



TEAM VITALITY
**AMASHOVA DURBAN CLASSIC
TRAINING PROGRAMME**

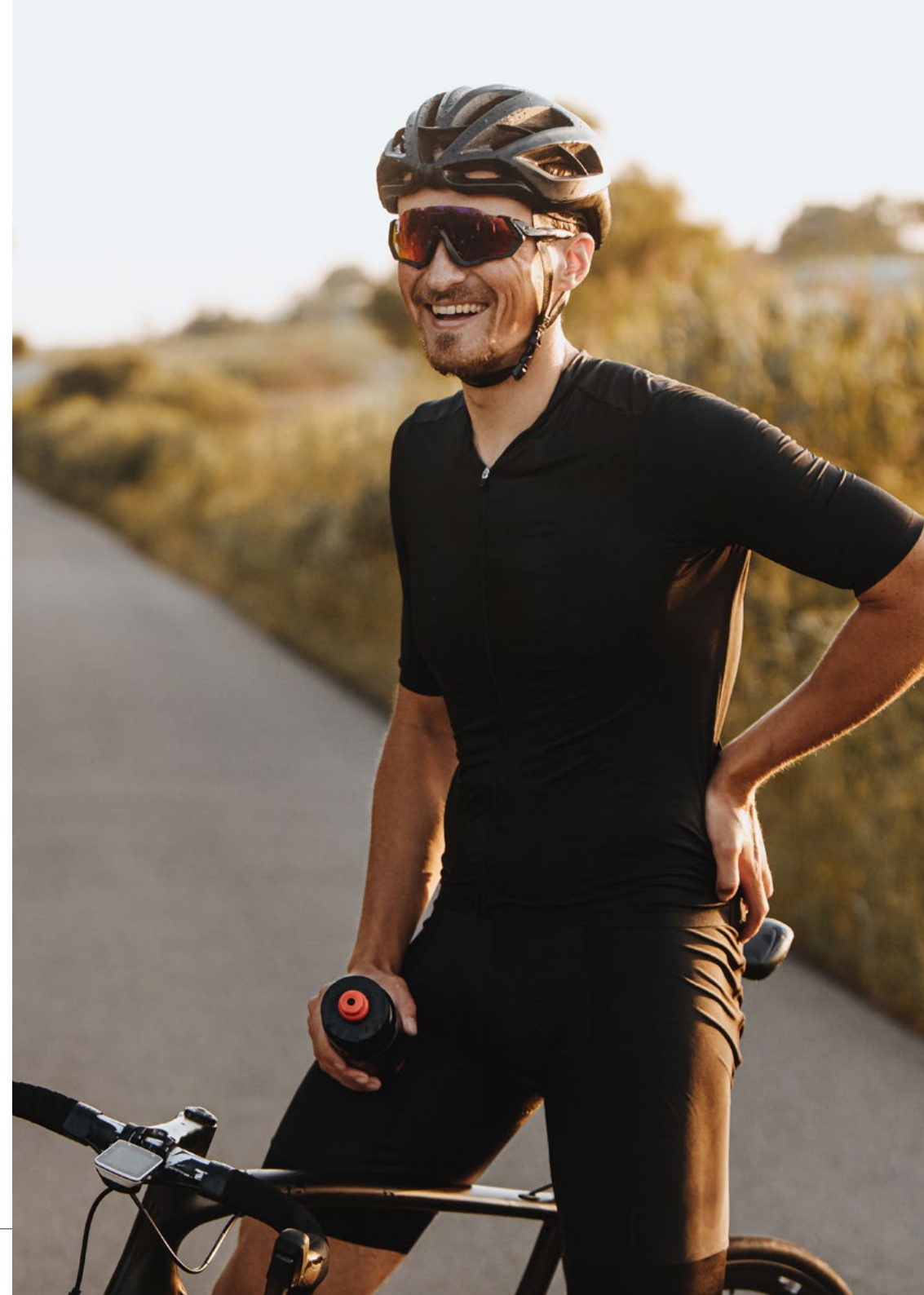


Introduction

To support our members, Team Vitality has put together a training programme to give you guidance and encouragement for the upcoming Amashova Durban Classic.

The programme is geared at helping you perform at your best on race day. We'll be covering the following training programme distances:

- 1** Beginner 30 km
- 2** Beginner 65 km
- 3** Intermediate 65 km
- 4** Beginner 100 km
- 5** Intermediate 100 km



A photograph of two cyclists riding on a paved road during sunset. The cyclist in the foreground is wearing a pink sleeveless top and black cycling shorts, riding a silver bicycle. The cyclist in the background is wearing a white and red cycling jersey and black shorts, riding a road bike. The sky is filled with soft, golden light and scattered clouds. The ground is a mix of asphalt and dry grass.

1

BEGINNER 30 KM PROGRAMME

If you're new to cycling or have just brushed the dust off your bike, this programme will help you to reach a 30 km distance at a comfortable pace.

General instructions

- Warm up and cool down before and after every session by exercising for 5 to 10 minutes at low intensity.
- After cooling down, do some stretching.

Important training facts



Intramuscular triglyceride (IMTG) ride = The IMTG session teaches the body to use fat as an energy source. By riding in a fasted state, the body is unable to use carbohydrates and if done at a low intensity, there is a switch to using a very high percentage of fat for fuel.



The benefits of this session are increased fat burning, a leaner body and an increase in the availability of carbohydrates. This allows you to ride for longer, resulting in improved performance. Perform this session at the start of the day in a fasted state (last meal being dinner from the previous night). This session is performed at an easy intensity in heart rate zone 2, lasting up to 1 hour 30 minutes.

Cadence (rpm - revolutions per minute) – This refers to the number of revolutions each leg will perform in one minute.



Target heart rate *HRmax = 220 - your age	Training Effect	Heart-Rate Zone	Perception of Effort
90% HRmax	Approaching HRmax	5	Very hard
80% HRmax	Increasing athletic performance	4	Hard
70% HRmax	Improving aerobic fitness	3	Somewhat hard
60% HRmax	Losing weight & improving health	2	Moderate
50% HRmax	Starting to improve health or a recovery session	1	Easy

Beginner 30 km Race Details

TRAINING PROGRAMME								
Week No.	Total Training Time	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
1	2 hours 45 minutes	REST	<p>30 minutes: Heart-rate zones 2 and 3. Try to keep cadence range at 80-90 RPM</p>	REST	<p>45 min: Heart-rate zones 2 and 3. Try to keep cadence between 80 and 90 rpm.</p>	REST	<p>60 minutes: Heart-rate zones 2 and 3 at self-selected cadence. Stand occasionally.</p>	<p>30 minutes: Recovery ride in heart-rate zone 2 only. Try to keep cadence range at 70 to 80 rpm.</p>
2	3 hours		<p>30 minutes: IMTG ride in heart-rate zone 2 in a fasted state (do not eat any meal for at least 5 hours before the ride). Drink water when required during the 30 minutes. Eat immediately after finishing the session.</p>		<p>45 min: Heart-rate zones 2 and 3. Try to keep cadence between 80 and 95 rpm.</p>		<p>1 hour 15 minutes: Heart-rate zones 2 and 3 at self-selected cadence. Standing from time to time.</p>	<p>30 minutes: Recovery ride in heart-rate zone 2 only. Try to keep cadence range at 70 to 80 rpm.</p>
3	3 hours 30 minutes		<p>45 minutes: IMTG ride, heart-rate zone 2 in a fasted state (do not eat any meal for at least 5 hours before the ride). Drink water when required during the 45 minutes. Eat immediately after finishing the session. Cadence range of 70 to 80 rpm.</p>		<p>50 minutes: Warm up for 10 minutes in heart-rate zones 2 and 3. Follow with 4 x 2 minutes in a big gear and at a low cadence (50 to 55 rpm). Recover with easy pedalling for 4 minutes in zone 2 between each hard effort. Cool down with easy riding for 15 minutes in zone 2.</p>		<p>1h 20 minutes: Heart-rate zones 2 and 3 at a self-selected cadence. Stand from time to time.</p>	<p>30 to 40 minutes: Recovery ride in heart-rate zone 2 only. Try to keep cadence range at 70 to 80 rpm.</p>

Beginner 30 km Race Details

TRAINING PROGRAMME								
Week No.	Total Training Time	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
4	4 hours 15 minutes	REST	50 minutes: Heart-rate zones 2 and 3. Try to keep cadence high throughout the session at 90 to 100 rpm.	REST	60 minutes: Warm up for 15 minutes in heart-rate zones 2 and 3. Follow with 4 × 3 minutes in a big gear and at a low cadence (50 to 55 rpm). Recover with gentle pedalling for 4 minutes in zone 2 between each hard effort. Cool down for 10 minutes in zone 2.	REST	1 hour 30 minutes: Heart-rate zones 2 and 3 at a self selected cadence. Standing occasionally.	30 to 45 minutes: Recovery ride in heart-rate zone 2 only. Try to keep cadence range at 75 to 85 rpm.
5	4 hours 15 minutes		60 minutes: Heart-rate zones 2 and 3. Try to keep cadence high throughout the session at 90 to 100 rpm.		60 minutes: Warm up for 10 minutes in heart-rate zone 2. Followed by 5 minutes in heart-rate zone 3 with 90+ rpm. 5 minutes: Recovery followed with 2 × 8 minutes of seated climbing on a moderate gradient or big gear. Keep the cadence low (55 to 65 rpm) and use your gears to keep your heart-rate intensity below the mid range for zone 3. If you struggle to sit for the entire climb, stand for 30 seconds and then sit again. Recover with light pedalling for 8 minutes in zone 2 between each climbing effort. Recover for 10 minutes in zone 2 to finish.		1 hour 30 minutes: Heart-rate zones 2 and 3 at self selected cadence. Stand from time to time.	45 minutes: Recovery ride in heart-rate zone 2 only. Try to keep cadence range at 75 to 85 rpm.

Beginner 30 km Race Details

TRAINING PROGRAMME								
Week No.	Total Training Time	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
6	4 hours 30 minutes	REST	<p>60 minutes: Warm up for 20 minutes in heart-rate zones 2 and 3. Follow with 3 × 6 minutes of seated climbing on a moderate gradient. Keep the cadence low (55 to 65 rpm) and use a low gear to keep your heart-rate intensity below the mid range for zone 3. If you struggle to sit for the entire climb, stand for 30 sec and then sit again. Recover for 6 minutes in zone 2 between each climbing effort. Cool down for 10 minutes in zone 2.</p>	REST	<p>60 minutes: Heart-rate zone 3. Try to keep cadence high throughout the session at 90 to 100 rpm.</p>	REST	<p>1 hour 45 minutes: Heart-rate zones 2 and 3 at self selected cadence. Stand from time to time.</p>	<p>45 minutes: Recovery ride in heart-rate zone 2 only. Try to keep cadence high throughout the session at 85 to 95 rpm.</p>
7	4 hours		<p>60 minutes: Warm up for 20 minutes in heart-rate zones 2 and 3. Follow this with 5 × 2 minutes in zone 4 (cadence range: 80 to 90 rpm). Recover for 5 minutes in zone 2 between each 2 minute interval. Cool down for the remainder of the hour in zone 2.</p>		<p>60 minutes: Heart-rate zone 3. Try to keep cadence high throughout the session at 90 to 100 rpm. Stand from time to time if you wish.</p>		<p>1 hour 15 minutes: Heart-rate zones 2 and 3 at self selected cadence.</p>	<p>30 to 45 minutes: Recovery ride in heart-rate zone 2 only. Try to keep cadence range at 70 to 85 rpm.</p>
8	2 hours Prior to race day		<p>60 minutes: 20 minutes warm up in heart-rate zones 2 and 3, followed by 4 × 2 minutes in heart-rate zone 4. Recover for 5 minutes in zone 2 between each harder effort. Cool down for 10 minutes in zone 2.</p>		<p>30 minutes: Recovery ride in heart-rate zone 2 only. Try to keep cadence range at 70 to 80 rpm.</p>		<p>30 to 45 minutes: Heart-rate zones 2 and 3 with 3 × 2 minute accelerations to bring your heart rate up. Use a lighter gear with cadence range 85 to 95 rpm. Rest for 4 minutes between each acceleration. These are not supposed to be hard intervals, just enough to activate your energy systems.</p>	<p>RACE DAY - Remember to try and warm up before the start of the race with 10 minutes of pedalling to check that all is feeling good.</p>



2

BEGINNER 65 KM PROGRAMME

If you're new to cycling or have just brushed the dust off your bike, this programme will help you to reach a 65 km distance at a comfortable pace.

General instructions

- Warm up and cool down before and after every session by exercising for 5 to 10 minutes at low intensity.
- After cooling down, do some stretching.

Important training facts



Intramuscular triglyceride (IMTG) ride = The IMTG session teaches the body to use fat as an energy source. By riding in a fasted state, the body is unable to use carbohydrates and if done at a low intensity, there is a switch to using a very high percentage of fat for fuel.



The benefits of this session are increased fat burning, a leaner body and an increase in the availability of carbohydrates. This allows you to ride for longer, resulting in improved performance. Perform this session at the start of the day in a fasted state (last meal being dinner from the previous night). This session is performed at an easy intensity in heart rate zone 2, lasting up to 1 hour 30 minutes.

Cadence (rpm - revolutions per minute) This refers to the number of revolutions each leg will perform in one minute.



Target heart rate *HRmax = 220 - your age	Training Effect	Heart-Rate Zone	Perception of Effort
90% HRmax	Approaching HRmax	5	Very hard
80% HRmax	Increasing athletic performance	4	Hard
70% HRmax	Improving aerobic fitness	3	Somewhat hard
60% HRmax	Losing weight & improving health	2	Moderate
50% HRmax	Starting to improve health or a recovery session	1	Easy

Beginner 65 km Race Details

TRAINING PROGRAMME								
Week No.	Total Training Time	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
1	5 hours 30 minutes	REST	60 minutes: Heart-rate zones 2 and 3. Try to keep cadence range at 80-90 RPM	60 minutes: IMTG ride, heart-rate zone 2 in a fasted state (do not eat any meal for at least 5 hours before the ride). Cadence range 70 to 80 rpm. Drink water when required during the 60 minutes. Eat immediately after the session.	60 minutes: Heart-rate zones 2 and 3. Try to keep cadence range at 80 to 90 rpm.	REST	1 hour 30 minutes: Heart-rate zones 2 and 3 at self-selected cadence. Stand occasionally.	60 minutes: Recovery ride in heart-rate zone 2 only. Try to keep cadence range at 70 to 80 rpm.
2	5 hours 45 minutes		60 minutes: Heart-rate zones 2 and 3. Try to keep cadence range at 80 to 90 rpm.	45 minutes: Recovery ride in heart-rate zone 2 only. Try to keep cadence range at 70 to 80 rpm.	60 minutes: Warm up for 25 minutes in heart-rate zones 2 and 3. Follow with 3 x 2 minutes in a heavy gear and at a low cadence (50 to 55 rpm). Recover for 5 minutes in zone 2 between each hard effort. Cool down for 15 minutes in zone 2.		60 minutes: Heart-rate zones 2 and 3 at self-selected cadence. Stand from time to time.	2 hours: Heart-rate zone 2 only. Try to keep cadence range at 70 to 80 rpm.

Beginner 65 km Race Details

TRAINING PROGRAMME

Week No.	Total Training Time	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
3	6 hours 15 minutes	REST	<p>60 minutes: Warm up for 15 minutes in heart-rate zones 2 and 3. Follow with 2 × 10 minutes of seated climbing on a moderate gradient. Keep the cadence low at 60 to 70 rpm and use low gears to keep your heart-rate intensity below the mid range for zone 3. If you struggle to sit for the entire climb, stand for 30 seconds and then sit again. Recover for 10 minutes in zone 2 between each climbing effort. Recover for 15 minutes in zone 2 to finish.</p>	<p>45 minutes: Recovery ride in heart-rate zone 2 only. Try to keep cadence range at 70 to 80 rpm.</p>	<p>60 minutes: Heart-rate zones 2 and 3. Try to keep cadence range at 85 to 95 rpm.</p>	REST	<p>1 hour 30 minutes: Heart-rate zone 2 and 3 at self-selected cadence. Push harder if you feel good, ride easily if you don't feel so good. Stand from time to time.</p>	<p>2 hours: Heart-rate zone 2 only. Try to keep cadence range at 85 to 95 rpm.</p>
4	7 hours 30 minutes		<p>60 minutes: Warm up for 20 minutes in heart rate zones 2 and 3. Follow with 6 × 3 minutes in a big gear and at a low cadence (50 to 55 rpm). Recover for 5 minutes in zone 2 between each hard effort. Cool down for 20 minutes in zone 2 to finish.</p>	<p>60 minutes: Recovery ride in heart-rate zone 2 only. Try to keep cadence range 70 to 80 rpm.</p>	<p>60 minutes: Heart-rate zones 2 and 3. Try to keep cadence range 8 at 5 to 95 rpm.</p>		<p>2 hours: Heart-rate zones 2 and 3 at self-selected cadence. Stand occasionally.</p>	<p>2 hours 30 minutes: Heart-rate zone 2 only. Try to keep cadence range at 85 to 95 rpm.</p>

Beginner 65 km Race Details

TRAINING PROGRAMME

Week No.	Total Training Time	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
5	5 hours 30 minutes		60 minutes: Recovery ride in heart-rate zone 2 only. Try to keep cadence range at 70 to 80 rpm.	REST	60 minutes: Warm up for 15 minutes in heart-rate zones 2 and 3. Follow with 2 × 10 minutes of seated climbing on a moderate gradient. Keep the cadence low (55 to 65 rpm) and use a low gear to keep your heart-rate intensity below the mid range of zone 3. If you struggle to sit for the entire climb, stand for 30 seconds and then sit again. Recover for 10 minutes in zone 2 between each climbing effort. Cycle for 15 minutes in zone 2 to finish.	REST	1 hour 30 minutes: Heart-rate zones 2 and 3 at self-selected cadence.	2 hours: Heart-rate zone 2 only. Try to keep cadence range at 85 to 95 rpm.
6	5 hours 30 minutes	REST	1 hour 30 minutes: Warm up for 20 minutes in heart-rate zones 2 and 3. Follow this with 3 × 10 minutes of seated climbing on a moderate gradient (6-8%). Keep your cadence low (55 to 65 rpm) and keep heart-rate intensity moderate – below zone 4 and preferably in the middle of zone 3. If you find the intensity too high, use a lower gear but keep the cadence low. Recover for 10 minutes in zone 2 between each of the climbs. If you struggle to sit for the entire climb, stand for 30 seconds and then sit again. Cycle for 20 minutes in zone 2 to finish.	60 minutes: Recovery-ride in heart rate zone 2 only. Try to keep cadence range 70 to 80 rpm.	60 minutes: Heart-rate zone 3. Try to keep cadence high throughout the session at 90 to 100 rpm.		2 hours: Heart-rate zone 2 only. Try to keep cadence range 85 to 95 rpm.	REST

Beginner 65 km Race Details

TRAINING PROGRAMME								
Week No.	Total Training Time	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
7	8 hours		<p>60 minutes: Warm up for 20 minutes in heart-rate zones 2 and 3. Follow this with 2 × 5 minutes in zone 4. Recover for 10 minutes in zone 2 between each interval. Try to do the interval on a moderate, long climb (8 to 10%). Cool down for 20 minutes in zone 2 afterwards.</p>	<p>60 minutes: Recovery ride in heart-rate zone 2 only. Try to keep cadence range at 70 to 80 rpm.</p>	<p>1 hour 30 minutes: Heart-rate zones 2 and 3. Try to keep cadence high throughout the session at 90 to 100 rpm.</p>		<p>2 hours: Heart-rate zones 2 and 3 at self-selected cadence. Stand from time to time.</p>	<p>2 hours 30 minutes: Heart-rate zone 2 only. Try to keep cadence range at 85 to 95 rpm.</p>
8	4 hours	REST	<p>60 minutes: 30 minutes warm-up in heart-rate zones 2 and 3, followed by 2 × 4 minutes in heart-rate zone 4. Recover for 5 minutes in zone 2 between each harder effort. Cool down for 15 minutes in zone 2.</p>	<p>60 minutes: Heart-rate zones 2 and 3 at self-selected cadence.</p>	<p>60 minutes: Recovery ride in heart-rate zone 2 only. Try to keep cadence range at 70 to 80 rpm.</p>	REST	<p>60 minutes: Warm up in heart-rate zones 2 and 3 for at least 30 minutes, followed with 4 × 2 minutes accelerations to bring your heart rate up to zone 4 for the last 30 seconds of each acceleration. Use a relatively high cadence (90 to 100 rpm). Rest for 5 minutes between each acceleration. (These are not supposed to be hard intervals). Do easy pedalling for the remainder of the hour.</p>	<p>RACE DAY Remember to try and warm up before the start of the race with 10 minutes of pedalling to check that all is feeling good.</p>



3

INTERMEDIATE 65 KM PROGRAMME

If you've done some cycling and now want to complete a distance of 65 km and do so in a good time, this programme is for you.

General instructions

- Warm up and cool down before and after every session by exercising for 5 to 10 minutes at low intensity.
- After cooling down, do some stretching.

Important training facts



Intramuscular triglyceride (IMTG) ride = The IMTG session teaches the body to use fat as an energy source. By riding in a fasted state, the body is unable to use carbohydrates and if done at a low intensity, there is a switch to using a very high percentage of fat for fuel.



The benefits of this session are increased fat burning, a leaner body and an increase in the availability of carbohydrates. This allows you to ride for longer, resulting in improved performance. Perform this session at the start of the day in a fasted state (last meal being dinner from the previous night). This session is performed at an easy intensity in heart rate zone 2, lasting up to 1 hour 30 minutes.

Cadence (rpm - revolutions per minute) – This refers to the number of revolutions each leg will perform in one minute.



Target heart rate *HRmax = 220 - your age	Training Effect	Heart-Rate Zone	Perception of Effort
90% HRmax	Approaching HRmax	5	Very hard
80% HRmax	Increasing athletic performance	4	Hard
70% HRmax	Improving aerobic fitness	3	Somewhat hard
60% HRmax	Losing weight & improving health	2	Moderate
50% HRmax	Starting to improve health or a recovery session	1	Easy

Intermediate 65 km Race Details

TRAINING PROGRAMME								
Week No.	Total Training Time	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
1	8 hours		<p>1 hour 30 minutes: Heart-rate zones 2 and 3. Try to keep cadence range at 80 to 90 rpm.</p>	<p>60 minutes: IMTG ride: Heart-rate zone 2 in a fasted state (do not eat a meal for at least 5 hours before the ride). Cadence range at 70 to 80 rpm. Drink water when required during the 60 minutes. Eat immediately after the session.</p>	<p>1 hour 30 minutes: Heart-rate zones 2 and 3. Try to keep cadence range at 80 to 90 rpm.</p>	<p>Cross-training: 30 to 60 minutes of core stability training.</p>	<p>2 hours: Heart-rate zones 2 and 3 at self-selected cadence. Stand occasionally.</p>	<p>2 hours: Heart-rate zone 2 only. Try to keep cadence range at 85 to 95 rpm.</p>
2	8 hours 30 minutes	REST	<p>1 hour 30 minutes: Warm up for 30 minutes in heart rate zones 2 and 3. Follow with 2 x 10 minutes of seated climbing on a moderate gradient. Keep the cadence low (55 to 65 rpm) and use a low gear to keep your heart-rate intensity below the mid range of zone 3. Keep your shoulders and hands relaxed during the climb and focus on keeping your pelvis steady. If you struggle to sit for the entire climb, stand for 30 seconds and then sit again. Recover for 10 minutes in zone 2 between each climbing effort. Cycle for 20 minutes in zone 2 to finish.</p>	<p>60 minutes: Recovery ride in heart-rate zone 2 only. Try to keep cadence range at 70 to 80 rpm.</p>	<p>1 hour 30 minutes: Heart-rate zones 2 and 3. Try to keep cadence range at 80 to 90 rpm.</p>	<p>Cross-training: 30 to 60 minutes of core stability training.</p>	<p>2 hours 30 minutes: Heart-rate zones 2 and 3 at self-selected cadence. Stand occasionally.</p>	<p>2 hours: Heart-rate zone 2 only. Try to keep cadence range at 85 to 95 rpm.</p>

Intermediate 65 km Race Details

TRAINING PROGRAMME								
Week No.	Total Training Time	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
3	9 hours		<p>60 minutes: IMTG ride: Heart-rate zone 2 in a fasted state (do not eat any meal for at least 5 hours before the ride). Cadence range at 70 to 80 rpm. Drink water when required during the 60 minutes. Eat immediately after the session.</p>	<p>1 hour 30 minutes: Heart-rate zones 2 and 3 at self-selected cadence.</p>	<p>1 hour 30 minutes: Heart-rate zone 2 only. Try to keep cadence range at 85 to 95 rpm.</p>	<p>Cross-training: 30 to 60 minutes of core stability training.</p>	<p>3 hours: Heart-rate zones 2 and 3 at self-selected cadence. Stand occasionally.</p>	<p>2 hours: Heart-rate zone 2 only. Try to keep cadence range at 85 to 95 rpm.</p>
4	6 hours	REST	<p>60 minutes: IMTG ride: Heart-rate zone 2 in a fasted state (do not eat any meal for at least 5 hours before the ride). Cadence range at 70 to 80 rpm. Drink water when required during the 60 minutes. Eat immediately after the session.</p>	<p>1 hour 30 minutes: Warm up for 30 minutes in heart-rate zones 2 and 3. Follow with 6 × 3 minutes in a high gear and at a low cadence (50 to 55 rpm). Use a gear that you can only just turn over. Try to do each of these hard efforts on a gentle uphill to keep the effort constant. Recover for 5 minutes in zone 2 between each hard effort. Cool down for 15 minutes in zone 2 to finish.</p>	<p>60 minutes: Recovery ride in heart-rate zone 2 only. Try to keep cadence range at 70 to 80 rpm.</p>	<p>Cross-training: 30 to 60 minutes of core stability training.</p>	<p>2 hours 30 minutes: Heart-rate zone 2 only. Try to keep cadence range at 85 to 95 rpm.</p>	REST

Intermediate 65 km Race Details

TRAINING PROGRAMME								
Week No.	Total Training Time	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
5	9 hours 30 minutes	REST	<p>1 hour 30 minutes: Warm up for 30 minutes in heart-rate zones 2 and 3. Follow this with 2 × 8 minutes in zone 4. Recover for 10 minutes in zone 2 between each interval. Try to do the interval on a moderate, long climb (8 to 10% gradient). Cool down for 30 minutes in zone 2 to finish.</p>	<p>1 hour 30 minutes: Heart-rate zones 2 and 3 at self-selected cadence. Standing occasionally.</p>	<p>1 hour 30 minutes: Heart-rate zones 2 and 3. Try to keep cadence range at 90 to 100 rpm.</p>	<p>Cross-training: 30 to 60 minutes of core stability training.</p>	<p>2 hours: Heart-rate zones 2 and 3 at self-selected cadence.</p>	<p>3 hours: Heart-rate zone 2 only. Try to keep cadence range at 85 to 95 rpm.</p>
6	8 hours 30 minutes		<p>1 hour 30 minutes: Tempo – warm up for 30 minutes in heart-rate zones 2 and 3. Follow this with 20 minutes in zone 4 with cadence range at 90 to 100 rpm (or high zone 3 if you cannot sustain zone 4). Cool down for 30 minutes in zone 2.</p>	<p>60 minutes: Recovery ride in heart-rate zone 2 only. Try to keep cadence range at 70 to 80 rpm.</p>	<p>60 minutes: Heart-rate zones 2 and 3. Try to keep cadence range at 90 to 100 rpm.</p>	<p>REST</p>	<p>2 hours: Heart-rate zones 2 and 3 at self selected cadence.</p>	<p>3 hours: Heart-rate zone 2 only. Try to keep cadence range at 85 to 95 rpm.</p>
7	10 hours		<p>1 hour 30 minutes: Warm up for 30 minutes in heart-rate zones 2 and 3. Follow this with 2 × 8 minutes in zone 4. Recover for 10 minutes in zone 2 between each interval. Try to do the interval on a moderate, long climb (8 to 10% gradient). Cool down for 30 minutes in zone 2 to finish.</p>	<p>1 hour 30 minutes: Heart-rate zones 2 and 3 at self-selected cadence.</p>	<p>1 hour 30 minutes: Warm up in heart-rate zones 2 and 3 for 30 minutes. Then include 4 × 1 minute accelerations into zone 4. Do 5 minutes of recovery between intervals. Try to keep cadence range at 9 to 100 rpm. Cool down during the remaining time in zones 2 and 3.</p>	<p>Cross-training: 30 to 60 minutes of core stability training.</p>	<p>2 hours 30 minutes: Heart-rate zones 2 and 3 at self selected cadence.</p>	<p>3 hours: Heart-rate zone 2 only. Try to keep cadence high throughout at above 90 rpm.</p>

Intermediate 65 km Race Details

TRAINING PROGRAMME

Week No.	Total Training Time	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
8	7 hours 30 minutes		<p>1 hour 30 minutes: Warm up for 30 minutes in heart-rate zones 2 and 3. Follow this with 5 × 4 minutes in zone 5, at cadence range 90 to 100 rpm. Recover for 5 minutes in zone 2 between each interval. Cool down for remaining time in zone 2.</p>	<p>60 minutes: Recovery ride in heart-rate zone 2 only. Try to keep cadence range at 70 to 80 rpm.</p>	<p>1 hour 30 minutes: Heart-rate zones 2 and 3 at self-selected cadence.</p>	<p>Cross-training: 30 to 60 minutes of core stability training.</p>	<p>2 hours: Heart rate zones 2 and 3 at self-selected cadence.</p>	<p>1 hour 30 minutes: Warm up for 30 minutes in heart-rate zones 2 and 3. Follow this with 2 × 10 minutes in zone 4 with cadence range at 70 to 80 rpm. Recover for 8 minutes in zone 2 between each interval. Try to do the interval on a moderate, long climb (8% to 10% gradient). Cool down for 30 minutes in zone 2.</p>
9	4 hours 30 minutes	REST	<p>60 minutes: Heart-rate zone 2 only. Try to keep cadence range at 70 to 80 rpm.</p>	<p>60 minutes: Warm up for 20 minutes in heart-rate zones 2 and 3. Follow with 3 × 4 minutes in zone 4 with cadence range at 90 to 100 rpm. Recover for 5 minutes in zone 2 between each hard effort. Cool down for 20 minutes in zone 2.</p>	<p>60 minutes: Recovery ride in heart-rate zone 2 only. Try to keep cadence range at 70 to 80 rpm.</p>	REST	<p>1 hour 30 minutes: Warm up in heart rate zones 2 and 3 for at least 30 minutes. Follow with 4 × 2 minutes accelerations to bring your heart rate up to zone 4 for the last 30 seconds of each acceleration. Use a relatively high cadence (90 to 100 rpm). Rest for 5 minutes between each acceleration. (These are not supposed to be hard intervals). Do easy pedalling for the remaining time.</p>	<p>RACE DAY - Remember to try and warm up before then start of the race with 10 minutes of pedalling to check that all is feeling good.</p>

A photograph of two cyclists on a road bike at sunset. The cyclist in the foreground is wearing a white jersey and black shorts, and is standing next to the bike. The cyclist in the background is wearing a black jersey with green accents and black shorts, and is riding the bike. The background is a clear sky with a warm sunset glow.

4

BEGINNER 100 KM PROGRAMME

Can you comfortably cycle for 1 hour 30 minutes to 2 hours or complete a distance of 50 km? Perhaps it's time to push yourself and set a goal of completing 100 km with this great cycling programme.

General instructions

- Warm up and cool down before and after every session by exercising for 5 to 10 minutes at low intensity.
- After cooling down, do some stretching.

Important training facts



Intramuscular triglyceride (IMTG) ride = The IMTG session teaches the body to use fat as an energy source. By riding in a fasted state, the body is unable to use carbohydrates and if done at a low intensity, there is a switch to using a very high percentage of fat for fuel.



The benefits of this session are increased fat burning, a leaner body and an increase in the availability of carbohydrates. This allows you to ride for longer, resulting in improved performance. Perform this session at the start of the day in a fasted state (last meal being dinner from the previous night). This session is performed at an easy intensity in heart rate zone 2, lasting up to 1 hour 30 minutes.

Cadence (rpm - revolutions per minute) – This refers to the number of revolutions each leg will perform in one minute.



Target heart rate *HRmax = 220 - your age	Training Effect	Heart-Rate Zone	Perception of Effort
90% HRmax	Approaching HRmax	5	Very hard
80% HRmax	Increasing athletic performance	4	Hard
70% HRmax	Improving aerobic fitness	3	Somewhat hard
60% HRmax	Losing weight & improving health	2	Moderate
50% HRmax	Starting to improve health or a recovery session	1	Easy

Beginner 100 km Race Details

TRAINING PROGRAMME								
Week No.	Total Training Time	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
1	7 hours	REST	60 minutes: Heart-rate zones 2 and 3. Try to keep cadence range 80 to 90 rpm.	60 minutes: IMTG ride, heart-rate zone 2 in a fasted state (do not eat any meal for at least 5 hours before the ride). Cadence Range 70 to 80 rpm. Drink water when required during the 60 minutes. Eat immediately after the session.	1 hour 30 minutes: Heart-rate zones 2 and 3. Try to keep cadence range at 80 to 90 rpm.	REST	1 hour 30 minutes: Heart-rate zones 2 and 3 at self-selected cadence. Stand occasionally.	2 hours: Heart-rate zones 2 only. Try to keep cadence range at 85 to 95 rpm.
2	8 hours		1 hour 30 minutes: Warm up for 30 minutes in heart-rate zones 2 and 3. Follow with 4 × 3 minutes in a high gear and at a low cadence (50 to 55 rpm). Use a gear that you can only just turn over. Try to do each of these hard efforts on a gentle uphill to keep the speed constant. Rest for 5 minutes in zone 2 between each hard effort. Cool down for 30 minutes in zone 2 to finish.	60 minutes: Recovery ride in heart-rate zone 2 only. Try to keep cadence range at 70 to 80 rpm.	1 hour 30 minutes: Heart-rate zones 2 and 3. Try to keep cadence range at 80 to 90 rpm.		2 hours: Heart-rate zones 2 and 3 at self-selected cadence. Stand occasionally.	2 hours: Heart-rate zone 2 only. Try to keep cadence range at 85 to 95 rpm.

Beginner 100 km Race Details

TRAINING PROGRAMME

Week No.	Total Training Time	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
3	8 hours 30 minutes	REST	<p>1 hour 30 minutes: Warm up for 20 minutes in heart-rate zones 2 and 3. Follow with 3 × 10 minutes of seated climbing on a moderate gradient. Keep the cadence low (50-65 rpm) and use a low gear to keep your heart rate intensity below the mid range for zone 3. Keep your shoulders and hands relaxed during the climbing and focus on keeping your pelvis steady. If you struggle to sit for the entire climb, stand for 30 seconds and then sit again. Recover for 10 minutes in zone 2 between each climbing effort. Cool down for 20 minutes in zone 2 to finish.</p>	<p>60 minutes: Recovery ride in heart-rate zone 2 only. Try to keep cadence range at 70 to 80 rpm.</p>	<p>1 hour 30 minutes: Heart-rate zones 2 and 3. Try to keep cadence range at 80 to 90 rpm.</p>	REST	<p>2 hours: Heart-rate 2 and 3 at self-selected cadence. Stand occasionally.</p>	<p>2 hours 30 minutes: Heart-rate zone 2 only. Try to keep cadence range at 85 to 95 rpm.</p>
4	9 hours		<p>1 hour 30 minutes: Warm up for 20 minutes in heart-rate zones 2 and 3. Follow with 6 × 3 minutes in a high gear and at a low cadence (50-55 RPM). Use a gear that you can only just turn over. Try to do each of these hard efforts on a gentle uphill to keep the effort constant. Recover for 5 minutes in zone 2 between each hard effort. Cool down for 15 minutes in zone 2 to finish.</p>	<p>60 minutes: Recovery ride in heart-rate zone 2 only. Try to keep cadence range at 70 to 80 rpm.</p>	<p>1 hour 30 minutes: Heart-rate zones 2 and 3. Try to keep cadence range at 80 to 90 rpm.</p>		<p>2 hours 30 minutes: Heart-rate zones 2 and 3 at self-selected cadence. Stand occasionally.</p>	<p>2 hours 30 minutes: Heart-rate zone 2 only. Try to keep cadence range at 85 to 95 rpm.</p>

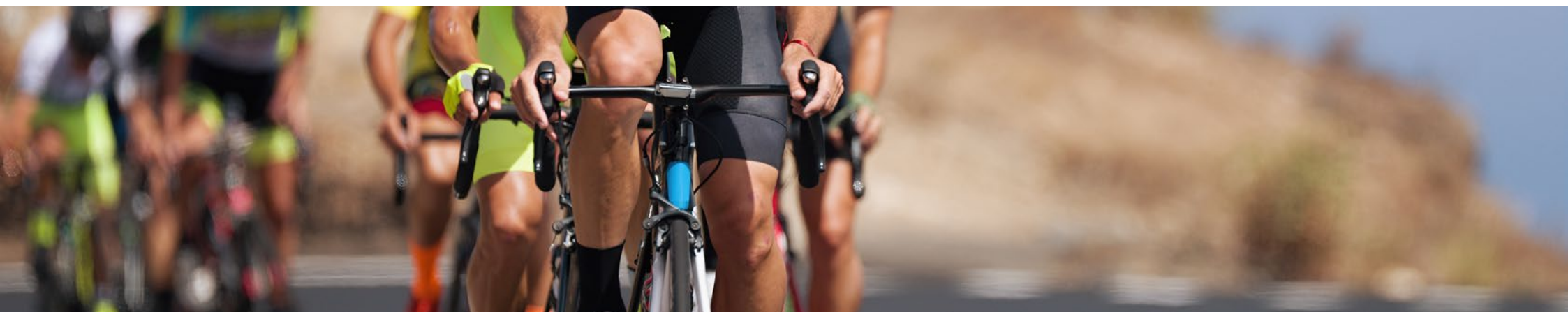
Beginner 100 km Race Details

TRAINING PROGRAMME

Week No.	Total Training Time	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
5	7 hours	REST	<p>60 minutes: 60 minutes: Recovery ride in heart-rate zone 2 only. Try to keep cadence range at 70 to 80 rpm.</p>	REST	<p>1 hour 30 minutes: Warm up for 30 minutes in heart-rate zones 2 and 3. Follow with 2 × 10 minutes of seated climbing on a moderate gradient. Keep the cadence low (55 to 65 rpm) and use a low gear to keep the heart-rate intensity below the mid range of zone 3. Keep your shoulders and hands relaxed during the climbing and focus on keeping the pelvis steady. If you struggle to sit for the entire climb, stand for 30 sec and then sit again. Recover for 10 minutes in zone 2 between each climbing effort. Cool down for 30 minutes in zone 2.</p>	REST	<p>2 hours: Heart-rate 2 and 3 at self-selected cadence. Stand occasionally.</p>	<p>2 hours 30 minutes: Heart-rate zone 2 only. Try to keep cadence range at 85 to 95 rpm.</p>
6	9 hours	REST	<p>1 hour 30 minutes: Warm up for 20 minutes in heart-rate zones 2 and 3. Follow this with 3 × 10 minutes of seated climbing on a moderate gradient (6% to 8%). Keep your cadence low (55 to 65 rpm) and keep heart-rate intensity moderate (zone 3). If you find the intensity too high, use a lower gear but keep the cadence low. Recover for 10 minutes in zone 2 between each of the climbs. Try to keep your shoulders and hands relaxed during the climbs. If you struggle to sit for the entire climb, stand for 30 seconds and then sit again. Cool down for 20 minutes in zone 2 to finish.</p>	<p>60 minutes: Recovery ride in heart-rate zone 2 only. Try to keep cadence range at 70 to 80 rpm.</p>	<p>1 hour 30 minutes: Heart-rate zones 2 and 3. Try to keep cadence range at 80 to 90 rpm.</p>	REST	<p>2 hours: Heart-rate zones 2 and 3 at self-selected cadence. Stand occasionally.</p>	<p>3 hours: Heart-rate zone 2 only. Try to keep cadence range at 85 to 95 rpm.</p>

Beginner 100 km Race Details

TRAINING PROGRAMME								
Week No.	Total Training Time	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
7	9 hours 30 minutes	REST	60 minutes: Warm up for 30 minutes in heart-rate zones 2 and 3. Follow this with 8 minutes in heart rate zone 4. Try to do the interval on a moderate, long climb (8% to 10% gradient). Keep cadence at 75 to 85 rpm. Cool down for 20 minutes in zone 2 to finish.	60 minutes: Recovery ride in heart-rate zone 2 only. Try to keep cadence range at 70 to 80 rpm.	1 hour 30 minutes: Heart-rate zones 2 and 3. Try to keep cadence range at 80 to 90 rpm.	REST	2 hours 30 minutes: Heart-rate zones 2 and 3 at self-selected cadence. Stand occasionally.	3 hours 30 minutes: Heart rate zone 2 only. Try to keep cadence range at 85 to 95 rpm.
8	8 hours 30 minutes		1 hour 30 minutes: Warm up for 30 minutes in heart-rate zones 2 and 3. Follow this with 2 x 6 minutes in heart rate zone 4. Rest for 10 minutes in zone 2 between each interval. Try to do the interval on a moderate, long climb (8% to 10%). Keep cadence at 75 to 85 rpm Cool down for 30 minutes in zone 2.	60 minutes: Recovery ride in heart-rate zone 2 only. Try to keep cadence range at 70 to 80 rpm.	1 hour 30 minutes: Heart rate zones 2 and 3. Try to keep cadence range at 80 to 90 rpm.		2 hours: Heart-rate zones 2 and 3 at self-selected cadence. Stand occasionally.	2 hours 30 minutes: Heart rate zone 2 only. Try to keep cadence range at 85 to 95 rpm.



Beginner 100 km Race Details

TRAINING PROGRAMME								
Week No.	Total Training Time	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
9	4 hours 45 minutes	REST	60 minutes: Heart-rate zone 2 only. Try to keep cadence range at 70 to 80 rpm.	1 hour 15 minutes: Warm up for 30 minutes in heart-rate zones 2 and 3, followed by 3 × 4 minutes in heart rate zone 4 with cadence range 90 to 100 rpm. Recover for 5 minutes in zone 2 between each hard effort. Cool down for 20 minutes in zone 2.	60 minutes: Recovery ride in heart-rate zone 2 only. Try to keep cadence range at 70 to 80 rpm.	REST	1 hour 30 minutes: Warm up in heart-rate zones 2 and 3 for at least 30 minutes, followed with 4 × 2 minutes accelerations to bring your heart rate up to heart rate zone 4 for the last 30 seconds of each acceleration. Use a relatively high cadence (90 to 100 rpm). Rest for 5 minutes between each acceleration. (These are not supposed to be hard intervals). Do easy pedalling for remaining time.	RACE DAY - Remember to try and warm up before the start of the race by doing 10 minutes of pedalling to check that all is feeling good.





5

INTERMEDIATE 100 KM PROGRAMME

Keen to complete a 100 km cycle in a good time? If you can comfortably ride 50 km or 1 hour 30 minutes to 2 hours, this programme will help you take up the challenge.

General instructions

- Warm up and cool down before and after every session by exercising for 5 to 10 minutes at low intensity.
- After cooling down, do some stretching.

Important training facts



Intramuscular triglyceride (IMTG) ride = The IMTG session teaches the body to use fat as an energy source. By riding in a fasted state, the body is unable to use carbohydrates and if done at a low intensity, there is a switch to using a very high percentage of fat for fuel.



The benefits of this session are increased fat burning, a leaner body and an increase in the availability of carbohydrates. This allows you to ride for longer, resulting in improved performance. Perform this session at the start of the day in a fasted state (last meal being dinner from the previous night). This session is performed at an easy intensity in heart rate zone 2, lasting up to 1 hour 30 minutes.

Cadence (rpm - revolutions per minute) – This refers to the number of revolutions each leg will perform in one minute.



Target heart rate *HRmax = 220 - your age	Training Effect	Heart-Rate Zone	Perception of Effort
90% HRmax	Approaching HRmax	5	Very hard
80% HRmax	Increasing athletic performance	4	Hard
70% HRmax	Improving aerobic fitness	3	Somewhat hard
60% HRmax	Losing weight & improving health	2	Moderate
50% HRmax	Starting to improve health or a recovery session	1	Easy

Intermediate 100 km Race Details

TRAINING PROGRAMME								
Week No.	Total Training Time	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
1	8 hours		<p>1 hour 30 minutes: Heart-rate zones 2 and 3. Try to keep cadence range at 80 to 90 rpm.</p>	<p>60 minutes: IMTG ride: Heart-rate zone 2 in a fasted state (do not eat any meal for at least 5 hours before the ride). Cadence range at 70 to 80 rpm. Drink water when required during the 60 minutes. Eat immediately after the session.</p>	<p>60 minutes: Heart-rate zones 2 and 3. Try to keep cadence range at 80 to 90 rpm.</p>	<p>Cross-training: 30 to 60 minutes of core stability training.</p>	<p>2 hours: Heart-rate zones 2 and 3 at self-selected cadence. Stand occasionally.</p>	<p>2 hours: Heart-rate zone 2 only. Try to keep cadence range 85 to 95 rpm.</p>
2	9 hours 45 minutes	REST	<p>1 hour 45 minutes: Warm up for 20 minutes in heart-rate zones 2 and 3. Follow with 4 × 10 minutes of seated climbing on a moderate gradient. Keep the cadence low (55 to 65rpm) and use a low gear to keep your heart-rate intensity below the mid range for zone 3. Keep your shoulders and hands relaxed during the climb and focus on keeping your pelvis steady. If you struggle to sit for the entire climb, stand for 30 seconds and then sit again. Recover for 10 minutes in zone 2 between each climbing effort. Cycle for 15 minutes in zone 2 to finish.</p>	<p>1 hour 30 minutes: Heart-rate zone 2 only. Try to keep cadence range at 70 to 80 rpm.</p>	<p>1 hour 30 minutes: Heart-rate zone 2 and 3. Try to keep cadence range at 80 to 90 rpm.</p>	<p>Cross-training: 30 to 60 minutes of core stability training.</p>	<p>2 hours 30 minutes: Heart-rate zones 2 and 3 at self selected cadence. Stand occasionally.</p>	<p>2 hours 30 minutes: Heart-rate zone 2 only. Try to keep cadence range 85 to 95 rpm.</p>

Intermediate 100 km Race Details

TRAINING PROGRAMME								
Week No.	Total Training Time	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
3	11 hours		<p>1 hour 30 minutes: IMTG ride: Heart-rate zone 2 in a fasted state (do not eat any meal for at least 5 hours before the ride). Cadence range 70 to 80 rpm. Drink water when required during the 60 minutes, then switch to a carbohydrate drink to finish the ride. Eat immediately after the session.</p>	<p>2 hours: Heart rate zones 2 and 3 at self-selected cadence.</p>	<p>1 hour 30 minutes: Heart-rate zone 2 only. Try to keep cadence range at 85 to 95 rpm.</p>	<p>Cross-training: 30 to 60 minutes of core stability training.</p>	<p>2 hours 30 minutes: Heart-rate zones 2 and 3 at self-selected cadence. Stand occasionally.</p>	<p>3 hours 30 minutes: Heart-rate zone 2 only. Try to keep cadence range at 85 to 95 rpm.</p>
4	12 hours	REST	<p>1 hour 30 minutes: Warm up for 30 minutes in heart-rate zones 2 and 3. Follow this with 2 × 10 minutes in zone 4. Recover for 10 minutes in zone 2 between each interval. Try to do the interval on a moderate, long climb (8% to 10% gradient) at cadence range 75 to 85 rpm. Cool down for 30 minutes in zone 2 to finish.</p>	<p>2 hours: Heart-rate zones 2 and 3 at self-selected cadence.</p>	<p>2 hours: Heart-rate zone 2 only. Try to keep cadence range at 85 to 95 rpm.</p>	<p>3 hours: Heart-rate zones 2 and 3 at self-selected cadence. Stand occasionally.</p>	<p>3 hours: Heart-rate zones 2 and 3 at self-selected cadence. Stand occasionally.</p>	<p>3 hours 30 minutes: Zone 2 only. Try to keep cadence range at 85 to 95 rpm.</p>
5	6 hours 30 minutes		<p>60 minutes: IMTG ride: Heart rate zone 2 in a fasted state (do not eat any meal for at least 5 hours before the ride). Cadence range at 70 to 80 rpm. Drink water when required during the 60 minutes. Eat immediately after the session.</p>	<p>1 hour 30 minutes: Warm up for 30 minutes in heart-rate zones 2 and 3. Follow with 6 × 3 minutes in a high gear and at a low cadence (50 to 50 rpm). Use a gear that you can only just turn over. Try to do each of these hard efforts on a gentle uphill to keep the effort constant. Recover for 5 minutes in zone 2 between each hard effort. Cool down for 30 minutes in zone 2.</p>	REST	<p>60 minutes: IMTG ride: Heart-rate zone 2 in a fasted state (do not eat any meal for at least 5 hours before the ride). Cadence range at 70 to 80 rpm. Drink water when required during the 60 minutes. Eat immediately after the session.</p>	<p>3 hours: Heart-rate zones 2 and 3 at self-selected cadence. Stand occasionally.</p>	REST

Intermediate 100 km Race Details

TRAINING PROGRAMME								
Week No.	Total Training Time	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
6	9 hours 30 minutes	REST	1 hour 30 minutes: Tempo: Warm up for 30 minutes in heart-rate zones 2 and 3. Follow this with 30 minutes in zone 4 (or high zone 3 if you cannot sustain zone 4) at cadence range 90 to 100 rpm. Cool down for 30 minutes in zone 2.	REST	60 minutes: Recovery ride in heart-rate zone 2 only. Try to keep cadence range at 70 to 80 rpm.	Cross-training: 30 to 60 minutes of core stability training.	3 hours: Heart-rate zones 2 and 3 at self-selected cadence. Stand occasionally.	4 hours: Heart-rate zone 2 only. Try to keep cadence range at 85 to 95 rpm.
7	12 hours 45 minutes		1 hour 45 minutes: Warm up for 30 minutes in heart-rate zones 2 and 3. Follow this with 3 x 10 minutes in zone 4. Recover for 8 minutes in zone 2 between each interval. Try to do the interval on a moderate, long climb (8 to 10%) at cadence range 75 to 85 rpm. Cool down for 30 minutes in zone 2.	2 hours: Heart-rate zones 2 and 3 at self-selected cadence.	2 hours: Heart rate zone 2 only. Try to keep cadence range at 85 to 95 rpm.	Cross-training: 30 to 60 minutes of core stability training.	3 hours: Heart rate zones 2 and 3 at self-selected cadence. Stand occasionally.	4 hours: Heart rate zone 2 only. Try to keep cadence range at 85 to 95 rpm.
8	10 hours		1 hour 30 minutes: Warm up 30 minutes in heart-rate zones 2 and 3, followed by 5 x 4 minutes in zone 5, at cadence range 85 to 95 rpm. Recover for 5 minutes in zone 2 between each interval. Cool down for 30 minutes in zone 2.	1 hour 30 minutes: Heart-rate zones 2 and 3 at self-selected cadence.	REST	60 minutes: Recovery ride in heart rate zone 2 only. Try to keep cadence range at 70 to 80 rpm.	3 hours: Heart rate zones 2 and 3 at self-selected cadence. Stand occasionally	3 hours: Hill rollovers in heart-rate zone 3 (or low zone 4 if possible). Do the last 300 metres of each climb in the hardest gear you can turn over and sprint as hard as you can into zone 5. Ride in zones 2 and 3 between the hills to recover.

Intermediate 100 km Race Details

TRAINING PROGRAMME								
Week No.	Total Training Time	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
9	5 hours 30 minutes	REST	60 minutes: Recovery ride in heart-rate zone 2 only. Try to keep cadence range at 70 to 80 rpm.	1 hour 30 minutes: Warm up for 30 minutes in heart-rate zones 2 and 3, followed by 3 × 4 minutes in zone 4, at cadence range 85 to 95 rpm. Recover for 5 minute in zone 2 between each hard effort. Cool down for 20 minutes in zone 2.	1 hour 30 minutes: Heart-rate zone 2 at self-selected cadence.	REST	1 hour 30 minutes: Warm up in heart-rate zones 2 and 3 for at least 30 minutes. Follow with 4 × 2 minutes accelerations to bring your heart rate up to zone 4 for the last 30 seconds of each acceleration. Use a relatively high cadence (90 to 100 rpm). Rest for 5 minutes between each acceleration. (These are not supposed to be hard intervals). Do easy pedalling for the remaining time.	RACE DAY - Remember to try and warm up before the start of the race with 10 minutes of pedalling to check that all is feeling good.



To reduce the risk of injury, please consult a healthcare provider before beginning this or any training programme. The exercises and advice presented in this programme are in no way intended as a substitute for medical consultation. All activities done in conjunction with or as a result of this training programme are done voluntarily and solely at your own risk. Discovery Vitality shall not be liable for any injuries, damages or health problems that may arise as a result of any information, products or services obtained from this training programme including, without limitation, workouts, training regimen or information.