

Beginners Training Programme

Brought to you by Paul Odlin (Odlin Cycle Coaching). For a continuation of the 12 week training programme provided for October - December 2019 please contact Paul Odlin (on Facebook @odlincyclecoaching).

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.

* note that this programme finishes one week before Christmas allowing for at least one week of training before the end of the year to be lost to life commitments or bad health.

Weeks 1-3 (23rd Dec - 12th Jan): Familiarise with training again.

Monday: rest day

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

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

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

Friday: rest day

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

Sunday: 10min warm up; 1 hour moderate-hard pace; 10min warm down.

Week 4 (13th Jan - 19th Jan): 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.

Weeks 5-7 (20th Jan - 2nd Feb): 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.

Week 8 (3rd Feb - 9th 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.

Week 9-11 (10th Feb - 1st March): 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.

Week 12 (2nd March - 8th March): 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.

Week 13 (9th March - 15th March): 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 14 (16th March - 22nd March): 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.