



# Beginners Training Programme

This Training Programme is brought to you by Paul Odlin (Odlin Cycle Coaching).

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## Effort levels

Easy/recovery = can comfortably talk while riding

Moderate-hard= can talk but puffing

Hard = difficult to talk with a lot of gasping!

Maximum = maxed out and concentrating – unable to talk!

Training is introducing your body to increasing levels of intensity and volume (time), then letting it recover adequately (to build stronger).

If you are starting for the first time, scale intensity and volume back, don't do too much at the risk of becoming fatigued, that's worse than not doing enough. Ultimately listen to what your body is telling you about energy levels. If you're more experienced and expect to finish in under 4 hours, then adapt this programme so you are going longer and exploring the bigger hills beyond Christchurch's Sign of the Kiwi.

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## Weeks 1-3 (17th Jan - 30th Jan): Introduce group rides & hills!

**Monday:** rest day

**Tuesday:** KEY SESSION (small hills). 10min warm up; 40min moderate-hard pace on hills (e.g., along Cashmere Road); 10min warm down.

**Wednesday:** 10min warm up; 40min easy pace; 10min warm down.

**Thursday:** KEY SESSION (small hills). 10min warm up; moderate-hard pace on hills (e.g., along Cashmere Road); 10min warm down.

**Friday:** rest day

**Saturday:** 10min warm up; 1-hour easy pace; 10min warm down.

**Sunday:** Group ride – improve your confidence riding with others for between 1 hour and half to 2 hours.

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## Week 4 (31st Jan - 6th Feb): Recovery week

**Monday:** rest day

**Tuesday:** 10min warm up; 40min easy pace; 10min warm down.

**Wednesday:** 10min warm up; 40min moderate-hard pace; 10min warm down.

**Thursday:** 10min warm up; 40min easy pace; 10min warm down.

**Friday:** rest day

**Saturday:** 10min warm up; 1-hour easy pace; 10min warm down.

**Sunday:** Group ride for between 1 hour and half to 2 hours – but hide at the back of the group so as to take it a bit easier.

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## Week 5-7 (7th Feb - 27th Feb): Go on endurance rides

**Monday:** rest day

**Tuesday:** KEY SESSION (small hills). 10min warm up; 40min moderate-hard pace on hills (e.g., along Cashmere Road); 10min warm down.

**Wednesday:** 10min warm up; 40min easy pace; 10min warm down.

**Thursday:** KEY SESSION (small hills). 10min warm up; 40min moderate-hard pace on hills (e.g., along Cashmere Road); 10min warm down.

**Friday:** rest day

**Saturday:** 10min warm up; 1-hour easy pace; 10min warm down.

**Sunday:** Long ride between 2 – 3 hours starting easy so you can finish strongly.

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## Week 8 (28th Feb - 6th Mar): Recovery week

**Monday:** rest day

**Tuesday:** 10min warm up; 40min easy pace; 10min warm down.

**Wednesday:** 10min warm up; 40min moderate-hard pace; 10min warm down.

**Thursday:** 10min warm up; 40min easy pace; 10min warm down.

**Friday:** rest day

**Saturday:** 10min warm up; 1-hour easy pace; 10min warm down.

**Sunday:** Group ride for between 1 hour and half to 2 hours – but hide at the back of the group so as to take it a bit easier.

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## Week 9 (7th Mar - 13th Mar): Introducing intensity - the fine tuning

**Monday:** rest day

**Tuesday:** KEY SESSION (harder hills). 10min warm up; ride up Dyers Pass Road (alternatively up Hackthorne Road) to The Cup Cafe and back down Hackthorne Road at a hard pace trying to keep your cadence above 70rpm. Repeat this loop (use Cashmere Road to get back to the start at an easy pace) for 40 minutes; 10min warm down.

**Wednesday:** 10min warm up; 40min easy pace; 10min warm down.

**Tuesday:** KEY SESSION (harder hills). 10min warm up; ride up Dyers Pass Road (alternatively up Hackthorne Road) to The Cup Cafe and back down Hackthorne Road at a hard pace trying to keep your cadence above 70rpm. Repeat this loop (use Cashmere Road to get back to the start at an easy pace) for 40 minutes; 10min warm down.

**Friday:** rest day

**Saturday:** 10min warm up; 1-hour easy pace; 10min warm down.

**Sunday:** Group ride for between 1 hour and half to 2 hours – but hide at the back of the group so as to take it a bit easier.



## Week 10 (14th Mar - 20th Mar): The Taper week - getting ready for race day

**Monday:** rest day

**Tuesday:** KEY SESSION (harder hills). 10min warm up; ride once up Dyers Pass Road (alternatively up Hackthorne Road) to The Cup Cafe and back down Hackthorne Road at a hard pace trying to keep your cadence above 70rpm; 10min warm down.

**Wednesday:** 10min warm up; 40min moderate-hard pace; 10min warm down.

**Thursday:** 10min warm up; 40min easy pace; 10min warm down.

**Friday:** rest day

**Saturday:** 10min warm up; 1-hour easy pace; 10min warm down.

**Sunday:** Group ride for between 1 hour and half to 2 hours – but hide at the back of the group so as to take it a bit easier.