



# NUTRI-GRAIN THE PIONEER

## GETTING STRONG ON THE BIKE

4 Key Methods to get  
strong on the bike

## PLAYING THE LONG GAME

How to pace yourself  
over your race



# GET READY

Follow Team CP's training guide  
to be awesome on race day



# Phase 1 - Foundation Phase

## Objectives of your foundation phase

- Preparing your body to train - If you build a good foundation now you are more likely to avoid injury throughout your race preparation, as well as during the event itself.
- Develop your skills to be able to complete the race - The Pioneer is a true adventure on the mountain bike, and you will be tackling a variety of terrain. Develop your skills to ensure that you can ride up tricky terrain and enjoy the downhill!
- Repeat this phase up until the final 6 months/26 weeks of the event

*This is a generic programme and will get you there but if you want to make the most of your training time, complete the event in style, or take your performance to the next level you need to work with a Team CP Coach*

Weeks	Mid Week (Important session)	Mid Week (Good to do session)	Weekend (Important session)	Weekend (Bonus session)
Week 1	MTB - Hills - 60min Strength 15mins Stretch 5min - when you are finished	MTB or indoor trainer 50min Strength 15mins Stretch 5min - when you are finished	MTB 2hrs Warm Up - Start slow and build into it Stretch 5min - when you are finished	MTB 1.30hrs
Week 2	MTB - Hills - 75min Strength 15mins Stretch 5min - when you are finished	MTB or indoor trainer 50min Strength 15mins Stretch 5min	MTB 2.30hrs Warm Up Stretch 5min	MTB 1.30hrs
Week 3 Recovery/Catch your breath week	MTB - Hills - 45min Strength 15mins Stretch 5min - when you are finished	MTB or indoor trainer 30min Strength 15mins Stretch 5min	MTB 1.30hrs Warm Up Stretch 5min	Rest or Yoga or Swim
Week 1	MTB - Hills - 60min Strength 15mins Stretch 5min - when you are finished	MTB or indoor trainer 50min Strength 15mins Stretch 5min	MTB 2hrs Warm Up Stretch 5min	MTB 1.30hrs
Week 2	MTB - Hills - 75min Strength 15mins Stretch 5min - when you are finished	MTB or indoor trainer 50min Strength 15mins Stretch 5min	MTB 2.30hrs Warm Up Stretch 5min	MTB 1.30hrs
Week 3 Recovery/Catch your breath week	MTB - Hills - 45min Strength 15mins Stretch 5min - when you are finished	MTB or indoor trainer 50min Strength 15mins Stretch 5min	MTB 1.30hrs Warm Up Stretch 5min	Rest or Yoga or Swim

*"Working with Team CP set the foundation for my success. Through the support, knowledge and guidance I was able to take the first steps of my professional career and achieve my breakthrough wins in the Longest Day Coast to Coast."*

Braden Currie

# Phase 2 - General Preparation

## 14 weeks

### Objectives of your general prep phase

- Slowly increase the duration of your training and keep the intensity steady
- Do one speed session a week to be sharp
- Organise your first simulation/ training camp weekend
- Keep the balance between everything you need to do in your week - work, family and your training.

*This is a generic programme and will get you there but if you want to make the most of your training time, complete the event in style, or take your performance to the next level you need to work with a Team CP Coach*

Date/Weeks to go/ Hard or Recover week	Mid Week (Important session)	Mid Week (Good to do session)	Mid Week (Bonus session)	Weekend (Important session)	Weekend (Bonus session)
Week 26	MTB - Hills - 75min Stretch 5min	MTB or indoor trainer 50min Strength 15mins Stretch 5min - when you are finished	MTB 60min Strength 15mins Stretch 5min - when you are finished	MTB 2hrs Warm Up - Start slow and build into it Stretch 5min - when you are finished	MTB 2hrs
Week 25	MTB - Hills - 90min Stretch 5min	MTB or indoor trainer 50min Strength 15mins Stretch 5min	MTB 60min Strength 15mins Stretch 5min	MTB 2.30hrs Warm Up - Start slow and build into it Stretch 5min	MTB 2hrs
Week 24 Recovery/Catch your breath week	MTB - Hills - 60min Stretch 5min	MTB or indoor trainer 50min Strength 15mins Stretch 5min	MTB 45min Strength 15mins Stretch 5min	MTB 1.30hrs Warm Up - Start slow and build into it Stretch 5min	Rest or Yoga or Swim
Week 23	MTB - Hills - 90min Stretch 5min	MTB or indoor trainer 50min Strength 15mins Stretch 5min	MTB 60min Strength 15mins Stretch 5min	MTB 2.45hrs Warm Up - Start slow and build into it Stretch 5min - when you are finished	MTB 2hrs
Week 22	MTB - Hills - 90min Stretch 5min	MTB or indoor trainer 50min Strength 15mins Stretch 5min	MTB 60min Strength 15mins Stretch 5min	MTB 3hrs Warm Up - Start slow and build into it Stretch 5min	MTB 2hrs
Week 21 Recovery/Catch your breath week	MTB - Hills - 60min Stretch 5min	MTB or indoor trainer 50min Strength 15mins Stretch 5min	MTB 45min Strength 15mins Stretch 5min	MTB 1.30hrs Warm Up - Start slow and build into it Stretch 5min	Rest or Yoga or Swim
Week 20	MTB - Hills - 90min Stretch 5min	MTB or indoor trainer 50min Strength 15mins Stretch 5min	MTB 60min Strength 15mins Stretch 5min	MTB 3.15hrs Warm Up - Start slow and build into it Stretch 5min - when you are finished	MTB 2.30hrs
Week 19	MTB - Hills - 90min Stretch 5min	MTB or indoor trainer 50min Strength 15mins Stretch 5min	MTB 60min Strength 15mins Stretch 5min	MTB 3.30hrs Warm Up - Start slow and build into it Stretch 5min	MTB 2.30hrs
Week 18 Recovery/Catch your breath week	MTB - Hills - 60min Stretch 5min	MTB or indoor trainer 50min Strength 15mins Stretch 5min	MTB 45min Strength 15mins Stretch 5min	MTB 1.30hrs Warm Up - Start slow and build into it Stretch 5min	Rest or Yoga or Swim
Week 17	MTB - Hills - 90min Stretch 5min	MTB or indoor trainer 50min Strength 15mins Stretch 5min	MTB 60min Strength 15mins Stretch 5min	MTB 3.45hrs Warm Up - Start slow and build into it Stretch 5min - when you are finished	MTB 3hrs
Week 16	MTB - Hills - 90min Stretch 5min	MTB or indoor trainer 50min Strength 15mins Stretch 5min	MTB 60min Strength 15mins Stretch 5min	MTB 4hrs Warm Up - Start slow and build into it Stretch 5min	MTB 3hrs
Week 15 Recovery/Catch your breath week	MTB - Hills - 60min Stretch 5min	MTB or indoor trainer 50min Strength 15mins Stretch 5min	MTB 45min Strength 15mins Stretch 5min	MTB 2hrs Warm Up - Start slow and build into it Stretch 5min	Rest or Yoga or Swim
Week 14 Simulation Week to finish phase 2	MTB - Hills - 90min Stretch 5min	MTB or indoor trainer 50min Strength 15mins Stretch 5min	DAY 1 - Fri - Event Simulation Pioneer Training Camp - 3hrs Pre, Race, Recovery Nutrition	DAY 2 - Sat Pioneer Training Camp - 5hrs Pre, Race, Recovery Nutrition	DAY 3 - Sun Pioneer Training Camp - 4hrs Pre, Race, Recovery Nutrition
Week 13 Recovery/Catch your breath week	MTB - Hills - 60min Stretch 5min	MTB or indoor trainer 50min Strength 15mins Stretch 5min	Rest or Yoga or Swim	MTB 2hrs Warm Up - Start slow and build into it Stretch 5min	Rest or Yoga or Swim

*"For me the planning element that Team CP offers is really important to help me to achieve my goals, but more importantly is the regular communication to adjust it around work and other pressures so I am able to keep focused and moving forward."*

*Todd Kraiger*

# Phase 3 - Strength & Event Specific

## 8 weeks

### Objectives of your strength & event specific phase

- Aim to build up to the duration you will be on course
- Strength on the bike (Specific strength) in one of your sessions each week focus on riding a harder gear than normal
- Simulate the event with a training camp or cycle tour
- Practice your event nutrition
- Do some practice races
- Life Balance - keep it real

*This is a generic programme and will get you there but if you want to make the most of your training time, complete the event in style, or take your performance to the next level you need to work with a Team CP Coach*

Weeks/Hard or Recover week	Mid Week - Hill Ride (Important session)	Mid Week (Good to do session)	Mid Week (Bonus session)	Weekend (Important session)	Weekend (Bonus session)
Week 12	MTB 60min - Strength on the bike 2mins x5 hard gear efforts Strength 15mins Stretch 5min	MTB - Hills - 90min Stretch 5min	MTB or indoor trainer 50min Strength 15mins Stretch 5min	MTB 4hrs Warm Up - Start slow and build into it Stretch 5min - when you are finished	MTB 3hrs
Week 11	MTB 60min - Strength on the bike 2mins x5 hard gear efforts Strength 15mins Stretch 5min	MTB - Hills - 90min Stretch 5min	MTB or indoor trainer 50min Strength 15mins Stretch 5min	MTB 4.30hrs Practice your nutrition Stretch 5min	MTB 3hrs
Week 10 Recovery/Catch your breath week	MTB 60min - specific strength 2mins x5 hard gear efforts Strength 15mins Stretch 5min	MTB - Hills - 90min Stretch 5min	MTB or indoor trainer 50min Strength 15mins Stretch 5min	MTB 2hrs Practice your nutrition Stretch 5min	Rest or Yoga or Swim
Week 9	MTB 60min - specific strength 2mins x5 hard gear efforts Strength 15mins Stretch 5min	<b>DAY 1 - Thurs - Event Simulation Pioneer Training Camp - 3hrs Pre, Race, Recovery Nutrition</b>	<b>DAY 2 - Fri Pioneer Training Camp - 5hrs Pre, Race, Recovery Nutrition</b>	<b>DAY 3 - Sat Pioneer Training Camp - 6hrs Pre, Race, Recovery Nutrition</b>	<b>DAY 4 - Sun Pioneer Training Camp - 2hrs Pre, Race, Recovery Nutrition</b>
Week 8 Recovery/Catch your breath week	MTB 60min - specific strength 4mins x5 hard gear efforts Strength 15mins Stretch 5min	MTB or indoor trainer 50min Strength 15mins Stretch 5min	Rest or Yoga or Swim	MTB 3hrs Practice your nutrition Stretch 5min	Rest or Yoga or Swim
Week 7	MTB 60min - specific strength 4mins x5 hard gear efforts Strength 15mins Stretch 5min	MTB - Hills - 90min Stretch 5min	MTB or indoor trainer 50min Strength 15mins Stretch 5min	MTB 4hrs Practice your nutrition Stretch 5min	MTB 3hrs
Week 6	MTB 60min - specific strength 4mins x5 hard gear efforts Strength 15mins Stretch 5min	MTB - Hills - 90min Stretch 5min	MTB or indoor trainer 50min Strength 15mins Stretch 5min	MTB 4.30hrs Practice your nutrition Stretch 5min	MTB 3hrs
Week 5	MTB 60min - specific strength 4mins x5 hard gear efforts Strength 15mins Stretch 5min	Indoor trainer 50min Strength 15mins Stretch 5min - when you are finished	<b>DAY 1 - Fri - Event Simulation Pioneer Training Camp - 4hrs Pre, Race, Recovery Nutrition</b>	<b>DAY 2 - Sat Pioneer Training Camp - 5hrs Pre, Race, Recovery Nutrition</b>	<b>DAY 3 - Sun Pioneer Training Camp - 3hrs Pre, Race, Recovery Nutrition</b>

*I contacted Team CP with a goal of completing 'The Pioneer' MTB 7 day stage race. I had no real experience of riding in any race / using clip pedals / off road technical skills / nutrition / Base training. But in under a year I achieved that goal, and many more.*

*Thanks Team, for all the advice on my amazing journey.*

*"Put in the effort, and the reward will come".*

*Mark Cornell*



# Phase 4 - Speed and Taper 4 weeks

## Objectives of your speed & taper phase

- Get ready for the intensity and excitement of the event
- Planning - develop your race plan
- Get gear organised and your bike in good shape
- Taper – less is more

*This is a generic programme and will get you there but if you want to make the most of your training time, complete the event in style, or take your performance to the next level you need to work with a Team CP Coach*

Week 4	<b>MTB - Hills - 90min</b> Stretch 5min Bodyweight Strength 5mins	<b>MTB 60min - Speed session</b> Fast Ride 1min/Recover 1minx5 Stretch 5min Bodyweight Strength 5mins	<b>MTB 3hrs</b> Warm Up - Start slow and build into it Stretch 5min	<b>MTB 2hrs</b>
Week 3	<b>MTB - Hills - 90min</b> Stretch 5min Bodyweight Strength 5mins	<b>MTB 60min - Speed session</b> Fast Ride 1min/Recover 1minx5 Stretch 5min Bodyweight Strength 5mins	<b>MTB 2.30hrs</b> Stretch 5min	<b>MTB 2.30hrs</b> Warm Up - Start slow and build into it Stretch 5min
Week 2 Taper week	<b>MTB - Hills - 60min</b> Stretch 5min Bodyweight Strength 5mins	<b>MTB 60min - Speed session</b> Fast Ride 45sec/Recover 45sec x5 Stretch 5min Bodyweight Strength 5mins	<b>MTB 1.30hrs</b> Stretch 5min	<b>Rest or Yoga or Swim</b>
Week 1 Taper Week	<b>MTB 60min - Speed session</b> Fast Ride 30sec/Recover 30sec x5 Stretch 5min Bodyweight Strength 5mins	<b>MTB 30min</b> Stretch 5min Less is more this week - time to be fresh and ready to go	<b>Rest - Pre event prep.</b> <b>Make sure that you have all your gear sorted and you are all set for a great week of riding</b>	<b>The Pioneer MTB Prologue</b>

*"My riding has improved so much since I started riding with Team CP and the best bit is that I am still getting better. Great coaches, great support and I have made some great friends"*

*Phil Conlan*



# Training Programme Notes

- If you get the important sessions each week done then you have done well and will keep improving.
- Feel free to put kayak, MTB and running sessions together as time allows to simulate the event in your training.
- Make sure that you practice your pacing, team work and nutrition in the simulation sessions.
- Bonus session – do this if you are feeling good and time allows.
- MTB – Hill sessions should include repetitions up a local hill or multiple hills to gain strength.
- Your intensity should be steady for the majority of your training – You are breathing heavier but you can hold a conversation.
- Long weekend sessions – aim to start at the intensity that you can sustain for the whole session.
- Bodyweight Strength Circuit: 10 reps of each exercise: Press ups, Lunges, Step Ups, Mountain Climber, Skydiver, Lying Side Raise. This short strength workout will help you move better and decrease the chance of injuries. Contact Team CP or your local PT/physio if you would like help with this..
- The programme works over a 3-week cycle with endurance building up each week, with a shorter recovery week to bounce back physically and mentally
- The key to training for an event is consistency by completing regular sessions and staying healthy
- Ensure you listen to your body and rest early if you are tired or getting sick
- Stay safe while out training – wear bright or reflective gear
- If this is the first exercise that you have done for a while consult your health professional to make sure that you are ready for it.
- Keep it FUN! Train with friends and family



# Playing the long game

---



Three key tips to get you over the finish line.

If this is your first time at this event you maybe unsure if you can actually complete it. While this is a great motivator for training it is not very helpful to help you sleep at night. So here are 3 key strategies that you can use to make the most of your day.

## **Tip 1. Getting through the tough times**

When you are struggling focus on those things that you have control over – the process – what's my technique like? Have I had anything to eat or drink recently?

The harder it gets the smaller that your goals need to become. You may not think that you can get to the top of the climb so set yourself a target to get to the next bush.

Once you make it there pick the next spot and slowly but surely you will get there. Success builds confidence.

## **Tip 2. It's really a nutrition race**

You might be the fastest bike rider in the field but if you don't fuel your body properly then you are not going to finish first. Make sure that you have a nutrition plan that has a variety of options so if you don't feel like option A then you can have option B or C.

## **Tip 3. Make hay while the sun shines**

Completing an endurance event can be a roller coaster.

Sometimes you will be feeling great and others you will be doing all you can to just keep putting one foot in front of the other. When you are feeling good make sure that you let yourself go well, pat yourself on the back, ride the wave and get a few kilometres done.

Get out. Explore. Push your limits. Find new norms!  
Go forth and crush thy ride!





GETTING IT RIGHT

# YOUR TRAINING

## **Nutrition**

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

Race day nutrition includes your meal the night before, your pre-race meal, during race energy food/fluid, and post-race food. Contact CP if you would like specific Nutrition advice.

## **Hydration**

The first thing that is going to slow you down on your ride is dehydration. So anything longer than an hour make sure that you have some water with you. On key weekend rides or an event consider taking some sports drink or gels.

## **Tracking your progress**

Keep a track of what you do, review it every week or two and reflect on how far you have come. Using apps like Strava is a good way of doing this.

## **Listen to your body**

Go as you feel - remember this training plan is a guide to your training and there are a number of other factors that affect 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

## **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 into 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, poor technique and an increase chance of injury.





### Where to train?

Head for the hills! This event is a true adventure and a test of body and mind. Training is about spending time on your bike and getting used to the climbs and descents. A cycle tour is a great way to get your mountain legs and means you can string together multiple days. Challenge yourself to get out and explore but make sure that you always keep yourself safe while out training.

### Bodyweight Strength Circuit

A short bodyweight strength workout will help you move better and decrease the chance of injuries. We recommend working with your local Physio or PT to ensure you do the do the right exercises for you but here is an example to get you started.

5 minute workout - including 10-20 of each exercise with good technique: Press ups, Step Ups, Lunges, Mountain Climber, Skydiver, Lying Side Raise.

### Goal setting

Make a habit of writing a goal for yourself each week, achieving these will keep you on track and give you focus.

"There is more to biking than just putting on your helmet on and heading out the door."

### Technique

"There is more to riding than just putting your helmet on and heading out the door."

How you move will have a big influence on your efficiency as well as speed, therefore how much you enjoy your training and the event.

If you are thinking about how you are moving (your pedal technique) rather than how far you have to go to the end you will probably be going well.

# GETTING STRONG ON THE BIKE

Time to get strong and improve your performance.

There are 4 key ways that you can improve your strength on the bike and therefore improve your riding.

The first is to simply ride more. The more time that you spend on your bike the stronger you will get.

Think of the commuting, long rides and cycle touring it all counts. The harder that you push coupled with enough recovery will improve your strength.

Hills, Hills, Hills there is no better way of getting stronger than to challenge yourself by riding hills.

This is best illustrated at the start of the season on your first climb when the hill somehow feels steeper than it used to be.

If you don't have access to lots of hills or are tight on time then your next options is completing big gear intervals. Ride a gear that is 1-2 harder than you normally would for a given gradient and aim to have a smooth pedal stroke for 2, 4, 6 or 8 mins. Give yourself a short break and repeat.

The most time efficient way of becoming stronger that most people neglect is your pedal technique.

Focus on pedalling in circles and pulling back rather than just stomping down while you ride.



If you can ask other muscles to do some of the work then you will be more efficient and your power output will increase.

The final thing that you need to do is test yourself to see if you are improving. If you have a power metre then it is easy by completing your FTP test. If not a time trial is still effective (aim for a course about 10-20mins long) or you will know by being able to ride a harder gear for a given climb.

Like any training that you do the amount of effort that you put in combined with the amount of recovery that you give yourself will have a direct effect on how the strength improvements that you make.

See [www.teamcp.co.nz](http://www.teamcp.co.nz) for more details on Coaching and improving your performance.



**“***Goals seem far fetched  
sometimes but with the help  
and support of Team CP  
anything becomes achievable!”*  
Petrina Smith

