

# ODYSSEY ANGELS TRAINING GUIDE



by Jess Douglas

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**NEW TO MOUNTAIN BIKING? JUST WANT TO FINISH... ALIVE? WE SHARE WITH YOU HOW TO PREPARE FOR THE 30KM ODYSSEY ANGELS EVENT WITH BARE MINIMUM PREPARATION.**

Firstly it is wise to adopt the philosophies that, “**Something is better than nothing**” & “**Better done than perfect**”.

To achieve the 30km 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?
- Who can you convince to come and invest in this journey with you?

Let's assume you have **2hrs a week** spare to get fit and confident for the event and have a 12 week lead up. That's 24hrs of invested time specifically towards having a great Odyssey Angel!

You do not have to give up your life or change your skills tomorrow. You do not need to be perfect or 100% prepared.

In 2006 I did my first proper MTB race that scared me. I really thought that people who raced bikes were superhuman and that I did not belong. I braved up with a friend, raced, was not last, and had so much fun in a very supportive environment. I knew then I wanted to do more, but was overwhelmed with how I would get better for my next race.

**That is when I developed by 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 1hr a week? Who can't look at 1% improvements? Adjusting your comfort zone 1% at a time is 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.

**2-3hrs a week is all you need to go from nothing to finishing the Odyssey Angels!**

# 12 WEEK TRAINING GUIDE

*or just start at the appropriate week out from the event!*

Week	Session 1	Session 2	Session 3	Total Time
1. <b>Start the process. Develop a routine.</b>	Easy MTB ride on gravel 1hr. Have fun, feel the dirt under your tyres and ride within your limits. Invite a friend, join a group, tag onto someone who promises to look after you!	Spin Class at gym, Indoor stationary trainer at home or 45mins of riding on bitumen or road with some intensity to improve fitness	15 min Core Session at gym or at home. Eg: * <b>Dead bugs x 10 each side</b> <a href="https://www.youtube.com/watch?v=l5xbsA71v1A">https://www.youtube.com/watch?v=l5xbsA71v1A</a> * <b>Alternating supermans x 10 each side (1 second hold)</b> <a href="https://www.youtube.com/watch?v=l5xbsA71v1A">https://www.youtube.com/watch?v=l5xbsA71v1A</a> * <b>Air Squats x 15</b> <a href="https://www.youtube.com/watch?v=a_fb6Kz7FQg">https://www.youtube.com/watch?v=a_fb6Kz7FQg</a> * <b>Glute Bridge x 10</b> <a href="https://www.youtube.com/watch?v=MwNP1Ure28Q">https://www.youtube.com/watch?v=MwNP1Ure28Q</a> * <b>Push ups x 5-10 slowly</b> <a href="https://www.youtube.com/watch?v=Eh00_rniF8E">https://www.youtube.com/watch?v=Eh00_rniF8E</a>  Run through these 1 2 or 3 times depending on your time available.	2hrs
2. <b>Build on success from week 1, start building in 1%'ers</b>	1hr MTB Ride on trails you know are suited to your ability. Include riding hills. What is your 1%'er focus today? The easiest thing for beginner mtb'ers to improve is their hill climbing.	Spin Class at gym, Indoor stationary trainer at home or 45mins of riding on bitumen or road with some intensity to improve fitness	Core as per week 1	2hrs
3. <b>Consider a skills course?</b>	1hr of MTB riding on trails you know. This is week 3 and all going well you have now done 3 MTB rides. Well done.	Spin Class at gym, Indoor stationary trainer at home or 45mins of riding on bitumen or road with some intensity to improve fitness	Core as per week 1	2hrs

<p><b>4.</b></p> <p><b>Skills Course? Add an extra ride or time this week.</b></p>	<p>2 rides or 1 longer ride. This may include booking into a skills course as well. "You don't know what you don't know!" By week 4 all you need to do is keep showing up and fitness will improve as will skills.</p>	<p>Spin Class at gym, Indoor stationary trainer at home or 45mins of riding on bitumen or road with some intensity to improve fitness</p>	<p>Extend Core session out to a 20 min block or do 2 x 10 min blocks over the course of the week.</p>	<p>2.5hrs</p>
<p><b>5.</b></p> <p><b>Re assess your 1%'ers - where do you honestly need to improve?</b></p>	<p>1 x Longer ride with group. Aim for 20km today or if you are already happy riding 20km of single track, then it might be time to add some more climbing!</p>	<p>If the spin class is working for you great...but you can also add in what I call the Hour of Power. Just a quick blast around your local neighbourhood or bike paths where you give it everything for 1hr.</p>	<p>Extend Core session out to a 20 min block or do 2 x 10 min blocks over the course of the week.</p> <p>Are you stretching as well? Even 5 mins once a week is better than zero minutes.</p>	<p>3hrs</p>
<p><b>6.</b></p> <p><b>Keep going, you are half way.</b></p>	<p>1hr race pace time trial. How much distance can you travel on your favourite and fun mtb trails in just one hour? This will give you an idea of what to expect for the Odyssey Angels ride.</p>	<p>1hr of Fitness based riding. Spin, outdoors...whatever works for you.</p>	<p>Core and Stretching</p>	<p>2.5hrs</p>
<p><b>7.</b></p> <p><b>What is holding you back? Assess and address realistically.</b></p>	<p>Do you need another skills session? Do you need to ride the 30km course? 1 x Skills based ride 1 x endurance based MTB ride</p>	<p>1 x 1hr Fitness based ride. Spin class, hour of power etc...</p>	<p>Core x 20 mins ( or 2 x 10 mins) Plus stretching</p>	<p>3.5hrs</p>
<p><b>8.</b></p> <p><b>Maintain momentum. Build on 1%'ers again.</b></p>	<p>1 x 2hr MTB ride on weekend at a steady pace with practicing drinking and what you will eat on the day of event.</p>	<p>1 x 1hr Fitness based ride. Spin class, hour of power etc...</p>	<p>Core x 20 mins ( or 2 x 10 mins) Plus stretching</p>	<p>3.5hrs</p>

<p>9.</p> <p><b>Re-do your 1hr MTB time trial</b></p>	<p>Re - do the 1hr race pace time trial. How much distance can you travel on your favourite and fun mtb trails in just one hour? This will give you an idea of what to expect for the Odyssey Angels ride. Can you ride further and faster than your last ride?</p>	<p>1 x 1hr Fitness based ride. Spin class, hour of power etc...</p>	<p>Core x 20 mins ( or 2 x 10 mins) Plus stretching</p>	<p>2.5hrs</p>
<p>10.</p>	<p>Race course reccy, or a 30km ride close to home on mtb single track. Take your time today and even work on some sessioning of logs or corners with a friend or 2.</p>	<p>1 x 1hr Fitness based ride. Spin class, hour of power etc...</p>	<p>Core x 20 mins ( or 2 x 10 mins) Plus stretching</p>	<p>4hrs</p>
<p>11</p>	<p>Head out for a fun, easy, social mtb ride and reflect on how far you have come in 12 weeks. Talk (or think if solo) about what you want to achieve next weekend and get EXCITED! 1.5hrs</p>	<p>1 x 1hr Fitness based ride. Spin class, hour of power etc...</p>	<p>Core x 20 mins ( or 2 x 10 mins) Plus stretching</p>	<p>3hrs</p>
<p>12.</p> <p><b>Odyssey Angels</b></p>	<p>30km Race/Ride This is what you have trained for. "You won't always be the best, You can't always be your best, However you can ALWAYS DO YOUR BEST!" No regrets, have fun, set out to do what you said you would and practice your best paparazzi smile for the cameras.</p>	<p>Keep up your regular weekly fitness class or 1hr ride, but back off on intensity today, just ride with a smile instead, knowing you have done all the work.</p>	<p>Core x 20 mins ( or 2 x 10 mins) Plus stretching</p>	<p>4hrs</p>