

'THE PIONEER' TRAINING PROGRAMME NOTES

Welcome to the Pioneer Training Programme. The goal for this programme is to work towards completing your event in a comfortable manner. Please note that this is a generic programme and may not fit everyone's lifestyle and goals for the event. If you'd like a more specific plan, which is tailored to your individual requirements, working with a TEAM CP Coach is the way to go. Not only will your programme be written especially for you, but it will include key details for every session so that you know how hard you should be going and what type of terrain you should be training on. Regular catch-ups with your coach mean that you will have someone to be accountable to, and your coach will work with you to make sure that you get the most you can out of the time you have available for training. TEAM CP is based in Christchurch at the start of the race but work with national and international athletes preparing for this epic adventure.

Contact the coaching team at TEAM CP on 0800 551 002 richard@teamcp.co.nz or check out our website www.teamcp.co.nz

Technique

There is more to riding a mountain bike than just jumping on the seat and turning the pedals. How you ride will have a big influence on your efficiency as well as speed and therefore how much you enjoy your training and racing.

If you are thinking about how you are riding (the technique of it) rather than how far you have to go to the end you will probably be going well.

If you are local or passing through Christchurch join our group sessions or sign up for an individualised technique session with TEAM CP to get your technique sorted.

Key sessions

Rank 1 – These are highlighted as the most important sessions per week. If all else fails and you only get these sessions in, then you have done okay.

Rank 2 – These are the 'good to do' sessions in your week. If you complete all of these as well as the rank 1 sessions then you have had a great week.

Rank 3 – Think of these as your bonus sessions. If you complete these, as well as the rank 1 and 2 sessions, and feel good at the end of it, you have had an awesome week.

Listen to your body

Go as you feel. Remember that this training plan is a guide to your training. There are a number of other factors that affect the stress that your body is under, such as work, family and friends, and quality of sleep. If you are feeling tired and are not sure if you have the energy to train, start your session and give yourself the 'ten minute test.' If you still feel tired after 10 minutes, either shorten your planned session or turn around and go home. If, on the other hand, you feel better once you get going then carry on with your session as planned.

Here are some guidelines to follow:

You're feeling good. Go with option A – Do the session as prescribed.

You're feeling a bit flat. Go for option B - Do the same intensity session but decrease the duration by a third.

You're pretty tired. It's time for option C - Do a short recovery session with a maximum of 20 minutes and at level 1-2 intensity - do not do the prescribed training.

Flat as a pancake? There is no shame in option D - Rest and do nothing making sure that you are eating well just like every other day.



Warming down

The sessions in this plan include warm up time but not a warm down. It is a good idea to allow 3-5 minutes of easy exercise at the end of your session to let your body cool, followed by some stretching. Lack of stretching can lead to a lack of power, poor technique and an increased chance of injury.

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 Complete Performance if you would like some specific nutrition advice

Goal setting

Make a habit of writing a goal for yourself each week. This will help to give you focus and keep you on track, and you will get a great sense of achievement as you tick off your goals.

Use the rating of perceived exertion scale when monitoring the intensity of your training

Intensity RPI	Intensity	HR Zones	Description
1	Easy	Recovery (Rec)	Can talk easily e.g. recovery, cool down
2	Steady	Aerobic (A1)	Can talk comfortably but you are breathing more heavily
3	Mod Hard	Aerobic + (A2)	You are really puffing now but can still talk in sentences
4	Hard	Anaerobic (A3)	Don't feel like talking but can talk in single words
5	V Hard	Anaerobic + (A4)	Sucking in all the oxygen you can!
6	Max	Maximal (max)	Sprinting - Giving it everything!!

RPI – Rating of Perceived Intensity