

## 10 Week Training Programme for Tour de Lakes

### Training Programme interpretation:

**Recovery Ride** = For active recovery. Comprised of easy, flat rides in small gear at 50% effort or below

**Endurance kms** = For basic aerobic development - Comprised of longer, steady rides - 50-75% effort

**Strength** = For improving strength and power at lactate threshold – Comprised of big gear intervals, cadence 50-65 rpm – 60-90% effort

**Tempo** = For improving aerobic endurance. Comprising steady state intervals, cadence 85-105 rpm - 70-85% effort

**V02** = For improving power at v02 max. Comprising of high intensity intervals at high cadence – 100-140rpm – 100% effort

**Power Pole Sprints** – for improving explosive power and ability to deal with pace change – Comprising of 100% sprint efforts, out of the seat, between two power poles. Leave 5 minutes between sprints

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Week 1</b> Starting Feb 10	SouthPort Summer Crit Series 1 at Teretonga OR 2 hours with 2 x 10 minute strength intervals with 10 mins rest between efforts	Recovery Ride 1 hour	Wednesday Worlds 6pm report for a 6.30pm start at Rimu School	Rest Day	1 hour recovery ride with 3 x power pole sprints	Saturday Club Race: Gore to Waikiwi Classic 79km	Bunch ride 3 hours Endurance kms
<b>Week 2</b> Starting Feb 17	Rest Day	2 hours with 2 x 10min strength intervals, 10 minutes between efforts	Wednesday Worlds 6pm report for a 6.30pm start at Rimu School	2 hours with 3 x 10 minute tempo efforts, 10 minutes in between efforts	1 hour recovery ride	Saturday Club Race: Beast of the East Te Tipua 50km Handicap	Bunch ride 3 hours Endurance kms

<b>Week 3</b> Starting Feb 24	Southport Criterium Race 2 – Teretonga. 6pm report for a 6.30pm start.	Rest Day	Wednesday Worlds 6pm report for a 6.30pm start at Rimu School	2.5 hours with 3 x 10 minute tempos, with 10 minute between efforts	1.5 hour recovery ride with 5 x power pole sprints	Saturday Club Race: Myross Bush Graded Points Race	Bunch ride 3-4 hours Endurance kms
<b>Week 4</b> Starting March 3	Rest Day	AGE GROUP TRACK CHAMPS  If not racing on the track, then 2 hours with Warm up, then 1 x 10min tempo, then 3 x 4 minute v02 efforts	AGE GROUP TRACK CHAMPS  OR 1.5 hours with 2 x 10 minute tempo efforts, 10 min between.	AGE GROUP TRACK CHAMPS  OR 2.5 hours with 10 x power pole sprints.	AGE GROUP TRACK CHAMPS  Or Rest Day	AGE GROUP TRACK CHAMPS  OR Bunch Ride or 2.5 hours tempo ride.	AGE GROUP TRACK CHAMPS  OR Bunch Ride – Endurance ride 3+ hours
<b>Week 5</b> Starting March 10	Rest Day	Recovery Ride 1 hour	Wednesday Worlds Wednesday Worlds 6pm report for a 6.30pm start at Rimu School	Recovery Ride 1.5 hours	Recovery Ride 1 hour	Saturday Club Race: Woodlands Circuit 64km	Criterium – Bill Richardson Drive  AND 2 hour road ride – Endurance kms

<b>Week 6</b> Starting March 17	Southport Criterium Series Race #3 – Teretonga. 6pm report for a 6.30pm start.	Rest Day	Wednesday Worlds Wednesday Worlds 6pm report for a 6.30pm start at Rimu School	Recovery Ride 1.5 hours	3.5 hours with 1 x 10min tempo then 5 x 5 minute vo2's with 5 minutes between efforts	Saturday Club Race: Browns Circuit 54km	Bunch ride 3-4 hours Endurance kms
<b>Week 7</b> Starting March 24	Rest Day	2 hours with 3 x 10 minute tempo efforts with 10 minutes between efforts	Wednesday Worlds Wednesday Worlds 6pm report for a 6.30pm start at Rimu School	2 hours with 1 x 10 min tempo then 4 x 4 minute vo2's with 4 minutes between efforts	1 hour recovery ride	Saturday Club Race: Dipton West Handicap	2 hours with 1 x 10 min tempo and then 5 x 1 min Vo2's with 1 minute between
<b>Week 8</b> Starting March 31	Southport Criterium Series Race #4 – Teretonga. 6pm report for a 6.30pm start.	Rest Day	Wednesday Worlds Wednesday Worlds 6pm report for a 6.30pm start at Rimu School	3 hour road ride with 1 x 10 min tempo then 5 x 4 minute vo2s with 4 minutes between efforts	Easy 1 hour road ride with 5 x power pole sprints	Southland Time Trial Champs	Southland Road Champs
<b>Week 9</b> Starting April 7	Rest Day	2 hour ride with 5 x 1 minute vo2's with 1 minute between	2.5 hour with 1 x 10 minute tempo, and 10 x 15 second sprints with 3 minutes between efforts	Rest Day	1.5 hour easy road ride, with 5 x power pole sprints	Two stage race: Riverton – Otautau – Tautapere 56km Tuatapere – Riverton 46km	2 hours with 1 x 10 min tempo and then 5 x 1 min Vo2's with 1 minute between

<b>Week 10</b> Starting April 14	Rest Day	1.5 hour ride with 5 x power pole sprints	Rest Day	1 hour recovery ride with 3 x power pole sprints to open up legs	<b>TOUR de LAKES DAY 1</b>	<b>TOUR de LAKES DAY 2</b>	<b>TOUR de LAKES DAY 3</b>
<b>Week 11</b> Starting April 21	<b>TOUR de LAKES DAY 4</b>	Well earned rest!					

**Skills to practice on all longer rides:** Eating! Every 30 minutes eat something. As well as drinking little and often. So it is all 2<sup>nd</sup> nature!

**Other essential aspects of this training plan:** Ensure your off the bike nutrition is up to scratch and you are refuelling correctly immediately following training. Recover hard, stretch, SLEEP and if you can, get a weekly massage.