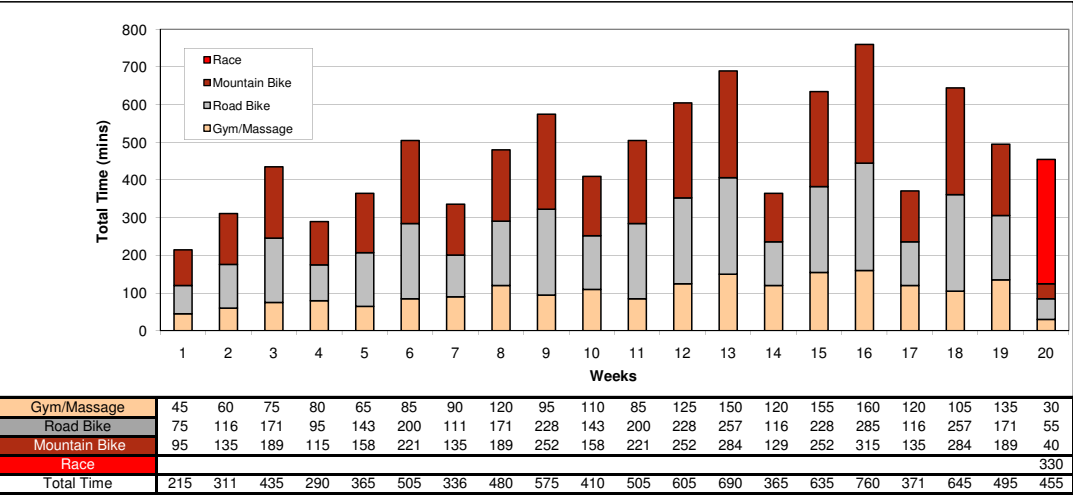


MOTU CHALLENGE

This is a very basic generic training programme. For a personalized more detailed specific structured training programme please contact -

Multisport Coaching Services Limited
 Tel: 0064 7 349 6554
 Mob: 0064 27 648 7546
 Email: neil@multisportcoach.co.nz



Important - All figures represent volume of training in minutes. Do both weekend rides if doing both stages 1 (mtb) & 3 (road bike) of the event.

Multisport Coaching Services Limited		Season		Pre-season (base training)										In-season (speed work)										Off-season			
		Phase	Conditioning	Strength/Endurance					Power/Speed					Taper					Refresh & Recharge								
Day	Hr	Discip.	Description	Specifics Details	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23
				Queens Birthday																					13-Oct	20-Oct	27-Oct
				% Volume	20%	40%	60%	30%	50%	70%	40%	60%	80%	50%	70%	80%	90%	40%	80%	100%	40%	90%	60%	30%	Diff. Aerobic Activity 30+ min, 3-4 x Week		
Monday	am	G	Gym	Lower Body and Trunk	25	35	45	30	40	50	35	45	55	40	50	55	60	35	55	65	35	60	45	30	+ 10 min or - all (Optional Session)		
	pm	M	Massage	Muscle Recovery Aid				30			30	45		45			30	45	60	60	45	60	60	Recommended			
				Alternatively Monday = Rest Day.																					+ / - 10 min		
Tuesday	am	B/Mtb	Flat/Wind-Trainer	Short Fast Ride	25	36	54	30	45	63	36	54	72	45	63	72	81	36	72	90	36	81	54	30	+ / - 5 min		
	pm																								+ / - 15 min		
Wednesday	am	B/Mtb	Undulating Hills	Easy Spin	20	30	45	25	38	53	30	45	60	38	53	60	68	30	60	75	30	68	45	25	+ 5 min or - all (Optional Session)		
	pm																								+ / - 20 min		
Thursday	am	Mtb/B	Hills	Medium Hill Repeats	35	45	63	40	53	74	45	63	84	53	74	84	95	45	84	105	45	95	63	40	Max/Min Adjustments Total = +/- 95 min		
	pm																										
Friday	am	G	Gym	Lower Body and Trunk	20	25	30	20	25	35	25	30	40	25	35	40	45	25	40	50	25	45	30	Travel			
	pm																						Prep Day				
				Friday - Optional second rest day																							
Saturday	am	Mtb/B	Big Hills	Long Steady Pace Climbs	60	90	126	75	105	147	90	126	168	105	147	168	189	84	168	210	90	189	126	Mtb65	+ up to 30 min		
	pm																						R 17k				
				Feel free to swap weekend training days to suit.																							
Sunday	am	B/Mtb	Flat / Undulating	Flat Up-tempo + Hill Spin	30	50	72	40	60	84	45	72	96	60	84	96	108	50	96	120	50	108	72	R 3k			
	pm																						R 8k				
				Sunday = Active Recovery Day																							

Post race sit-down to debrief event and set new goals

Sample explanation on how to correctly read the programme.
 Week 6 commences 30th June and is a Medium volume week containing 70% of the greatest training week. The training set out for Tuesday morning of week 6, is a 63 minute flat road bike or wind trainer ride, with time focusing on good cycling technique and time doing 3-5 minute efforts at a fast pace (high intensity). A gym spin class would be a good alternative. A 10 minute leeway can be subtracted or added to the length of the workout as you feel (given freedom, time constraints or general levels of energy etc)... Remember to listen to your body. When not doing any specifics (i.e., sustained effort or skills/technique) maintain a training intensity heart rate between 55-75% of your Heart Rate Reserve [220 - your Age - your Rest Heart Rate] + your Rest Heart Rate. I.e., The higher average cycling training intensity for a 40 year old with a resting heart rate of 60 beats per minute (bpm) would be 75% x (220-40-60)+60 = 150bpm. Complete a gentle 5-10 minute warm-up and cool-down with stretches either side if your training sessions and events where not specified.

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For a more comprehensible full colour version of the programme above, please refer to the Bay Trust Motu Challenge website www.motuchallenge.co.nz

train smart race fast

Are you on track to attaining your goal?

Take your training to a new level. Receive a personalised training plan that will remove the guesswork and prepare you to reach your optimal performance on race day.

Neil Gellatly
 BPhEd, CNZ 2
 13 years multisport experience

- Multisport Consultancy
- Training Programmes
- Technique Coaching
- C to C Mt Run/Paddle Guidebook
- Race Nutrition Plans
- Event Organisation/Management
- Race Timing

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