



## HOW TO GET STRONG ON THE BIKE

4 key methods to get  
strong on the bike

## GET READY

Follow TeamCPNZ's training guide to  
be awesome on raceday for your



## PLAYING THE LONG GAME

How to pace yourself over your race

<b>WEEKS TO GO/ HARD OR RECOVERY WEEKS</b>	<b>MID WEEK (IMPORTANT SESSION)</b>	<b>MID WEEK (IMPORTANT SESSION)</b>	<b>MID WEEK (GOOD TO DO SESSION)</b>	<b>MID WEEK (BONUS SESSION)</b>	<b>WEEKEND (MUST DO SESSION)</b>	<b>WEEKEND (BONUS SESSION)</b>
<b>WK 18</b> Get started week	<b>Speed Session 60min (1' / 1') x 5 (1min hard / 1min easy) 5 times</b>	<b>Strength on the bike 60min 6x1min at 60rpm</b>	<b>Strength session 30-45 min Could include Gym Strength, Pilates, Crossfit, Power Yoga, pump class etc</b>	<b>Cycle 30 min</b> Could be in the form of a spin class, a MTB or road ride or commuting	<b>Steady Ride - 1:30hrs</b> Pace yourself	Rest or Yoga or Swim
<b>WK 17</b>	<b>Speed Session 60min (2' / 2') x 5</b>	<b>Strength on the bike 60min 8x1min at 60rpm</b>	<b>Strength session 30-45 min Could include Gym Strength, Pilates, Crossfit, Power Yoga, pump class etc</b>	<b>Cycle 30 min</b> Could be in the form of a spin class, a MTB or road ride or commuting	<b>Steady Ride - 1:30hrs</b> Pace yourself	<b>Ride 60min</b> Keep it steady.
<b>WK 16</b>	<b>Speed Session 60min (3' / 3') x 5</b>	<b>Strength on the bike 60min 8x1min at 60rpm</b>	<b>Strength session 30-45 min Could include Gym Strength, Pilates, Crossfit, Power Yoga, pump class etc</b>	<b>Cycle 30 min</b> Could be in the form of a spin class, a MTB or road ride or commuting	<b>Steady Ride - 1:30hrs</b> Pace yourself	<b>Ride 60min</b> Keep it steady.
<b>WK 15</b>	<b>Speed Session 60min (4' / 4') x 5</b>	<b>Strength on the bike 60min 8x1min at 60rpm</b>	<b>Strength session 30-45 min Could include Gym Strength, Pilates, Crossfit, Power Yoga, pump class etc</b>	<b>Cycle 30 min</b> Could be in the form of a spin class, a MTB or road ride or commuting	<b>Steady Ride - 2hrs</b> Pace yourself	<b>Ride 60min</b> Keep it steady.
<b>WK 14</b> Recovery/Catch your breath week	<b>Speed Session 60min (2' / 2') x 5</b>	<b>Strength on the bike 60min 6x1min at 60rpm</b>	<b>Strength session 30-45 min Could include Gym Strength, Pilates, Crossfit, Power Yoga, pump class etc</b>	<b>Cycle 30 min</b> Could be in the form of a spin class, a MTB or road ride or commuting	<b>Steady Ride - 1:30hrs</b> Enjoy riding your bike	Rest or Yoga or Swim
<b>WK 13</b>	<b>Speed Session 60min (5' / 3') x 4</b>	<b>Strength on the bike 60min 10x1min at 60rpm</b>	<b>Strength session 30-45 min Could include Gym Strength, Pilates, Crossfit, Power Yoga, pump class etc</b>	<b>Cycle 45 min</b> Could be in the form of a spin class, a MTB or road ride or commuting	<b>Steady Ride - 2:30hrs</b> Pace yourself	<b>Ride 60min</b> Keep it steady.

WEEKS TO GO/ HARD OR RECOVERY WEEKS	MID WEEK (IMPORTANT SESSION)	MID WEEK (IMPORTANT SESSION)	MID WEEK (GOOD TO DO SESSION)	MID WEEK (BONUS SESSION)	WEEKEND (MUST DO SESSION)	WEEKEND (BONUS SESSION)
<b>WK 12</b>	<b>Speed Session</b> <b>60min</b> (6'/3')x4	<b>Strength on the bike</b> <b>60min</b> 10x1min at 60rpm	<b>Strength session 30-45 min</b> Could include Gym Strength, Pilates, Crossfit, Power Yoga, pump class etc	<b>Cycle 45 min</b> Could be in the form of a spin class, a MTB or road ride or commuting	<b>Steady Ride - 3hrs</b> Pace yourself	<b>Ride 60min</b> Keep it steady.
<b>WK 11</b>	<b>Speed Session</b> <b>60min</b> (7'/3')x4	<b>Strength on the bike</b> <b>60min</b> 10x1min at 60rpm	<b>Strength session 30-45 min</b> Could include Gym Strength, Pilates, Crossfit, Power Yoga, pump class etc	<b>Cycle 45 min</b> Could be in the form of a spin class, a MTB or road ride or commuting	<b>Steady Ride - 3:30hrs</b> Pace yourself	<b>Ride 60min</b> Keep it steady.
<b>WK 10</b> Recovery/Catch your breath week	<b>Speed Session</b> <b>60min</b> (4'/4')x5	<b>Strength on the bike</b> <b>60min</b> 8x1min at 60rpm	<b>Strength session 30-45 min</b> Could include Gym Strength, Pilates, Crossfit, Power Yoga, pump class etc	<b>Cycle 30 min</b> Could be in the form of a spin class, a MTB or road ride or commuting	<b>Steady Hill Ride - 2hrs</b> Enjoy riding your bike	Rest or Yoga or Swim
<b>WK 9</b>	<b>Speed Session</b> <b>60min</b> (7'/3')x4 (1'/1')x5	<b>Strength on the bike</b> <b>75min</b> 12x1min at 60rpm	<b>Strength session 30-45 min</b> Could include Gym Strength, Pilates, Crossfit, Power Yoga, pump class etc	<b>Cycle 60 min</b> Could be in the form of a spin class, a MTB or road ride or commuting	<b>Steady Hill Ride - 3:30hrs</b> 1000 Vertical Metres minimum	<b>Ride 1:15hrs</b> Keep it steady
<b>WK 8</b>	<b>Speed Session</b> <b>60min</b> (7'/3')x5 (1'/1')x5	<b>Strength on the bike</b> <b>75min</b> 12x1min at 60rpm	<b>Strength session 30-45 min</b> Could include Gym Strength, Pilates, Crossfit, Power Yoga, pump class etc	<b>Cycle 60 min</b> Could be in the form of a spin class, a MTB or road ride or commuting	<b>Steady Hill Ride - 4hrs</b> Nutrition Practice 1500 Vertical Metres minimum	<b>Ride 1:30hrs</b> Keep it steady
<b>WK 7</b>	<b>Speed Session</b> <b>60min</b> (8'/4')x4 (1'/1')x5	<b>Strength on the bike</b> <b>75min</b> 12x1min at 60rpm	<b>Strength session 30-45 min</b> Could include Gym Strength, Pilates, Crossfit, Power Yoga, pump class etc	<b>Cycle 60 min</b> Could be in the form of a spin class, a MTB or road ride or commuting	<b>Steady Hill Ride - 4:30hrs</b> 2000 Vertical Metres minimum	<b>Ride 1:30hrs</b> Keep it steady

WEEKS TO GO/ HARD OR RECOVERY WEEKS	MID WEEK (IMPORTANT SESSION)	MID WEEK (IMPORTANT SESSION)	MID WEEK (GOOD TO DO SESSION)	MID WEEK (BONUS SESSION)	WEEKEND (MUST DO SESSION)	WEEKEND (BONUS SESSION)
<b>WK 6</b> Recovery/Catch your breath week	<b>Speed Session 60min</b> (4'/4')x5	<b>Strength on the bike 60min</b> 8x1min at 60rpm	<b>Strength session 30- 45 min</b> Could include Gym Strength, Pilates, Crossfit, Power Yoga, pump class etc	<b>Cycle 30 min</b> Could be in the form of a spin class, a MTB or road ride or commuting	<b>Steady Hill Ride - 2hrs</b> Enjoy riding your bike	Rest or Yoga or Swim
<b>WK 5</b>	<b>Speed Session 60min</b> (6'/3')x5 (1'/1')x5 (30"/30")x5	<b>Strength on the bike 75min</b> 14x1min at 60rpm	<b>Strength session 30- 45 min</b> Could include Gym Strength, Pilates, Crossfit, Power Yoga, pump class etc	<b>Cycle 60 min</b> Could be in the form of a spin class, a MTB or road ride or commuting	<b>Race Simulation 3hrs</b> Simulate Race day - Pacing, Nutrition, Terrain, Gear	<b>Ride 1:30hrs</b> Keep it steady
<b>WK 4</b>	<b>Speed Session 60min</b> (5'/2')x5 (1'/1')x5 (30"/30")x5	<b>Strength on the bike 75min</b> 14x1min at 60rpm	<b>Strength session 30- 45 min</b> Could include Gym Strength, Pilates, Crossfit, Power Yoga, pump class etc	<b>Cycle 60 min</b> Could be in the form of a spin class, a MTB or road ride or commuting	<b>Simulate Race Day 4hrs</b> (this ride should be the same length as your estimated race time)	<b>Ride 1:15hrs</b> Keep it steady
<b>WK 3</b>	<b>Speed Session 60min</b> (4'/2')x5 (1'/1')x5 (30"/30")x5	<b>Strength on the bike 75min</b> 12x1min at 60rpm	<b>Strength session 30- 45 min</b> Could include Gym Strength, Pilates, Crossfit, Power Yoga, pump class etc	<b>Cycle 60 min</b> Could be in the form of a spin class, a MTB or road ride or commuting	<b>Race Simulation 4hrs</b> Simulate Race day - Pacing, Nutrition, Terrain, Gear	<b>Ride 1hr</b> Keep it steady
<b>WK 2</b> Taper time	<b>Speed Session 60min</b> (1'/1')x5 (30"/30")x3	<b>Strength on the bike 60min</b> 10x1min at 60rpm	<b>Strength session 30- 45 min</b> Could include Gym Strength, Pilates, Crossfit, Power Yoga, pump class etc	<b>Cycle 30 min</b> Could be in the form of a spin class, a MTB or road ride or commuting	<b>Steady Hill Ride 2hrs</b> Keep it steady	<b>Ride 1hr</b> Keep it steady
<b>WK 1</b> Event Week	<b>Speed Session 45min</b> (30"/30")x3	<b>Ride 45min</b> Check your bike		<b>Rest - Pre event prep.</b> Make sure that you have all your gear sorted and you are all set for a great		



## KEY NOTES

### LE RACE 2025

- Print the plan out and stick it to the fridge - tick the sessions off as you get them done. It will also mean that the family can keep you accountable. If you get the two important sessions each week done then you have done well - this is a bottom line of the programme.
- Bonus sessions - do this if you are feeling good and time allows. This is a challenging ride that includes plenty of vertical metres to climb. So get out in the hills on the weekends to simulate the event.
- Hill strength sessions should include repetitions up a local hill or multiple hills to gain strength.
- There is a faster session built into each week of your training plan. This is an important session to ensure that you continue to ride well and challenge your fitness levels. You should be working hard and breathing heavily during these intervals. The first number is the effort and the second number the recovery period. (1'/'1')x5 means that you should go hard for 1 minute, then cruise for 1 minute and repeat this 5 times.
- Your intensity for most sessions should be steady - You are breathing heavier but you can hold a conversation. Aim to start at the intensity that you can sustain for the whole session.
- Bike check - prior to riding your bike it is a good idea to get it serviced by your local bike shop to make sure it is safe and rolling well. Prior to the event book your bike in to get checked over. Bike issues are a major reason that cause teams to not finish.
- Posture - aim to stand tall while you are running this will help you run better and ensure that you look good!
- Check out our workout of the week for your strength session. This will help you move better and decrease the chance of injuries. Head to this link <https://www.teamcp.co.nz/technique-coaching/strength-conditioning/workout-of-week/>
- Contact Team CP or your local PT/physio if you would like help with your strength training.
- The programme works over a 3-week cycle with endurance building up each week, with a shorter recovery week to bounce back physically and mentally
- The key to training for an event is consistency.
- Ensure you listen to your body and rest early if you are tired or getting sick.
- Stay safe while out running - wear bright or reflective gear. If this is the first exercise that you have done for a while, consult your health professional to make sure that you are ready for it.
- Keep it FUN! Ride and train with friends and family.

# Getting Strong

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## Time to get strong and improve your performance.

There are 4 key ways that you can improve your strength on the bike and therefore improve your riding.

The first is to simply ride more. The more time that you spend on your bike the stronger you will get. Think of the commuting, long rides and cycle touring it all counts. The harder that you push coupled with enough recovery will improve your strength.

Hills, Hills, Hills there is no better way of getting stronger than to challenge yourself by riding hills. This is best illustrated at the start of the season on your first climb when the hill somehow feels steeper than it used to be.

If you don't have access to lots of hills or are tight on time then your next option is completing big gear intervals. Ride a gear that is 1-2 harder than you normally would for a given gradient and aim to have a smooth pedal stroke for 2, 4, 6 or 8 mins. Give yourself a short break and repeat.

The most time efficient way of becoming stronger that most people neglect is your pedal technique. Focus on pedalling in circles and pulling back rather than just stomping down while you ride. If you can ask other muscles to do some of the work then you will be more efficient and your power output will increase.

The final thing that you need to do is test yourself to see if you are improving. If you have a power metre then it is easy by completing your FTP test. If not a time trial is still effective (aim for a course about 10-20mins long) or you will know by being able to ride a harder gear for a given climb.

Like any training that you do the amount of effort that you put in combined with the amount of recovery that you give yourself will have a direct effect on how the strength improvements that you make.





GETTING IT RIGHT

# YOUR TRAINING

## 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.

## Hydration

The first thing that is going to slow you down on any run or walk is dehydration. So anything longer than an hour make sure that you have some water with you. On key weekend runs or the event consider taking some sports drink or gels.

## Tracking your progress

Keep a track of what you do, review it every week or two and reflect on how far you have come. Using apps like strava is a good way of doing this.

## 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

## 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.





### Where to train?

The ride has it all... awesome single track, challenging climbs, fun downhill, and then there is the weather ... It is important that you practice all of these and good to do so in a practice event too. Challenge yourself but make sure that you always keep self while out training.

### Strength Circuit

10 minute workout – including 10-20 of each exercise and do it twice through quickly with good technique: Squats, press ups, side plank (both sides) mountain climbers, step ups. This short strength workout will help you move better and decrease the chance of injuries.

### Goal setting

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

"There is more to cycling than just strapping your helmet on and heading out the gate."

### 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 moving (the technique of it) rather than how far you have to go to the end you will probably be going well.



# PLAYING THE LONG GAME

Three key tips to get you over the finish line.

**ARTICLE BY RICHARD GREER**

If this is your first time at this event you maybe unsure if you can actually complete it. While this is a great motivator for training it is not very helpful to help you sleep at night. So here are 3 key strategies that you can use to make the most of your day.

## **Tip 1.** Getting through the tough times

When you are struggling focus on those things that you have control over - the process - what's my technique like? Have I had anything to eat or drink recently?

The harder it gets the smaller that your goals need to become. You may not think that you can get to the top of the climb so set yourself a target to get to the next bush, rock or tree. Once you make it there pick the next spot and slowly but surely you will get there. Success builds confidence.

## **Tip 2.** It's really a nutrition race

You might be the fastest athlete in the field but if you don't fuel your body properly then you are not going to finish first. Make sure that you



have a nutrition plan that has a variety of options so if you don't feel like option A then you can have option B or C.

## **Tip 3.** Make hay while the sun shines

Completing an endurance event can be a roller coaster. Sometimes you will be feeling great and others you will be doing all you can to just keep turning the pedals. When you are feeling good make sure that you let yourself go well, pat yourself on the back, ride the wave and get a few kilometres done.

Get out. Explore. Push your limits.  
Find new norms and have fun!



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Working with TeamCPNZ gave me structure and ensures that my week has balance between endurance, speed, flexibility and rest."

"Train and prepare for a bad day, the good days then become a breeze"

Grant Boyd

