



## **Fitz's Challenge Training Program – 105 KM THARWA CHALLENGE**

Congratulations on registering for Fitz's Challenge (105 km Tharwa Challenge).

This is a training program specifically designed to help you train for a 105km ride. The program has been developed by Dr Michael Hanslip, a certified level 2 cycling coach.

### **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 until about 5 minutes have elapsed since 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 (5 minutes) 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.

over/....

## The 105 km Tharwa Challenge Training Program



**105 Summary** – Assuming you are currently able to ride about 80 km then by following this program with its four-times a week rides you will be able to complete the Tharwa 105. 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.

CYCLE	STARTING	MON	TUE	WED	THU	FRI	SAT	SUN	WEEK	COUNT
1	12 Jul	Off	SI 60:180	Off	CR x2	Off	50 km	25 km	1	1
	19 Jul	Off	SI 60:180	Off	CR x2	Off	55 km	30 km	2	2
	26 Jul	Off	SI 60:180	Off	CR x3	Off	60 km	35 km	3	3
	2 Aug	Off	25 km	Off	R60	Off	30 km	25 km	R	4
2	9 Aug	Off	SI 60:120	Off	CR x2	Off	60 km	30 km	1	5
	16 Aug	Off	SI 60:120	Off	CR x3	Off	70 km	40 km	2	6
	23 Aug	Off	SI 60:120	Off	CR x3	Off	80 km	50 km	3	7
	30 Aug	Off	25 km	Off	R60	Off	35 km	25 km	R	8
3	6 Sept	Off	SI 60:60	Off	CR x4	Off	120 km	55 km	3	9
	13 Sept	Off	SI 60:60	Off	CR x3	Off	100 km	45 km	2	10
	20 Sept	Off	SI 60:60	Off	CR x3	Off	85 km	35 km	1	11
	27 Sept	Off	R90	Off	R60	Off	Off	EVENT	0	12