



## Fitz's Challenge Training Program – 210 KM FITZ'S EPIC

This program has been developed by cycling coach Dr Michael Hanslip, a certified level 2 cycling coach to help you plan your training so you are prepared on event day and have a successful ride.

**Overview** – This is a short duration training program for such a big ride. Therefore there is an assumption going in that you can already handle a big day on the bike (hilly 150 km or more before you start). Note that the final cycle is reversed; the biggest week is the first week. This often assists people to complete a challenging ride with fresher legs than if they did it the “regular” way.

### Training Program Notes

**CR** – climbing repeats. This is a high gear, low cadence, strength building exercise. The ideal hill for this is between 3 and 5 km long, about 5% gradient and not too far from home. You are aiming to do these at 60 rpm, seated while maintaining good posture. Each repeat should last between 8 and 12 minutes (8 if you are fast, 12 if you are slower) – if your hill is longer than this, stop before you reach the summit. CRx3 means do three repeats.

**CI** – climbing intervals. This is a low gear, high cadence, cardiovascular building exercise. The same hill you used for CR should work for CI but it cannot be too steep or you won't be able to maintain the ideal cadence. You are aiming to do these at 90-100 rpm. Your first one of each session establishes your “target” for the day. From a landmark at the bottom, start a timer and ride up the hill for 4:45. Find a landmark nearby to reference for subsequent efforts. Return to the bottom of the hill and ride around on the flat for about 5 minutes before you begin your next one. On all remaining intervals, ride up to the landmark established on run 1 and time yourself. Keep going until it takes 5 minutes or longer to complete.

**SI** – short intervals. This is a high power, high cadence exercise intended to build up your sustainable speed on the bike. These are best done on flat, straight sections of low-traffic roadway where you can go flat out without worrying about much (or on a trainer). After a decent warm up, set out for the effort at a pace you think you can hold for the duration (either 30 or 60 seconds in these programs). If you think of an automobile, it is like pushing the throttle to a certain place and holding it there – the car will gradually speed up until air resistance balances power produced. If you monitor your heart rate, the steady effort will result in a gradually increasing heart rate across the interval period. For those few of you with power meters, you will start off on a chosen Wattage and hold it there for the duration. It always takes some learning to figure out what is your sustainable effort level. SI 30:300 means spend 30 seconds in the effort phase and then 300 seconds in the recovery phase when you will pedal along gently trying to recover.

**R** – recovery ride. Recovery rides are not essential parts of the program, but they do speed up the recovery process by promoting blood flow through gentle activity. For the designated time you should be riding along at a gentle pace. Not so gentle that your heart rate doesn't go up at all, but not so fast that you start to fatigue again either. For those of you without a heart rate monitor I like "the singing test" for recovery. If you can sing as you pedal then you are not going too hard. Once you are forced to stop singing, you are riding too hard for a recovery. With a heart rate monitor this works out to around 70% of maximum heart rate. R45 means 45 minutes of riding at recovery effort.

**Weekend** rides. Every program has weekend rides that are scheduled in terms of distance ridden. The idea behind these rides is to build up the distance you are riding until in the weeks prior to Fitz's Challenge you will actually ride further than the Challenge distance itself. While you might well want to ride on flatter terrain than what the event covers, if you know you can ride that far on your own you will be mentally prepared to tackle the tough terrain and it is a bit easier with hundreds of other riders doing the same thing around you. The second, shorter, ride on Sunday is a bit of backing up after the Saturday effort. While you do not have to do this for Fitz's, it is a great way to build some resilience in your legs and make sure you can complete the Challenge.

## The 210 km Fitz's Epic Training Program



Cycle	Start	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Week	Count
1	11 Aug	Off	SI 60:180	CI	CR x3	R60	50 km	100 km	1	1
	18 Aug	Off	SI 60:180	CI	CR x4	R60	55 km	140 km	2	2
	25 Aug	Off	SI 60:180	CI	CR x4	R60	60 km	175 km	3	3
	1 Sept	Off	R90	35 km	R60	Off	40 km	50 km	R	4
2	8 Sep	Off	SI 60:120	CI	CR x4	R60	75 km	125 km	1	5
	15 Sept	Off	SI 60:120	CI	CR x4	R60	90 km	155 km	2	6
	22 Sep	Off	SI 60:120	CI	CR x5	R60	120 km	190 km	3	7
	29 Sep	Off	R90	40 km	R60	Off	40 km	50 km	R	8
3	6 Oct	Off	SI 30:120	CI	CR x5	R60	120 km	225 km	3	9
	13 Oct	Off	SI 30:120	CI	CR x4	R60	100 km	175 km	2	10
	20 Oct	Off	SI 30:120	CI	CR x4	R60	80 km	150 km	1	11
	27 Oct	Off	SI 30:300	R90	Off	ride 2hrs	easy ride	EVENT	0	12