

Pre Training Prep

The idea of pre training prep is to sort all the admin out so that when you start training, your program is not hindered by admin details such as bike setup, familiarity of sessions, nutrition, time constraints etc.

Work on getting all this sorted before you start your actual program. Most programs should not require more than 12 weeks of focus. If you tick over and maintain a relatively decent amount of fitness, you should be able to step up and focus on a specific program. **Some tips for pre-training prep:**



Bike setup

Get a professional setup, this will help with efficiency, effort and pain. Incorrect setup detracts from performance and most importantly enjoyment. A setup is often not just a once off, but a process, so allow for a couple of weeks to get the required result. Often your setup is too racy, go for comfort.



General strength

Often neglected, but very easy to get. Off the bike strength can be done with bodyweight and doesn't have to be heavy weights in the gym. Most over 30's neglect strength, especially upper body. Some basic strength will decrease the onset of pain and enhance long rides and counter adverse effects of falls.



Riding fitness

Being fit enough to train. Don't start a program without some degree of general riding fitness. Starting from scratch will detract from the fun and make program adherence poor. Riding should be fun, frequent easy rides are the best build up to a program. E-bikes are a great way to get over long sedentary periods where motivation to suffer is minimal. It's about riding and if E-bikes allow this then use them.



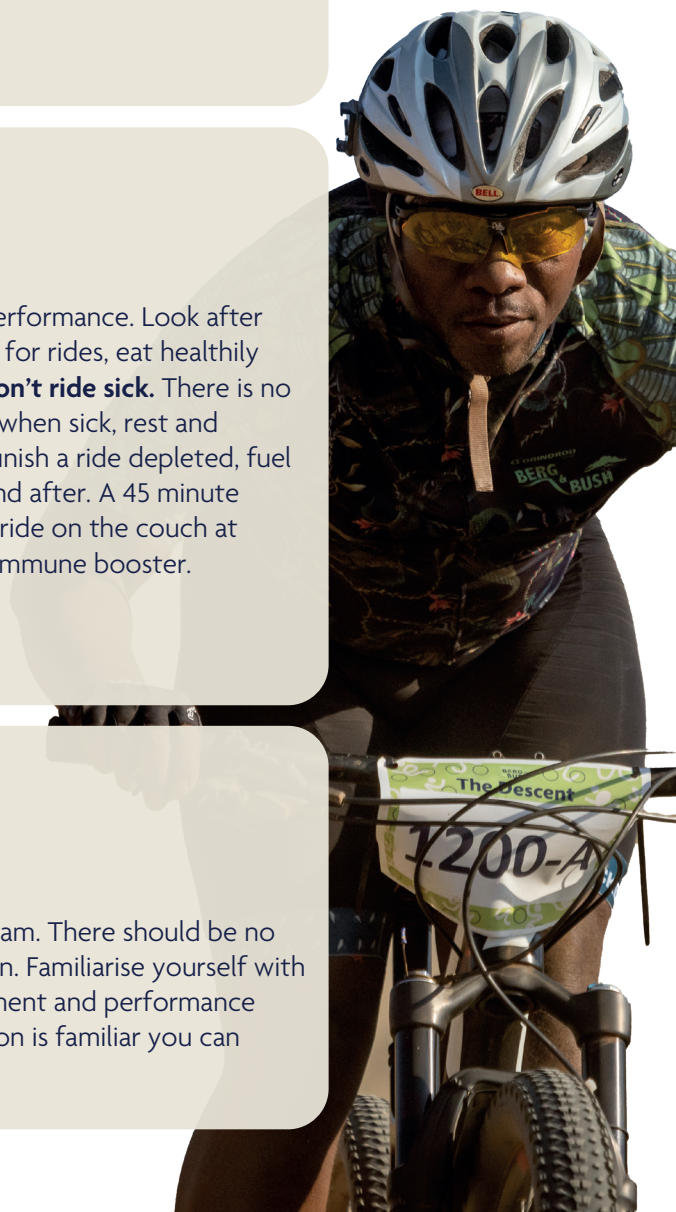
Health

Health before performance. Look after your health, fuel for rides, eat healthily and get sleep. **Don't ride sick.** There is no value in training when sick, rest and recover. Never finish a ride depleted, fuel before, during and after. A 45 minute power nap post ride on the couch at home is a great immune booster.



Nothing new

Work through all your sessions before you start the focused program. There should be no learning happening during the program. Learning is done pre-season. Familiarise yourself with sessions and exercises and it will help with effective time management and performance monitoring. Learning can interfere with performance. Once a session is familiar you can focus on the numbers.



Training Schedule

Week 1						
Mon	Tues	Wed	Thurs	Fri	Sat	Sun
indoor		indoor			outside	
01:10	strength	01:00	strength	rest	40km	rest
zone 2		zone 2			easy	

Week 2						
Mon	Tues	Wed	Thurs	Fri	Sat	Sun
indoor		indoor		interval	outside	
01:10	strength	01:00	strength	session 1	50km	rest
zone 2		zone 2			easy	

Week 3						
Mon	Tues	Wed	Thurs	Fri	Sat	Sun
indoor		indoor		interval	outside	
01:10	strength	01:00	strength	session 1	40km	rest
zone 2		zone 2			easy	

Week 4						
Mon	Tues	Wed	Thurs	Fri	Sat	Sun
interval		interval	indoor	interval	outside	
session 3	strength	session 1	01:30	session 3	60km	rest
			zone 2		easy	

Week 5						
Mon	Tues	Wed	Thurs	Fri	Sat	Sun
	indoor	interval			outside	
strength	01:10	session 1	strength	rest	60km	rest
	zone 2				hilly	

Week 6						
Mon	Tues	Wed	Thurs	Fri	Sat	Sun
interval	indoor	interval	indoor		outside	outside
session 3	01:10	session 1	01:30	rest	70km	40km
	zone 2		zone 2			easy

rest	0%
recovery	50%-60%
endurance	75%
strength	85%
power	85%-90%
speed	90%-100%

Strength session	
warmup 10 min	
40cm squats	4x20 (sets/reps)
40cm step ups	4x10
lunges	4x10
split squats	4x6
calf raises	4x20
walking lunges	4x10m
push ups	4x10
full sit ups	4x10
triceps dips	4x10

Interval session 1	
warmup	75%
30sec max seated	100%
3min recovery	60%
repeat x10	
easy recovery	10min

Interval session 2	
warmup	15min
standing climb	1min 80%
repeat x10	
easy recovery	10min

Interval session 3	
warmup	15min
4min	85%
recover	2min
repeat x5	
easy recovery	10min

Training Schedule

Week 7						
Mon	Tues	Wed	Thurs	Fri	Sat	Sun
	indoor	interval			outride	outride
strength	01:10	session 1	strength	rest	70km	40km
	zone 2				hilly	easy

Week 8						
Mon	Tues	Wed	Thurs	Fri	Sat	Sun
	interval	indoor	interval		outride	outride
strength	session 3	01:10	session 2	rest	80km	40km
		zone 2				easy

Week 9						
Mon	Tues	Wed	Thurs	Fri	Sat	Sun
interval	indoor		indoor		outride	
session 3	01:10	strength	01:10	rest	100km	rest
	zone 2		zone 2			

Week 10						
Mon	Tues	Wed	Thurs	Fri	Sat	Sun
interval	indoor		indoor		outride	
session 3	01:10	rest	01:10	rest	100km	rest
	zone 2		zone 2			

Week 11						
Mon	Tues	Wed	Thurs	Fri	Sat	Sun
indoor		indoor		indoor	outride	
01:10	strength	01:10	rest	01:10	50km	rest
zone 2		zone 2		zone 2	easy	

Week 12						
Mon	Tues	Wed	Thurs	Fri	Sat	Sun
interval		indoor		indoor	outride	
session 2	strength	01:10	rest	01:10	50km	rest
		zone 2		zone 2	easy	

rest	0%
recovery	50%-60%
endurance	75%
strength	85%
power	85%-90%
speed	90%-100%

Strength session	
warmup 10 min	
40cm squats	4x20 (sets/reps)
40cm step ups	4x10
lunges	4x10
split squats	4x6
calf raises	4x20
walking lunges	4x10m
push ups	4x10
full sit ups	4x10
triceps dips	4x10

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Interval session 2	
warmup	15min
standing climb	1min 80%
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Interval session 3	
warmup	15min
4min	85%
recover	2min
repeat x5	
easy recovery	10min