

## ATS Longbeach Coastal Classic MTB 35km Training Programme

| Monday                                     | Tuesday   | Wednesday | Thursday   | Friday | Saturday   | Sunday                                    |
|--|---|-----------|--|--------|--|---|
| 10 weeks to go<br><br>Rest                 | <b>Cycle (or spin class)<br/>50 min<br/>&amp; strength circuit<br/>Intensity – Moderate</b> | Rest      | <b>Group Ride 75min<br/>&amp; Stretch 5mins<br/>Intensity - Hard</b> | Rest   | <b>Event Simulation<br/>MTB 75min<br/>Intensity - Steady</b>   | <b>Cycle 60mins<br/>Intensity: Steady</b> |
| 9 weeks to go<br><br>Rest                  | <b>Cycle (or spin class)<br/>50 min<br/>&amp; strength circuit<br/>Intensity – Moderate</b> | Rest      | <b>Group Ride 75min<br/>&amp; Stretch 5mins<br/>Intensity - Hard</b> | Rest   | <b>Event Simulation<br/>MTB 75min<br/>Intensity - Steady</b>   | <b>Cycle 60mins<br/>Intensity: Steady</b> |
| 8 weeks to go<br><br>REST<br><br>EASY WEEK | <b>Cycle (or spin class)<br/>50 min<br/>&amp; strength circuit<br/>Intensity – Moderate</b> | Rest      | <b>Group Ride 75min<br/>&amp; Stretch 5mins<br/>Intensity - Hard</b> | Rest   | <b>Event Simulation<br/>MTB 60min<br/>Intensity - Steady</b>   | <b>Cycle 60mins<br/>Intensity: Steady</b> |
| 7 weeks to go<br><br>Rest                  | <b>Cycle (or spin class)<br/>50 min<br/>&amp; strength circuit<br/>Intensity – Moderate</b> | Rest      | <b>Group Ride 75min<br/>&amp; Stretch 5mins<br/>Intensity - Hard</b> | Rest   | <b>Event Simulation<br/>MTB 90min<br/>Intensity - Moderate</b> | <b>Cycle 75mins<br/>Intensity: Steady</b> |
| 6 weeks to go<br><br>Rest                  | <b>Cycle (or spin class)<br/>50 min<br/>&amp; strength circuit<br/>Intensity – Moderate</b> | Rest      | <b>Group Ride 75min<br/>&amp; Stretch 5mins<br/>Intensity - Hard</b> | Rest   | <b>Event Simulation<br/>MTB 90min<br/>Intensity - Steady</b>   | <b>Cycle 75mins<br/>Intensity: Steady</b> |
| 5 weeks to go<br><br>REST<br><br>EASY WEEK | <b>Cycle 70 min<br/>&amp; strength circuit<br/>Intensity – Steady</b>                       | Rest      | <b>Group Ride 75min<br/>&amp; Stretch 5mins<br/>Intensity - Hard</b> | Rest   | <b>Event Simulation<br/>MTB 75min<br/>Intensity - Steady</b>   | <b>Cycle 60mins<br/>Intensity: Steady</b> |



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|                                    |  |      |   |      |  |   |
|------------------------------------|--|------|---|------|--|---|
| 4 weeks to go<br>Rest              | <b>Cycle 80 min<br/>&amp; strength circuit</b><br>Intensity – Steady   | Rest | <b>Group Ride 75min<br/>&amp; Stretch 5mins</b><br>Intensity - Hard | Rest | <b>Event Simulation<br/>MTB 120min</b><br>Intensity - Moderate | <b>Cycle 90mins</b><br>Intensity: Steady      |
| 3 weeks to go<br>Rest              | <b>Cycle 90 min<br/>&amp; strength circuit</b><br>Intensity – Steady   | Rest | <b>Group Ride 75min<br/>&amp; Stretch 5mins</b><br>Intensity - Hard | Rest | <b>Event Simulation<br/>MTB 120min</b><br>Intensity - Moderate | <b>Cycle 90mins</b><br>Intensity: Steady      |
| 2 weeks to go<br>REST<br>EASY WEEK | <b>Cycle 60 min<br/>&amp; strength circuit</b><br>Intensity – Moderate | Rest | <b>Group Ride 75min<br/>&amp; Stretch 5mins</b><br>Intensity - Hard | Rest | <b>Event Simulation<br/>MTB 90min</b><br>Intensity - Hard      | <b>Cycle 60mins</b><br>Intensity: Steady      |
| Final Week<br>Rest                 | <b>Cycle 60 min</b><br>Intensity – Hard                                | Rest | <b>Group Ride 75min<br/>&amp; Stretch 5mins</b><br>Intensity - Hard | Rest | Rest – Prepare your<br>gear and nutrition                      | Race Day!<br>ATS LONGBEACH<br>COASTAL CLASSIC |



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### How hard should I go?

| Intensity | Description  |
|-----------|--|
| Easy      | Can talk easily e.g. recovery, cool down                   |
| Steady    | Can talk comfortably but you are breathing more heavily    |
| Moderate  | You are really puffing now but can still talk in sentences |
| Hard      | Don't feel like talking but can talk in single words       |
| Very Hard | Sucking in all the oxygen you can!                         |
| Max       | Sprinting - Giving it everything!!                         |

#### Where to train?

The ride is hillier than you might expect therefore get up and down the hills as much as you can. While it is not hugely technical there is some technical sections therefore the key thing is that you don't do all of your riding on the road and on the flat. Challenge yourself but make sure that you always keep self while out training.

**Strength Circuit:** 10 minute workout - including one minute of each exercise: squats, press ups, side plank (30 seconds each side) lunges (one minute each side) plank, step ups (one minute each side) sit ups, tricep dips. This short strength workout will help you move better and decrease the chance of injuries.

#### Technique

"There is more to cycling than just strapping your helmet on and heading out the gate. How you move 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 pedalling (the technique of it) rather than how far you have to go to the end you will probably be going well.

#### Listen to your body

Go as you feel - remember this training plan is a guide to your training and there are a number of other factors that affect the stress that your body is under, such as work, friends and quality of sleep. Therefore if you are feeling tired start your session and if you still feel bad after 15 minutes either cut your session short or turn around and go home.

However if you start feeling better carry on with your session as planned

Therefore use the following as a guideline:

- Option A - Do the session as prescribed.
- Option B - Do the same intensity session but decrease the duration by a third.
- 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.
- Option D - Rest and do nothing making sure that you are eating well just like every other day.



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### **Warming down**

All times include the time to warm up but not your warm down - allow 3-5 minutes of easy exercise at the end of your session to warm down.

Get into the habit of stretching at the end of your session as part of your warm down. This is not included in the session time so please allow this. Lack of stretching can lead to a lack of power, poor technique and an increase 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 CP if you would like specific Nutrition advice.

### **Goal setting**

Make a habit of writing a goal for yourself each week, achieving these will keep you on track and give you focus.

