



DAISYWAY COACHING SYSTEMS

MTB TRAINING PROGRAM for

2021 Momentum Medical Scheme Tankwa Trek presented by Biogen

COPYRIGHT AND DISCLAIMER

Copyright © 2020 Daisyway Coaching Systems (DCS). All rights reserved.

Unless otherwise indicated, all materials on these pages are copyrighted by DCS. All rights reserved. No part of these pages, either text or image may be used for any purpose other than personal use. Therefore, reproduction, modification, storage in a retrieval system or retransmission, in any form or by any means, electronic, mechanical or otherwise, for reasons other than personal use, is strictly prohibited without prior written permission.

The authors makes no warranty of any kind, expressed or implied, with regard to the information contained in DCS publications or it's website.

One of the cornerstone principles at DCS is that “one size does NOT fit all”, and as with any strenuous exercise you must take into account your own overall health, strength and flexibility and ensure that a specific workout is suitable for you. Unless otherwise advised by a medical professional, you will be undertaking this program at your own risk.

Should you experience any pain, dizziness or discomfort, please discontinue immediately.

By following this program, you are taking part in this workout, program or plan entirely at your own risk. DCS, its coaches and affiliated partners will not be liable for any loss or injury caused by information obtained through its publications or its website.

TRAINING PROGRAM

This training program is aimed at riders who want to embark on more focused training in the last ± 3 - 4 months before an event. It is an indication of the estimated effort of training required to finish the Attakwas comfortably. It was set up by UCI Level 3 Cycling Coach, and double Olympian, Erica Green, who has more than 20 yrs experience preparing riders of all abilities for other ultra events. Erica has sucessfully completed in ABSA Cape Epic, Momentum Attakwas as well as the Momentum Tankwa Trek and understands the characteristics and demands well.

Level of fitness required:

Should easily be able to manage +- 8-10hrs/week of varying intensities

Equipment required:

Weekend sessions are intended for outdoor riding while weekday sessions are adjustable for both outdoor and indoor riding

Suggested for months:

November to February or 3-4 months before the start of a major (stage) race



DAISYWAY COACHING SYSTEMS

MTB TRAINING PROGRAM for

2021 Momentum Medical Scheme Tankwa Trek presented by Biogen

GETTING STARTED

WELCOME!!!!

The training plan is for a total of just over 12 weeks (\pm 3 months). Align the last week of the plan with your race start date and count the weeks backwards. There is also space on the program to fill in your own specific week dates.

It is assumed that you already have a very solid endurance base.

We do not advise preparing for this type of event with less than 3 months.

DETERMINING YOUR TRAINING ZONES:

1. Complete either a Functional Threshold Power (FTP) Test on your Indoor Trainer or an Outdoor 20min Time Trial on a set route – ride ‘as hard as you can’ for 20 minutes
2. Calculate your FTP watts value by multiplying your average watts for the 20min’s with 95% (FTP Watts = Average Watts (20min) X 95%)
3. Your average HR for the duration of the 20min’s = your FTP HR
4. Use your FTP watts and/or FTP HR values to calculate your specific watt and/or HR zones according to the Training zones table

We highly recommend incorporating as much CORE STRENGTH TRAINING as possible, as this will make an immense difference in how your body will cope with the higher training load and racing.

Check out our online store for the following resources, on our website: <http://www.daisyway.co.za/>:

- Cycling-specific core workouts
- Stage Race Survival Manual

We hope you enjoy this training plan!

Please do not hesitate to direct any queries to Coach Erica: daisyglug@iafrica.com



DAISYWAY COACHING SYSTEMS

MTB TRAINING PROGRAM for

2021 Momentum Medical Scheme Tankwa Trek presented by Biogen

Before starting a high load program such as below, it is assumed that you have **medical clearance** and that you have been riding at least 10hrs per week. **If at any stage the intensity of workouts is just too hard, or your body is taking strain, rather replace with an easy ride.** For maximum benefit, a coach can also be appointed to individualize sessions and structure intervals according to specific experience, age and goals.

Easy week = These weeks are there to help your body recover fully before the next training block. Do workouts at lower/normal pace without pushing it.

Core training & stretch = add these into the program as often as you can.

| | | | | ± Nov | DAY | | | | | | |
|------------|---------------------------------------|-------|-----------------------------------|-----------------------------|---------------------------------|-----------------------------|-----------------------------------|----------------|-----------------------------------|---------------|--|
| | | | | 15 weeks to go | | 14 weeks to go | | 13 weeks to go | | | |
| Mon | | | | Core training & stretch | 00:00 | Core training & stretch | 00:00 | | | | |
| Tue | | | | LSD with Long Climbs # 1 | 01:30 | LSD with Short Sprints | 01:30 | | | | |
| Wed | | | | LSD with Technical & Skills | 01:00 | LSD with Technical & Skills | 01:00 | | | | |
| Thur | | | get ready for some cool training! | LSD with LT Intervals # 1 | 01:30 | LSD with Long Hill Sprints | 01:30 | | | | |
| Fri | | | Core training & stretch | 00:00 | Core training & stretch | 00:00 | Core training & stretch | 00:00 | | | |
| Sat | | | MTB Tempo Varied terrain | 03:00 | MTB Tempo Varied terrain | 03:30 | MTB Tempo Varied terrain | 04:00 | | | |
| Sun | | | MTB LSD Varied terrain | 03:00 | MTB LSD Varied terrain | 03:00 | MTB LSD Varied terrain | 03:30 | | | |
| | | | | 06:00 | | 10:30 | | 11:30 | | | |
| DAY | | | | ± Dec | | | | | | | |
| | | | | 12 weeks to go | | 11 weeks to go: EASY WEEK | | 10 weeks to go | | 9 weeks to go | |
| Mon | Core training & stretch | 00:00 | Core training & stretch | 00:00 | Core training & stretch | 00:00 | Core training & stretch | 00:00 | Core training & stretch | 00:00 | |
| Tue | Tempo with Long Climbs # 1 | 01:30 | LSD with Technical & Skills | 01:30 | Tempo with LT Intervals # 2 | 01:30 | Tempo with Long Climbs # 1 | 01:30 | Tempo with Long Climbs # 1 | 01:30 | |
| Wed | MTB Tempo with Technical & Skills | 01:00 | complete rest | 00:00 | MTB LSD with Technical & Skills | 01:00 | MTB Tempo with Technical & Skills | 01:00 | MTB Tempo with Technical & Skills | 01:00 | |
| Thur | LSD with Technical & Skills | 02:00 | Tempo with Technical & Skills | 01:30 | Tempo with Long Climbs # 2 | 01:30 | Tempo with Short Sprints | 02:00 | Tempo with Short Sprints | 02:00 | |
| Fri | Core training & stretch | 00:00 | Core training & stretch | 00:00 | Core training & stretch | 00:00 | Core training & stretch | 00:00 | Core training & stretch | 00:00 | |
| Sat | Tempo with Technical & Skills or RACE | 04:00 | LSD Rolling hills | 04:30 | Tempo with Rolling Hills | 04:30 | LSD Rolling hills with Hiking | 05:00 | LSD Rolling hills with Hiking | 05:00 | |
| Sun | LSD Rolling hills | 03:30 | Tempo Technical, lots of hills | 04:00 | LSD Rolling hills | 05:00 | Tempo Technical & Hilly | 04:00 | Tempo Technical & Hilly | 04:00 | |
| | | 12:00 | | 11:30 | | 13:30 | | 13:30 | | | |

- Check each day's session above, and refer to the Training zones and Intervals table (below) to see at what intensity or what type of interval to ride.
- Include MTB Technical training as often as possible or as route availability allows.



DAISYWAY COACHING SYSTEMS

MTB TRAINING PROGRAM for

2021 Momentum Medical Scheme Tankwa Trek presented by Biogen

Before starting a high load program such as below, it is assumed that you have **medical clearance** and that you have been riding at least 10hrs per week. **If at any stage the intensity of workouts is just too hard, or your body is taking strain, rather replace with an easy ride.** For maximum benefit, a coach can also be appointed to individualize sessions and structure intervals according to specific experience, age and goals.

Easy week = These weeks are there to help your body recover fully before the next training block. Do workouts at lower/normal pace without pushing it.

Core training & stretch = add these into the program as often as you can.

| DATE | | | | | ± Jan 2021 | | | |
|-------------|---|-------|-----------------------------------|-------|---------------------------------------|-------|---------------------------------------|-------|
| | 8 weeks to go: EASY WEEK | | 7 weeks to go | | 6 weeks to go | | 5 weeks to go: EASY WEEK | |
| Mon | Core training & stretch | 00:00 | Core training & stretch | 00:00 | Core training & stretch | 00:00 | Core training & stretch | 00:00 |
| Tue | LSD with Technical & Skills | 01:30 | Tempo with Long Climbs # 2 | 01:30 | LSD Base ride with rolling hills | 05:00 | LSD with Technical & Skills | 01:30 |
| Wed | complete rest | 00:00 | MTB Tempo with Technical & Skills | 01:30 | LSD with Technical & Skills | 04:30 | Easy with One-legged pedalling | 01:00 |
| Thur | Tempo with Technical & Skills | 01:30 | Tempo with LT Intervals # 2 | 01:30 | Skills - play and have fun! | 02:00 | Tempo with Technical & Skills | 01:30 |
| Fri | Core training & stretch (or Training Camp) | 00:00 | Core training & stretch | 00:00 | Core training & stretch | 00:00 | Core training & stretch | 00:00 |
| Sat | MTB Tempo with Short Sprints (or Training Camp) | 05:00 | LSD Base ride | 05:00 | Tempo with Technical & Skills | 05:00 | Tempo with effort on climbs | 05:00 |
| Sun | LSD Rolling hills | 03:30 | LSD Rolling hills with Hiking | 05:00 | LSD Rolling hills with Hiking | 03:00 | LSD Hilly with Short Sprints | 04:00 |
| | | 11:30 | | 14:30 | | 19:30 | | 13:00 |
| DATE | | | | | | | ± Feb | |
| | 4 weeks to go | | 3 weeks to go | | 2 weeks to go: TAPER | | Last week: TAPER | |
| Mon | Core training & stretch | 00:00 | Core training & stretch | 00:00 | Core training & stretch | 00:00 | Tempo with Short Sprints, light gears | 01:00 |
| Tue | Tempo with Short Sprints | 01:30 | Tempo with Long Hill Sprints | 02:00 | Tempo with LT # 1 Intervals | 01:00 | Core training & stretch | 00:00 |
| Wed | Tempo with Technical and Skills | 01:30 | Easy with One-legged pedalling | 01:00 | Core training & stretch | 00:00 | Travel and check bike when there | 00:45 |
| Thur | Tempo with LT Intervals # 2 or LSD if racing on Sat | 01:30 | Tempo with Long Hill Sprints | 02:00 | Easy with Fast Pedal | 01:30 | MOMENTUM TANKWA TREK | 00:00 |
| Fri | Core training and stretch | 00:00 | Core training & stretch | 00:00 | Core training & stretch | 00:00 | MOMENTUM TANKWA TREK | 00:00 |
| Sat | Tempo with Rolling hills and some Hiking or MOMENTUM ATAKWAS EXTREME | 06:00 | MTB LSD Technical with Hiking | 06:00 | Tempo with Short Sprints, light gears | 03:00 | MOMENTUM TANKWA TREK | 00:00 |
| Sun | LSD offroad easy terrain | 03:00 | Tempo Hilly with Short Sprints | 05:00 | LSD with Fast Pedal | 02:30 | MOMENTUM TANKWA TREK | 00:00 |
| | | 13:30 | | 16:00 | | 08:00 | | 00:00 |

- Check each day's session above, and refer to the Training zones and Intervals table (below) to see at what intensity or what type of interval to ride.
- Include MTB Technical training as often as possible or as route availability allows.



DAISYWAY COACHING SYSTEMS

MTB TRAINING PROGRAM for

2021 Momentum Medical Scheme Tankwa Trek presented by Biogen

Training zones:

| ZONE | INTENSITY | RPE* | % FTP (watts) | % FTP HR (bpm) | DESCRIPTION |
|------|----------------------------------|------------------------------------|---------------|----------------|--|
| 1 | EASY Active Recovery | 1 (Very light) | 35 - 55 | 60 – 68 | Think "recovery" while doing this. |
| 2 | LSD Long Slow Distance | 2-3 (Fairly light to Moderate) | 55 - 75 | 68 – 83 | Easy pace, breathing slightly elevated but conversation easy. Maintain a constant cadence (80 and 90rpm) and a steady pace on climbs. Don't "chase out" hills. Develops: Muscular endurance, pedal stroke, oxygen capacity & mobilisation of stored fats. Teaches body to produce less lactic acid |
| 3 | TEMPO | 3-4 (Moderate to somewhat hard) | 75 - 85 | 83 – 89 | Slightly faster pace than Long Slow Distance. Breathing heavier, but still able to have a conversation. Cadence 80 - 90rpm. Same applies for hills. Develops: Cardiorespiratory and muscular system |
| 4 | SWEETSPOT | 4-5 (Somewhat hard) | 85 – 90 | 89 – 95 | Slightly faster pace than TEMPO, and close to RACE PACE. Breathing heavier, but just able to have a conversation. Cadence 80 - 90rpm. Same applies for hills. Develops: Cardiorespiratory and muscular system |
| 5 | Lactate Threshold (LT) or FTP | 6-7 (Hard to Very Hard) | 90 - 105 | 95 - 105 | Aim: Lifts usable endurance capacity at a race pace, increases power and speed |
| 6 | MAXIMUM AEROBIC INTERVALS | 8-9 (Very very Hard) | 105 - 120 | Max | Aim: To improve maximum aerobic capacity |
| 7 | MAXIMUM ANAEROBIC INTERVALS | 10 (Extremely Hard) | 120+ | Max | Aim: To improve anaerobic capacity |

*** Borg's Rate of Perceived exertion (RPE) Scale:**

Your RPE should reflect how heavy and strenuous the exercise feels to you, combining all sensations and feelings of physical stress, effort, and fatigue. The scale ranges from 0 - 10, where 0 means no exertion at all and 10 maximal exertion. Try to appraise your feeling of exertion as honestly as possible, without thinking about what the actual physical load is. Your own feeling of effort and exertion is important, not how it compares to other's.



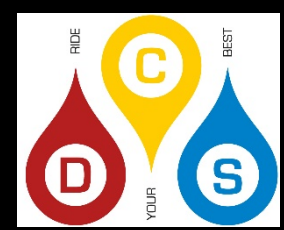
DAISYWAY COACHING SYSTEMS

MTB TRAINING PROGRAM for

2021 Momentum Medical Scheme Tankwa Trek presented by Biogen

Interval Description:

| INTENSITY | WARM-UP | INTERVAL DURATION | CADENCE | RECOVERY | REPEATS | DESCRIPTION | COOLDOWN |
|---------------------------------|------------------|--|---------------|-----------|---------|--|------------------|
| One-legged pedalling (ZONE 3-4) | Part of LSD ride | 30sec/leg | 50 – 80 rpm | 30 sec | 4 | Unclip 1 foot, hang away from rotating pedal. Pedal as smoothly as you can with 1 foot for 30sec. Then switch legs. Click here for THE PEDAL STROKE demonstration. | Part of LSD ride |
| LT (FTP) INTERVALS # 1 (ZONE 5) | 10 min Easy | 6 - 8 min | 80 – 90 rpm | 3 min | 4 | Try completing each interval at the same constant pace | 10 – 30 min Easy |
| LT (FTP) INTERVALS # 2 (ZONE 5) | 10 min Easy | 8 - 10 min | 80 – 90 rpm | 3 – 5 min | 4 | Try completing each interval at the same constant pace | 10 – 30 min Easy |
| LONG CLIMBS # 1 (ZONE 5-6) | 10 min Easy | 8 – 15min (30 min total climb time) | 55 – 65 rpm | 4 min | 3 - 5 | Ideal hill to be 8 – 15min long. Repeat hill until 30min of total climb time is reached. Recover on each downhill. Start each effort 'fast', out of the saddle and get HR up quickly. Gear down to about 60 rpm, stay seated and concentrate on pedalling motion and smooth & round circles. Increase cadence in the last 100m of the hill, stand and sprint 'over the top'. | 20 min Easy |
| LONG CLIMBS # 2 (ZONE 5-6) | 10 min Easy | 8 – 15min (40 min total climb time) | 55 – 65 rpm | 4 min | 3 - 5 | Repeat 8 - 15min hill until 40min of total climb time is reached. | 20 min Easy |
| HIKING/TREADMILL (ZONE 5-6) | 10 min Easy | 5 – 10min (30 min total uphill hiking) | 5 – 8km/h | 2 min | 3 - 5 | Include +- 30 min's uphill hiking with/without pushing bike during ride. Good opportunity to walk shoes in, get used to pushing bike etc. This can also be substituted with max gradient treadmill intervals of 5 - 10min. | 15 min Easy |
| SHORT SPRINTS (ZONE 7) | 10 min Easy | 10 sec | 100 – 110 rpm | 2 min | 5 | Maximum effort sprint out of the saddle. | 15 min Easy |
| LONG HILL SPRINTS (ZONE 5-6) | 10 min Easy | 3 min | 55 – 65 rpm | 5 min | 6 | Choose a 3min hill. Stand out of the saddle and sprint minute 1 at a high-ish cadence (60 - 80rpm). Gear down and ride minute 2 seated at a low-ish cadence (50 - 70rpm). Stand out of the saddle and sprint minute 3 at a high-ish cadence (60 - 80rpm). Concentrate on pedalling in smooth and round circles. | 15 min Easy |
| FAST PEDAL (ZONE 3-4) | 10 min Easy | 5 min | 100 – 110 rpm | 10 min | 3 | Pedal as fast as you can without hopping on the seat. | 15 min Easy |



DAISYWAY COACHING SYSTEMS



Team DCS

Momentum Tankwa Trek
Training programs
and Training camp

Contact details:
info@daisyway.co.za
www.daisyway.co.za



Erica & Louise

