.	90			2			
	Rest		REST	0			0			
Total Wee	k 6			02:45	00:00	0				

						Actual			rearm, recineacy, tearance - Complete coaching support.
Day	Discipline	Rank	Details	Duration (min)	Actual (min)	Distance (Km)	Intensity RPI	Actual Avg Heart Rate	Comments: How did you feel, where did you go, what was the weather like?
July	Disorpinie	T (C)	Goal: Do you have a plan for the event - what will you wear,	. ,	, ,	. ,			was the weather like.
7 27/03/13	2 weeks	Hard	someone that has done the event?		-	•			Comment
			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						
Mon	Cycle	2	and wind conditions	60			4		
Tue	Cycle		REST	0			0		
			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 http://www.completeperformance.co.nz/cp-						
Wed	Cycle	1	summer-cycling-session.html	75			3		
	0,0.0		REST or Your choice you can either go for a walk (hills	, ,					
			are great), an easy run, go to the gym. Commuting on your						
Thu	Other	3	bike is a great option if possible.	30			2		
Fri	Rest		REST - Rest up it is your final big ride this weekend	0			0		
			CP Group Ride - Pre race practice - do the duration that you						
			might expect to do on Race day. Make sure that this is						
	<u>.</u>		close to 42km so you know you can do it. Practice with the	400					
Wkend	Rest	1	food and fluid that you will use on the day.  REST - reward yourself with a couple of days off to make	120			2		
			sure that you recover properly now that your training is						
Wkend	Cycle		finished	0			0		
Total Wee	k 7			04:45	00:00	0			
8 03/04/13	1 weeks	Taper	Goal: To ride to your plan - Pace yourself, be safe, eat and of	Irink well and	d have fu	un!			Comment
Mon	Rest		REST	0			0		
			Steady ride - get on your bike and go steady for the first						
			30mins then if you feel good ride hard to finish the 45min						
Tue	Cycle	2	ride	45			3		
Wed	Rest		REST	0			0		
			Easy ride make sure that your bike works well and feel						
_	l		great. Complete a warm up then do 1 hard efforts lasting						
Thu	Cycle	2	about 90 seconds before an easy warm down	25			3		
L.	[_		REST - Go for a quite 5 minute ride to feel great and make						
Fri	Rest		sure that your bike is running well	5			1		
			Forrest GrapeRide 42km Taster - ride to your plan. Eat and						
Sat	Cycle	е	drink well and have fun!!	105			2		
Sun	Rest		Celebrate!!	0			0		
Total Wee	k 8			03:00	00:00	0			

						Actual				r ear in, real ready, real aince - Complete Coaching support.
				Duration	<b>Actual</b>	Distance	Intensity	<b>Actual</b>	<b>Actual Avg</b>	Comments: How did you feel, where did you go, what
Day	Discipline	Rank	Details	(min)	(min)	(Km)	RPI	Intensity	<b>Heart Rate</b>	was the weather like?

# **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 or check out our website 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 easeign durations are plus or minus 10 mins

						Actual				r eer iit, reer ready, reer alive - Complete coaching support.
				Duration	Actual	Distance	Intensity	Actual	<b>Actual Avg</b>	Comments: How did you feel, where did you go, what
Day	Discipline	Rank	Details	(min)	(min)	(Km)	RPI	Intensity	<b>Heart Rate</b>	was the weather like?

#### Warming down

All times include the time to warm up but not your warm down - allow 3-5 minutes of easy exercise at the end of your session to warm down.

Get in to the habit of stretching at the end of your session as part of your warm down. This is not included in the session time so please allow this. Lack of stretching can lead to a lack of power and a lesser result.

## Nutrition

During your training make sure that you practice your race day nutrition. Get used to Leppin gels, sports drinks and your food so there are no surprises come race day.

Race day nutrition includes your meal the night before, your pre race meal, during race enery food/fluid, and post race food Contact our Nutritionist Becky Ward if you would like specific Nutrition advice 0800 551 002 becky@completeperformance.co.nz

## Goal setting

We have written a goal for each week in the programme. Use these as a way to motivate; achieving these will keep you on track and give you focus.

## Amount of training

Go as you feel - remember this training plan is a guide to your training and there are a number of other factors that effect the stress that your body is under, such as work, friends and quality of sleep. Therefore if you are feeling tired start your session and if you still feel bad after 15 minutes either cut your session short or turn around and go home. However if you start feeling better carry on with your session as planned. Use the rating of perceived exertion scale when monitoring the intensity of your training.

# **Training Intensities**

Scale	Intensity	HR Zones	es Description			М		
					Run	Other	60	1
1	Easy	Recovery	Can talk easily e.g. recovery,cool down				120	2
2	Steady	Aerobic (A	can talk but breathing more heavily				180	3
3	Mod Hard	Aerobic +	can manage the odd word				240	4
4	Hard	Anaerobio	don't feel like talking				300	5
5	V Hard	Anaerobio	sucking in all the oxygen you can!				360	6
6	Max	Maximal (	Sprinting - Giving it everything!!				420	7