

ODYSSEY ANGELS



Odyssey Angels 100km Plan of Attack

By MTB Coach Jess Douglas

100km on a bike of any sort is a big number to tick off.

It is not just about how fast you can go, but your bike living up to the expectations, your body not falling apart, nutrition and hydration well rehearsed and your mindset focused on succeeding even when it gets tough or you feel like quitting. Training is just one element of the final result.

If you do not short cut this, you stand to learn SOOOO much each session about yourself, how strong you can be, what weaknesses you need to iron out and how to nail your race nutrition. This is what training is really valuable for when it comes to a 100km MTB race.

This is where the Odyssey Angels program is here to help you.

Link in with the skills and reccy rides, meet other females who are just like you and here's the magic...you just say "Yes I am in"...and START at the very start. All you need is a bike and the will.

Let me introduce to you 2 of my philosophies that I would like you to consider adopting:

Something is better than nothing

Better done than perfect

...you get the gist.

To achieve the 50km and have fun it helps to sort out in your head what you want from this experience.

Some very basic goal setting is all that is required, more along the lines of less planning and more doing!

Why does this event interest you?

What do you want to achieve?

What will success look like?

And who can you convince to come and invest in this journey with you?

Let's assume you can spare 5 hrs a week to get fit and confident for the event and have a 12 week lead up.

You do not have to give up your life or change your skills tomorrow or become awesome yesterday.

You do not need to be perfect or 100% prepared.

Sometimes the best lessons we receive are from the things we didn't do so well.

In 2006 I did my first proper MTB race that scared me a lot. I really thought that people who raced bikes were superhuman and that I did not belong.

But I braved up with a friend, raced, was not last, and had so much fun in a very very supportive environment.

I knew then I wanted to do more of it but was overwhelmed with how I would get better and not feel like such a gumby at my next race.

That is when I developed my 1% Rule. You can use it too!

- Get out and do 1 ride for 1hr once a week.
- Focus on improving 1 element of your riding, skills or fitness or mindset etc...by just 1% - no more.
- Do this consistently each week, 1 session, 1 week, 1 month at a time...and in 1 years time I would JUST have to be better right??
- The 1% Rule was Fail Proof.
- Who doesn't have 1 hr a week? Who can't look at 1% improvements?
- Adjusting your comfort zone 1% at a time is very very achievable and develops a success pattern which creates motivation and a sense of achievement.

The recipe is simple:

1. Start easy.
2. Make it fun.
3. Create a habit.
4. Make your commitment achievable.
5. Be consistent.

It really is not hard to improve over a 12 week period.

So long as you remain consistent and get the bare minimum done.

There is one final ancient Chinese proverb I love to remind myself of when procrastinating about a task or goal I want to start...

"The best time to plant a tree was 20 years ago. The next best time is NOW!"

I guess that's a hint to stop thinking, stop planning, stop procrastinating...and DO.

How to do this program:

1. Create your Goal, develop a vision and work out the steps to make this happen
2. Link in with Odyssey Angels Facebook page and sign up for some rides and skills
3. Make it known to people you care about that this is a thing and please help you stay accountable
4. Celebrate your successes, notch up the small wins
5. Had a bad day or week? Just start again tomorrow, no need to cram, just get back into it today.

****See you on the Facebook page, where I will help out each Friday with how to get next week's sessions done, and a follow up on Monday with how your weekend went.**

Week no.	Otway Odyssey Angels 100km Training Plan									
	Training Phase	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Totals	Notes
1	Base 1 3rd Dec	15 min Legs	1 hr Endurance on bike	15 mins CORE	1 hr Aerobic on bike	15 mins Upper body	1.5hr Pace build	2 hr Hills ride YOGA 30 mins	6 hrs 45 mins	<i>Aim for 600mts of vert this week</i>
2	Base 2 10th Dec	15 min Legs	1.10 hr Endurance on bike	15 mins CORE	1.10 hr Aerobic on bike	15 mins Upper body	1hr 45 min Pace Build	2.5 hr Hills ride YOGA 30 mins	7 hrs 55 mins	<i>Aim for 700mts of vert this week</i>
3	Base 3 17th Dec	15 min Legs	1hr Endurance on bike	15 mins CORE	1 hr Aerobic on bike	15 mins Upper body	2 hr Pace Build	3 hr Hills ride YOGA 30 mins	8 hrs 15 mins	<i>Aim for 800mt vert this week</i>
4	Easy Week 24th Dec	15 min Legs	Christmas Day Rest Day	15 mins CORE Easy 1 hr Ride	45 min recovery style ride - no load	15 mins Upper body	1 hr Fun Social Ride	2 hr Fun social ride Can even be a Odyssey recce ride! YOGA 30 min	5 hrs	<i>Reduce load Have fun! Massage. Bike Love Cross training swim or a hike.</i>
5	Strength 1 31st Dec	15 min Legs	1hr Strength on	15 mins CORE	1hr Over/Unders	15 mins Upper body	2 hr ride with Time Trials	3.5 hr ride in the hills -focus	8 hrs 45 mins	<i>Build vert gain to</i>

			bike		on bike			on sustained climbs YOGA 30 mins		<i>1000mt this week</i>
6	Strength 2 7th Jan	15 min Legs	1hr Strength on bike	30 min Sweet Spot on bike 15 mins CORE	1hr Over/Unders on bike	15 mins Upper body	2.5 hr ride with Time Trials	4 hr ride in the hills -focus on sustained climbs YOGA 30 mins	10 hrs	<i>Aim for 1000mt vert gain this week</i>
7	Strength 3 14th Jan	15 min Legs	1hr Strength on bike	60 min Sweet Spot On bike 15 mins CORE	1hr Over/Unders on bike	15 mins Upper body	2 hr ride with Time Trials	4 hr ride in the hills -focus on sustained climbs YOGA 30 mins	10 hrs	<i>Aim for 1300mt vert gain this week</i>
8	Easy Week 21st Jan	15 min Legs	30 min Endurance ride	15 mins CORE	30 min Sweet spot ride	15 mins Upper body	1hr fun social ride	2hr longer endurance ride with a bit of climbing YOGA 30 mins	4 hrs 45 mins	<i>Massage. Bike Love cross training swim or a hike.</i>
9	Race Specific 28th Jan	15 min Legs	1hr Race style efforts on bike	45 min Sweet Spot On bike 15 mins CORE	1hr Threshold efforts on bike	15 mins Upper body	1.5 hr MTB Time Trials	3 hr MTB ride on single track YOGA 30 mins	8 hrs 15 mins	<i>1500mt vert this week</i>
10	Race Specific 4th Feb	15 min Legs	1hr Race style efforts on bike	45 min Sweet Spot On bike 15 mins CORE	1hr Threshold efforts on bike	15 mins Upper body	2 hr MTB Time Trials	3.5 hr MTB ride on single track YOGA 30 mins	9 hrs 15 mins	<i>1800mt vert this week</i>
11	Race Specific 11th Feb	15 min Legs	1hr Race style efforts on bike	45 min Sweet Spot On bike 15 mins CORE	1hr Threshold efforts on bike	15 mins Upper body	1hr MTB Time Trials	5 hr MTB ride on single track YOGA 30 mins	9 hrs 45 mins	<i>1300mt vert this week Get bike looked at - prepare all the gear I need for race</i>
12	Taper and Race 18th Feb	Massage Or 1hr Stretching regime	30-60 mins easy recovery ride, no load just ticking the	15 mins CORE 30 mins stretch - use this time to	30 min Race Activation ride - some hard efforts!	Final Bike check. 30 min spin out your front	23rd Feb RACE DAY Ensure a good 10-20 min	Soak the legs in a bath, the ocean..go for a walk, sleep	4-6 hrs	<i>Fresh legs! Bike checked over. Nutrition & gear</i>

			legs over	start visualisation your race		door - test brakes, gears etc...	warm up Early breakfast and hydration	in...you did it! Plus a 30 min Yoga		packed. Good sleep. Less stress. Massage, stretching. Practice visualisation.
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