

# TEAM VITALITY

## Cape Town Cycle Tour 2017 Training programme

### First Timer Sub-5

This plan is appropriate if you are:

- New to the sport of cycling.
- More interested in the journey and enjoyment than the race.
- Have not been training regularly (if at all).
- Would like to enjoy the experience and minimise the 'suffering'.
- Keen to improve your fitness and health.
- Riding a mountain-bike, hybrid or entry level road bike.
- Ready to commit to four training sessions per week, with longer rides on the weekend.
- Planning to do a couple of races leading up to the Cape Town Cycle Tour.
- Aiming to finish in under 5 hours.

To gain optimal benefit from this programme, the use of the bike computer with a cadence meter is recommended.

### Secrets to Success

#### 1 | Time counts

Commit to training four times weekly and to completing the prescribed hours for each workout. If you doubt your powers of commitment, buddy-up on this training plan with a friend, or make regular bookings with a spin class. When your energy and inspiration are lagging, they'll be there to motivate you. As long as you complete your training hours, you're on track for success. Don't sweat the small stuff (like specific intervals). Focus on the big picture; complete the 4 sessions and total hours each week.

#### 2 | Spin for success

The optimal cadence for endurance cycling is 80-100 rpm. Most beginners grind along at 60-75rpm, which results in unnecessary muscular stress and fatigue. Revolutionise your cycling experience. Learn to spin like the pros.

- Invest in a cadence meter (so you can see what you're doing)
- Take note of the awesome selection of gears on your bike; and learn to use them
- Keep your cadence over 90rpm on flats, and over 80rpm on climbs


#### 3 | Keep it fun

Find the fun in each training session. Mix it up with spin classes, indoor trainer sessions, group/club rides on the road or MTB. Consistency is key, and when training's a blast you'll be coming back for more.

### About the Author:

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

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
WEEK 1	19 Dec REST DAY	20 EB 1:00 <i>Focus on keeping your cadence between 80-100rpm for the whole ride.</i>	21 REST DAY	22 EB 1:00 with 3 x 5min SP with 5min RBI.	23 REST DAY	24 Moderate GB 1:30. <i>Focus on keeping your cadence between 80-100rpm for the whole ride.</i>	25 EB 1:30 with 3 x 5min SP with 5min RBI.
WEEK 2	26 REST DAY	27 EB 1:15 <i>Focus on keeping your cadence between 80-100rpm for the whole ride.</i>	28 REST DAY	29 EB 1:15 with 3 x 6min tempo with 4min RBI.	30 REST DAY	31 Moderate GB 2:00. <i>Focus on keeping your cadence between 80-100rpm for the whole ride.</i>	1 Jan REST DAY
WEEK 3	2 EB 1:30 with 3 x 5min SP with 5min RBI.	3 REST DAY	4 EB 1:30 with 4 x 6min tempo with 4min RBI.	5 REST DAY	6 RB 1:00	7 Moderate GB 2:30 on hilly route.	8 EB 2:00 with 3 x 5min SP with 5min RBI.
WEEK 4	9 REST DAY + sports massage. This is a 5-day recovery period. Take it easy.	10 Easy EB 1:00.	11 REST DAY	12 Easy EB 1:00.	13 REST DAY .	14 Moderate GB 2:00 on hilly route.	15 EB 2:00 with 3 x 5min SP with 5min RBI.
WEEK 5	16 REST DAY	17 Moderate GB 1:30 or EB 1:30 with 4 x 5min SS with 5min RBI.	18 REST DAY	19 EB 1:30 with 3 x 8min tempo with 4min RBI.	20 REST DAY	21 Moderate GB 2:30 on hilly route.	22 EB 2:00 on flat to rolling route
WEEK 6	23 REST DAY	24 Moderate GB 1:30 or EB 1:30 with 4 x 6min SS with 4min RBI.	25 REST DAY	26 EB 1:30 with 3 x 10min tempo with 5min RBI.	27 REST DAY	28 GB 3:00 on hilly route or 1:30 EB (if racing tomorrow).	29 <b>Value Logistics (Gauteng) The Fast One 97km</b> or EB 1:30 with 3 x 5min SP with 5min RBI.
WEEK 7	30 REST DAY	31 Moderate GB 1:30 or EB 1:30 with 4 x 6min SS with 4min RBI.	1 Feb REST DAY	2 EB 1:30 with 3 x 10min tempo with 5min RBI.	3 REST DAY	4 GB 3:00 on hilly route.	5 EB 1:30 with 3 x 5min SP with 5min RBI.
WEEK 8	6 REST DAY + sports massage. This is a 5-day recovery period. Take it easy.	7 EB 1:00.	8 REST DAY	9 EB 1:00.	10 REST DAY	11 <b>The 99er (Western Province) 64 km</b> or GB 3:00 on hilly route.	12 RB 1:00 if raced yesterday or EB 1:30 with 2 sets of 6 x 20sec SI with 10sec RBI and 6min RBS.
WEEK 9	13 REST DAY	14 Hard GB 1:30 or EB 1:30 with 3 x 5min TC at 80-90rpm with 5min RBI	15 REST DAY	16 EB 1:30 with 3 x 10min tempo with 5min RBI.	17 REST DAY	18 GB 3:30 on hilly route or 1:30 EB if racing tomorrow.	19 <b>Dis-Chem Ride for Sight 62km</b> or EB 1:30

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
<b>WEEK 10</b>	<b>20</b> REST DAY	<b>21</b> Hard GB 1:30or EB 1:30 with 2 sets of 6 x 20sec SI with 10sec RBI and 6min RBS.	<b>22</b> REST DAY	<b>23</b> EB 1:30 with 4 x 5min TC at with 5min RBI	<b>24</b> REST DAY	<b>25</b> GB 4:00 on hilly route.	<b>26</b> EB 1:30
<b>WEEK 11</b>	<b>27</b> REST DAY + sports massage. This is a 5-day recovery period. Take it easy.	<b>28</b> EB 1:00.	<b>1 Mar</b> REST DAY	<b>2</b> EB 1:00.	<b>3</b> REST DAY	<b>4</b> Moderate GB 2:30 on rolling route.	<b>5</b> EB 1:30 with 2 sets of 6 x 20sec SI with 10sec RBI and 6min RBS.
<b>WEEK 12</b>	<b>6</b> REST DAY	<b>7</b> Moderate GB 1:30 or EB 1:30 with 3 x 6min SS with 4min RBI.	<b>8</b> REST DAY	<b>9</b> EB 1:30 with 3 x 10min tempo with 5min RBI.	<b>10</b> REST DAY	<b>11</b> Easy EB 1:00.	<b>12</b> 

# Explanation of terms

## 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 1:30 + tempo 3 x 10min with 10min RBI means that the total workout time is 1hr30min inclusive of three 10-minute tempo intervals done within this time.

### Recovery Bike (RB)

**Duration:** 45min - 1:00 hours

**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 - 4:00 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:** 2:30 - 4:00 hours

**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 1:30 + 3 x 10min Tempo with 10min RBI means that the total workout time is 1hr30min inclusive of three 10-minute Tempo intervals which will be done within this time.

### Strength Pedal (SP)

**Terrain:** Long, gradual hill 4-6% grade

**Description:** In a heavy gear, pedal steadily at a low cadence while maintaining a moderate heart rate. Focus on pedaling smoothly through the entire pedal stroke. You should feel like you're riding through treacle! This on-the-bike strength training interval will improve your climbing strength and performance.

**Power Zone:** Endurance to Tempo

**Cadence:** 50-60rpm

**Effort:** moderate, RPE 6, just able to speak in sentences

### Tempo (Tempo)

**Terrain:** 1-3% grade or indoor trainer

**Description:** Tempo intervals are 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:** RPE 6-7, able to talk in short phrases

### Pre-Race Warmup

**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+

### 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

### 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:** 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)<sup>a</sup>

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.

<sup>a</sup> Gunner 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

