

TEAM VITALITY

Discovery 947 Ride Joburg Training programme SUB - 4

Sub-4

This plan is appropriate if you are:

- A past participant of the 947 or similar distance mass road race 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 2hr 30min ride
- Participating in weekend group rides
- A normal body weight for your build, age and height
- Riding an 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 947
- Aiming to finish in Sub-4 hours

To gain optimal benefit from this programme, the use of a 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 of how to get there.

2 | Prepare for success

Optimise 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 to Ride for a Purpose and jump the queue, legitimately.

3 | Do as little as possible

The world's best pros know that efficiency in racing is key. You have a finite number of matches to burn, use them wisely.

- Save energy: coast on the downhills, soft pedal whenever possible, use 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 sting in the tail; 3 climbs in the final 10km

About the Author:

Dr Carol Austin is Head of Performance Support and Medical at www.africasteam.com Team Dimension Data for Qhubeka, Africa's first World Tour professional road cycling team. Carol leads a team of sports scientists, medical doctors, and paramedical assistants tasked with optimizing 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 performances; notably 5 stage wins in the 2016 Tour de France. Follow Carol on Twitter @drcarolaustin1.

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
WEEK 1	REST DAY	Moderate GB 1hr 30min or EB 1hr 15min with 3 x 5min SS with 5min RBI	RB 30min + 30min Core Training	EB 1hr 15min with 3 x 8min Tempo with 5min RBI	REST DAY	Moderate GB 2hr 30min on hilly route	EB 2hr on flat to rolling route
WEEK 2	REST DAY	Moderate GB 1hr 30min or EB 1hr 15min with 3 x 5min TC with 5min RBI	RB 30min + 30min Core Training	EB 1hr 15min with 3 x 10min Tempo with 5min RBI	REST DAY	Moderate GB 2hr 30min on hilly route	EB 2hr on flat to rolling route
WEEK 3	REST DAY + sports massage. This is a 5-day recovery period. Take it easy.	Easy EB 1hr	RB 30min + 30min Core Training	Easy EB 1hr	REST DAY	Moderate GB 3hr on hilly route	EB 2hr on flat to rolling route
WEEK 4	REST DAY	Moderate GB 1hr 30min or EB 1hr 15min with 4 x 5min SS with 5min RBI	RB 30min + 30min Core Training	EB 1hr 30min with 2 sets of 6 x 20sec SI with 10sec RBI and 7min RBS	REST DAY	Moderate GB 3hr on hilly route	EB 2hr on flat to rolling route
WEEK 5	REST DAY	Hard GB 1hr 30min or EB 1hr 15min with 4 x 5min TC at 80–90rpm with 5min RBI	RB 30min + 30min Core Training	EB 1hr 30min with 3 sets of 6 x 20sec SI with 10sec RBI and 7min RBS	REST DAY	1hr 15min pre-race warm-up or hard GB 3hr on hilly route (if not racing tomorrow)	EB 2hr on flat to rolling route
WEEK 6	REST DAY + sports massage. This is a 5-day recovery period. Take it easy.	Easy EB 1hr 15min	REST DAY	Easy EB 1hr 15min	REST DAY	Hard GB 3hr on hilly route	EB 2hr on flat to rolling route
WEEK 7	REST DAY	Moderate GB 1hr 30min or EB 1hr 30min with 3 sets of 8 x 20sec SI with 10sec RBI and 6min RBS	RB 30min + 30min Core Training	Moderate GB 1hr 30min or EB 1hr 15min with 4 x 5min SS with 5min RB	REST DAY	1hr 15min pre-race warm-up or hard GB 3hr 30min on hilly route (if not racing tomorrow)	EB 2hr on flat to rolling route
WEEK 8	REST DAY	Hard GB 1hr 30min or EB 1hr 15min with 3 sets of 8 x 20sec SI with 10sec RBI and 6min RBS	RB 30min + 30min Core Training	Moderate GB 1hr 30min or EB 1hr 15min with 4 x 5min TC with 5min RBI	REST DAY	1hr 15min pre-race warm-up or EB 2hr on flat to rolling route	Hard GB 3hr 30min on hilly route
WEEK 9	REST DAY + sports massage. This is a 5-day recovery period. Take it easy.	EB 1hr 15min	RB 30min + 30min Core Training	EB 1hr 15min	REST DAY	Hard GB 2hr 30min on hilly route	EB 2hr on flat to rolling route
WEEK 10	REST DAY	Moderate GB 1hr 30min or EB 1hr 15min with 3 x 5min TC with 5min RBI	RB 30min + 30min Core Training	EB 1hr 15min with 2 sets of 7 x 20sec SI with 10sec RBI and 7min RBS	REST DAY	1hr 15min pre-race warm-up session	Discovery 947 Ride Joburg

Workout descriptions for training programme

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 1hr 30min + tempo 3 x 10min with 10min RBI means that the total workout time is 1hr 30min inclusive of three 10-minute tempo intervals which will be done within this time.

Recovery Bike (RB)

Duration: 30min – 1 hour

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 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: 1hr 30min – 4 hours

Description: Variable paced ride with a group. Focus on your bunch riding skills and the fun (sometimes competitive) vibe.

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 1hr 30min + 3 x 10min tempo with 10min RBI means that the total workout time is 1hr 30min inclusive of three 10-minute tempo intervals which will be done within this time.

Tempo (Tempo)

Terrain: 0 – 3% grade or indoor trainer

Description: Tempo intervals are 8 – 20min 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: RPE6 – 7, able to talk in short phrases

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

Pre-race warm-up

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+

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

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)^a

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.

^aGunner 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



