

# ODYSSEY ANGELS

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## Odyssey Angels 50km Plan of Attack. **By MTB Coach Jess Douglas**

Maybe last year you did the 30km and gave yourself the promise to go the next stage in 2019?

Maybe you just want to jump in the deep end. 50km on the mountain bike in a race environment can be intimidating on so many levels.

Have you got the bike handling skills?

Have you got the right equipment?

Have you got the time to train and invest in this project?

Have you got the support and people who believe you can?

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

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. | <b>Otway Odyssey Angels 50km Training Plan</b> |             |                                 |                                |                                            |                       |                          |                                                                                   |                          |                                                                                                        |
|----------|------------------------------------------------|-------------|---------------------------------|--------------------------------|--------------------------------------------|-----------------------|--------------------------|-----------------------------------------------------------------------------------|--------------------------|--------------------------------------------------------------------------------------------------------|
|          | Training Phase                                 | Monday      | Tuesday                         | Wednesday                      | Thursday                                   | Friday                | Saturday                 | Sunday                                                                            | Totals                   | Notes                                                                                                  |
| 1        | Base 1<br>3rd Dec                              | 15 min Legs | 1 hr<br>Endurance on<br>bike    | 15 mins CORE                   | 1 hr<br>Aerobic on<br>bike                 | 15 mins Upper<br>body | 1hr<br>Pace build        | 1.5 hr<br>Hills ride<br>YOGA<br>30 mins                                           | <b>5 hrs<br/>45 mins</b> | <i>Aim for<br/>500mts of<br/>vert this week</i>                                                        |
| 2        | Base 2<br>10th Dec                             | 15 min Legs | 1.10 hr<br>Endurance on<br>bike | 15 mins CORE                   | 1.10 hr<br>Aerobic on<br>bike              | 15 mins Upper<br>body | 1hr 10 min<br>Pace Build | 1.5 hr<br>Hills ride<br>YOGA<br>30 mins                                           | <b>6 hrs<br/>5 mins</b>  | <i>Aim for<br/>600mts of<br/>vert this week</i>                                                        |
| 3        | Base 3<br>17th Dec                             | 15 min Legs | 1hr<br>Endurance on<br>bike     | 15 mins CORE                   | 1 hr<br>Aerobic on<br>bike                 | 15 mins Upper<br>body | 1.5 hr<br>Pace Build     | 2 hr<br>Hills ride<br>YOGA<br>30 mins                                             | <b>6 hrs<br/>45 mins</b> | <i>Aim for 700mt<br/>vert this week</i>                                                                |
| 4        | Easy Week<br>24th Dec                          | 15 min Legs | Christmas Day<br>Rest Day       | 15 mins CORE<br>Easy 1 hr Ride | 45 min<br>recovery style<br>ride - no load | 15 mins Upper<br>body | 1 hr Fun Social<br>Ride  | 2 hr Fun social<br>ride<br>Can even be a<br>Odyssey reccy<br>ride!<br>YOGA 30 min | <b>5 hrs</b>             | <i>Reduce load<br/>Have fun!<br/>Massage.<br/>Bike Love<br/>Cross training<br/>swim or a<br/>hike.</i> |

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| 5  | Strength 1<br>31st Dec        | 15 min Legs                     | 1hr<br>Strength on<br>bike                   | 15 mins CORE                                    | 1hr<br>Over/Unders<br>on bike                 | 15 mins Upper<br>body               | 1.5hr ride with<br>Time Trials        | 3hr ride in the<br>hills -focus on<br>sustained<br>climbs<br>YOGA 30 mins   | <b>7 hrs<br/>15 mins</b> | <i>Build vert<br/>gain to 900ms<br/>this week</i>                                                          |
| 6  | Strength 2<br>7th Jan         | 15 min Legs                     | 1hr<br>Strength on<br>bike                   | 30 min Sweet<br>Spot on bike<br>15 mins CORE    | 1hr<br>Over/Unders<br>on bike                 | 15 mins Upper<br>body               | 2 hr ride with<br>Time Trials         | 3hr ride in the<br>hills -focus on<br>sustained<br>climbs<br>YOGA 30 mins   | <b>8hrs</b>              | <i>Aim for<br/>1000mt vert<br/>gain this<br/>week</i>                                                      |
| 7  | Strength 3<br>14th Jan        | 15 min Legs                     | 1hr<br>Strength on<br>bike                   | 45 min Sweet<br>Spot<br>On bike<br>15 mins CORE | 1hr<br>Over/Unders<br>on bike                 | 15 mins Upper<br>body               | 1.5hr ride with<br>Time Trials        | 3.5hr ride in<br>the hills -focus<br>on sustained<br>climbs<br>YOGA 30 mins | <b>8 hrs<br/>15 mins</b> | <i>Aim for<br/>1100mt vert<br/>gain this<br/>week</i>                                                      |
| 8  | Easy Week<br>21st Jan         | 15 min Legs                     | 30 min<br>Endurance<br>ride                  | 15 mins CORE                                    | 30 min Sweet<br>spot ride                     | 15 mins Upper<br>body               | 1hr fun social<br>ride                | 2hr longer<br>endurance ride<br>with a bit of<br>climbing<br>YOGA 30 mins   | <b>4 hrs<br/>45 mins</b> | <i>Massage.<br/>Bike Love<br/>cross training<br/>swim or a hike.</i>                                       |
| 9  | Race<br>Specific<br>28th Jan  | 15 min Legs                     | 1hr Race style<br>efforts on bike            | 45 min Sweet<br>Spot<br>On bike<br>15 mins CORE | 1hr Threshold<br>efforts on bike              | 15 mins Upper<br>body               | 1hr MTB Time<br>Trials                | 2.5hr MTB ride<br>on single track<br>YOGA 30 mins                           | <b>6 hrs<br/>45 mins</b> | <i>1200mt vert<br/>this week</i>                                                                           |
| 10 | Race<br>Specific<br>4th Feb   | 15 min Legs                     | 1hr Race style<br>efforts on bike            | 45 min Sweet<br>Spot<br>On bike<br>15 mins CORE | 1hr Threshold<br>efforts on bike              | 15 mins Upper<br>body               | 1hr MTB Time<br>Trials                | 3 hr MTB ride<br>on single track<br>YOGA 30 mins                            | <b>7 hrs<br/>15 mins</b> | <i>1300mt vert<br/>this week</i>                                                                           |
| 11 | Race<br>Specific<br>11th Feb  | 15 min Legs                     | 1hr Race style<br>efforts on bike            | 45 min Sweet<br>Spot<br>On bike<br>15 mins CORE | 1hr Threshold<br>efforts on bike              | 15 mins Upper<br>body               | 1hr MTB Time<br>Trials                | 3.5 hr MTB<br>ride on single<br>track<br>YOGA 30 mins                       | <b>7 hrs<br/>45 mins</b> | <i>1400mt vert<br/>this week<br/>Get bike looked<br/>at - prepare all<br/>the gear I need<br/>for race</i> |
| 12 | Taper and<br>Race<br>18th Feb | Massage<br>Or<br>1hr Stretching | 30-60 mins<br>easy recovery<br>ride, no load | 15 mins CORE<br>30 mins<br>stretch - use        | 30 min Race<br>Activation ride<br>- some hard | Final Bike<br>check.<br>30 min spin | 23rd Feb<br>RACE DAY<br>Ensure a good | Soak the legs<br>in a bath, the<br>ocean..go for a                          | <b>4-6 hrs</b>           | <i>Fresh legs!<br/>Bike checked<br/>over.</i>                                                              |

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|  |  | regime | just ticking the legs over | this time to start visualisation your race | efforts! | out your front door - test brakes, gears etc... | 10-20 min warm up<br>Early breakfast and hydration | walk, sleep in...you did it!<br>Plus a 30 min Yoga |  | Nutrition & gear packed.<br>Good sleep.<br>Less stress.<br>Massage, stretching.<br>Practice visualisation. |
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