

'THE PIONEER' training plan – Phase 5

This is your off season – a chance to get recovered, refreshed, relaxed... and when the time is right, refocused!

First and foremost, take some time off from training after the race. If you're the type who is just itching to get back into it, try to allow yourself at least a week off. But if you don't want to even look at your bike for several months, that's completely fine! As a good rule of thumb, when you are thinking about going out for your first bike ride, ask yourself is it because you really want to, or because you feel like you 'should.' If it's the latter, you might not be ready.

Not that we're giving you a leave pass to sit on the sofa all winter! It's a great chance to get stuck into some things that you didn't have the time to do when you were training hard. These might be commitments to family, friends or work, but it would be great if there were some fitness related projects in there too. Here are a few ideas from TEAM CP:

- Try out a new sport, or even just a new cycling discipline (eg road riding, cyclocross)
- Plan some cycling adventures. Book in a trip to ride the Heaphy Track or similar in the winter months
- Or just some cool outdoor adventures! Tramping, ski touring, rock climbing, whatever gets you going
- Invest some time in looking after your body. You could try a strength programme at a gym, or have a go at some yoga or pilates sessions. You'll be better for it come next race season!
- Work on specific skills that you think will help your cycling for next season
- Come along to Complete Performance Tour de Spin, or your local spin class if you are not from Christchurch

Or, if you would really prefer to hibernate over winter, get online and spend some time researching riding goals for summer. Alternatively, get creative in the kitchen and perfect your home-made muesli bars or recovery smoothies.

Strange as it might sound, we reckon the more you allow yourself to enjoy your off season, the more motivation you will have to get stuck back into some good training once that time of year rolls around. And if that's not the case, you know who to call. Contact TEAM CP, and our crew of coaches will help get you off the couch, onto your bike, and back into your awesomeness!

