Otway Odyssey Training Program

Prepared by Adam Kelsall from Hero Dirt Cycle Coaching

(This extensive program has been prepared by a renowned UCI Level 2 coach and is provided to help you prepare for either the 100km or 50km Odyssey races. If you want a customised plan that better matches your situation we strongly encourage you to contact Adam Kelsall directly to prepare a specific plan for you on a paid basis. Contact via Facebook: HeroDirt Cycle Coaching).

Congratulations!

Congratulations on signing up for the Otway Odyssey 100 or 50km. The 100km is a beautiful beast! A behemoth of a day that journeys from the Ocean to the heart of the Otways. The trails dance the spectrum from divine flow of Red Carpet to seemingly hundreds of relentlessly steep rutted hell climbs. As huge as the Odyssey 100 is, with a detailed plan for mind and body it is also a very manageable day.

The 50 is much more sociable, the whippets race it as an XCO plus a bit that they barely notice while for weekend warriors it's a challenging ride linking Forrest's very best single track, with the bonus that once you finish you'll have plenty of time to heckle your mates still plugging away at the 100.

How should I train for the Otway Odyssey?

I'm showing my age here but remember those choose your own adventure books back in the day, where you skipped to page whatever or whichever? Good news is you can choose your own adventure with this article. If you want to read the theory behind the plan keep reading from here, if you want to skip straight to the plan go right ahead and come back to the theory later or not at all…I wont be offended.

Both the 100 and 50km are endurance based events, the defining feature of any endurance event is that the longer it goes the more the body and mind wants to slow down.

So here's a little hint for the Odyssey 100 & 50…

Those who slow down the least, do the best.

This plan is to help minimise how much you slow down over the 100 or 50km by training the following…

Pacing – Based on training choosing a pace that you can sustain for the whole 50 or 100km
Nutrition - Consuming enough nutrition for your body to have the required fuel to metabolise to create the energy required to maintain your chosen pace
Efficiency - Being efficient over the terrain so the body uses less energy to maintain your chosen pace.
Skills - Improving your skills so you can maintain speed through technical trails.

Summary - As much as this training plan is about getting you fit to start the Odyssey, it's also about starting from what training theory says you should do and then individualising with trial and error to suit what you can do. The pace you can sustain, the food you should eat to maintain that pace and being better at riding single track and climbing so you are more efficient, use less energy and the sum of all those parts should add up to you slowing down less throughout the race.

Who is this plan designed for?

It's designed for someone who works full time and already rides a couple of days a week and wants to achieve a personal best at the Odyssey. If you've got more time to train each week than is indicated in the program I would recommend doing more volume (kilometres or hours), not more intensity. If you've got less time shorten the warm

ups and warm downs and cull some of the in between rides, but be sure to maintain the rides with efforts and the long Saturday rides.

Methodology

A few of of you (like me) might love geeking out on training theory and physiology and want to know where the theory for this plan come from. Here is the background that informs this plan, in links, so it doesn't take up the whole article ☺

Progressive overload
Polarised training
Periodisation and mesocycles
Threshold (FTP) training
Vo2 training
Improving hill climbing

How hard should I go in each training sessions?

This plan uses the Borg scale of rate of perceived exertion (RPE) . Why? It makes it accessible if you don't have a heart rate monitor or power meter. Also RPE is shown to be extraordinarily effective at measuring intensity, more here.

Don't get me wrong though, I'm not some tech curmudgeon and most of the athletes I train use power or heart rate or both, they like these tools because it helps them ensure the hard rides are hard, I like them because it ensure their easy rides are easy! If you have access to power or heart rate and want to follow this program here is a guide to help you convert Borg RPE (left hand column) to HR or power zones. The "how does it feel" column is pretty helpful reading as well. Courtesy of the sufferfest.

RPE (PERCEIVED EXERTION)	EFFORT TYPE	ZONE	POWER ZONE (PZ)	HEART ZONE (HRZ)	INTERNAL MONOLOGUES	HOW DOES IT FEEL?
0-2.5	Active Recovery	1	<55% of FTP Your power range:	<70% of LT Your HR range:	I'M HARDLY TRYING OVER HERE!	• Beer, pizza, donuts. • Easy spinning and minimal pressure on the pedals. • Concentration required to maintain such an easy pace (unless you just finished an interval) • Used for recovery between intervals and on days of active recovering.
3-4.5	Endurance	2	55-75% of FTP Your power range:	<70-87% of LT Your HR range:	NOT TOO HARD, NOT TOO EASY, THIS FEELS JUST RIGHT!	• "Not too hard, not to easy, this feels just right!" • All day pace. • Sensations of leg effort/ fatigue will be low for up to 4 hours at this pace • Some concentration required to maintain (especially when outside: easing off on an uphill and pushing a bit on a downhill).
5-6	Tempo	3	75-91% of FTP Your power range:	87-95% of LT Your HR range:	IT'S NOT THAT IT'S PAINFUL, I JUST DON'T WANT TO BE HERE ALL DAY	• "It's not that it's painful, I just don't want to be here all day" • Pace you would be able to maintain for a few hours, if done continuously will not feel difficult for the first 45-60 min • Greater sensation of fatigue and moderate amount of force on the pedals.
6.5-7	Sub Lactate Threshold (LT)	4a	91-100% of FTP Your power range:	95-100% of LT Your HR range:	HEY, THIS IS STARTING TO HURT!	• "This is starting to get painful" • About the effort you could sustain for 60-90 minutes at most. • Fatigue is starting to build up in the legs. • Concentration is required to maintain a steady effort at this level. • Conversation is possible, but you won't feel like talking after extended amounts of time at this effort.
7.5-8	Supra Lactate Threshold (LT)	4b	100-110% of FTP Your power range:	100-105% of LT Your HR range:	MY GOODNESS... PLEASE MAKE IT STOP	• "I don't have to do this for that long, right?" • The effort you could hold - with difficulty - for 30-60 minutes when completely fresh. • You need to stay focused when doing these types of efforts, especially towards the end of an effort when the pain is really hitting you
8.5-9.5	VO2Max	5	110-135% of FTP Your power range:	105%-MAX of LT Your HR range:	I WOULD RATHER RIP OUT MY TOENAILS THAN GO THROUGH THIS!	• "My goodness... Please make it stop!" • This is the effort you can sustain for 3-8 minutes (continuously) • You might be able to get out a word or two, but you certainly won't want to. • Due to the short length of these efforts average heart rate is not the best way to gauge these efforts (since heart rate is slow to respond to efforts).
10	Anaerobic Capacity / Neuromuscular Power	6	135-00% of FTP Your power range:	N/A	I'M GOING AS HARD AS I CAN! I CAN'T GO ANY HARDER!	• "I would rather rip out my toenails than go through this!" • This effort level ranges from 1-30 seconds in sprint type efforts, and 30 seconds - 3 minutes for more "controlled" efforts. • Concentration requirements are: "Keeping going as hard as you can"

Training for adaptations not fatigue.

Well known coach and coach educator Joe Friel coins one of my favourite coaching philosophies beautifully when he says "nobody ever got faster by adding more fatigue".

This plan isn't about smashing yourself with hard rides day in day out until you're stuffed. That's the old school way.

This plan is about training to create physical adaptations across all your energy systems so they can all be tip top to help you get through race day. What do I mean by that? Well the body is remarkably trainable, except for genetic limitations (like the size of your lungs, more on that later). Consistently riding your bike creates changes in your body to make you more efficient at riding your bike, what an awesome body we get! So much scope for improvement, even an easy ride create adaptations.

So this program is designed to target adaptations that are Odyssey specific with a plan that allows plenty of recovery in between. The rest and recovery part of training is when your body adapts and gets stronger so is an equally important pat of the training cycle. Don't think of training as just the bike riding bit and then you rest, think of the resting part as training as well. Stress + rest = growth.

Most of the plan is either Easy rides/recovery (0 – 2.5 RPE), Endurance/Zone 2 (3 – 4.5 RPE), Threshold (6.5 – 8RPE) and Vo2 Max (8.5 – 9.5 RPE). You can find out more about each zone and the physiological adaptations it creates in a great table here

Key workouts in the this plan

Easy rides/recovery (Borg - 1 to 2.5/10) – used for active recovery and between hard intervals.

Hill rides (Short and sharp hills (8.5 – 9.5/10), (Long rhythm climbs (5 to 7/10) – are in the plan because the Odyssey is hilly so focusing on them gives your training specificity to the demands of the event. Short punchy climbs feature throughout the follow the dog and Yaugher single track. Long climbs feature at the start out of Apollo bay and much of the next 50km and definitely should be incorporated into your overreach and Saturday hill rides.

There is some evidence to suggest that riding long hills makes you better at riding long hills, especially biomechanically, mostly you want to learn to pace long climbs (15 – 20mins) without burning to many matches. To ensure this, as much as possible practice climbing below your lactic threshold, aiming instead to climb at tempo (5-6 out of 10 RPE). As soon as you go above threshold your muscle cells accumulate metabolites that effect their ability to function (contract and relax) as effectively as they do without those metabolites present. Unfortunately there are climbs in the Odyssey that are so steep you'll have no choice but to be above threshold just to keep your bike moving. So on the climbs where you can control intensity keep it tempo (6/10 RPE) and save your matches for the nasty climbs that are going to force you above threshold.

Over reach rides
The plan is structured so that every month there is one overreach ride, adding up to four total in the lead up to the Odyssesy. The week leading into the overreach ride there is a mini taper. This is another chance for you to individualise the program a little bit. Tapering is very individual and different individuals respond differently to the load coming off. What is agreed is during taper week some intensity should be maintained and the load should be reduced. This allows the continued stimulation of the peripheral nervous system so it's ready to go on race day while removing fatigue from the muscles through muscle fibre repair and metabolite removal. Use these mini taper weeks to trial and error different intensities, different rest day's and different nutrition loading until you find what combination of rides works best for you and leaves you feeling the best during your overreach ride then lock that in as your plan for your final race week taper.

The overreach ride is also a chance to try out your nutrition during a ride that simulates the Odyssey. Your aim is to consume 1gram of carbohydrate (CHO) per kilogram of bodyweight per hour.

Based on this make a plan to consume 60/70/80/90 grams of carb per hour depending on which of those matches your bodyweight. It doesn't have to be food, there are also plenty of carb mixes that you can put in your bottle. The hard as nails crew can consume the same nutrition the whole race – bananas and gels till the cows come home. I would suggest variety will make the food more appealing and more likely to be consumed especially later in the race when you are fatigued out of your brains but still need to eat.

Over reach rides are also a great chance to try out the kit you are planning to wear so you know how it goes over many hours, how you layer your clothing (its often cold at the start and quite warm to very hot by halfway through), working out what to carry in your hydration pack and where to put it to be easily accessible.

Finally the overreach rides are a great opportunity to have a fun long ride with mates. But I'd also suggest at least one overreach ride on your own to get used to that alone feeling that can be experienced many times during the Odyssey.

Finally practice your pacing during your overreach rides. You know that thing you think of how you are gonna give a 110% on race day? That's not really a thing. Instead race day will end up being the average of your training. So on your over reach rides try to match the terrain to the Odyssey terrain (length and vert) or get on the real course if you can and experiment with different paces till you find the one that is going to get you through.

Hot tip – the human body seems to work best with a consistent effort/pace, it doesn't love surges and changes of pace, it'll deal with it but it's not a favourite. And if you can doing a couple of your overreach rides on the Odyssey course, this will make a world of difference to your race day both physically and mentally.

Skills

Skills are one of the keys to being efficient on the bike, particularly on single track. Being able to hold speed through and out of corners takes far less energy than braking and having to pedal out of them. Holding speed on a descent allows you to slingshot further up the next hill before having to pedal than if you descend with less speed. So practice the skills sessions I've put in on your Sundays. Get your kids and loved one's involved so they can have fun, improve their own skills and get a bit more buy in to what you are doing.

Threshold training

Lactic threshold or FTP is the point (measured by heart rate or power) at which your body can no longer resynthesise lactate, there is debate about whether threshold is a line or a zone. Whatever. What you need to know is that theoretically you can ride at threshold for only about an hour, and you aint gonna ride the Odyssey in an hour! Once you go above threshold you are going at a pace you cant sustain for a long time and you are burning carbs which also have a brief timeline, instead of metabolising fat which with the help of a bit of caffeine is theoretically unlimited by time, check out Jason English going all human guinea pig to test this with a 240km ride on a few cups of coffee, don't try this at home!

The incredibly fantastic news is that your threshold is very trainable. And by training it you can make it occur at a higher heart rate than it currently does. So you can ride harder for longer in your fat burning zone and avoid the metabolic nasties that occur once you go over threshold.

Vo2

Vo2 max is the plateau that indicates you've reached the maximum amount of air (o2) you can get into your body and for most us it occurs at high intensity exercise. Unfortunately doing Vo2 efforts doesn't increase the amount of air you can get into your body , this is limited by the size of your lungs which is limited by your choice of parents (damn!), but vo2 efforts do increase the effectiveness and efficiency of what your body does with that air once it gets it in.

Vo2's are really hard efforts, they hurt and require enormous concentration and practice to master. But there will be times in the Odyssey where the terrain forces you into the Vo2 zone particularly in the steep climbs of the first 50km. So it's best to train and adapt so your body is ready for these vo2 bursts.

You will notice Vo2 efforts are in the plan for a few weeks in a row. This is because not only do vo2 efforts create muscular and cardiorespiratory gains, they also put a lot of stress on your neuromuscular system, it takes a lot for the brain to fire all those muscle fibres to contract with all that force. Remember that thing I said about the body being really trainable? And training for adaptions? Once you've done vo2s the body signals to get prepared just in case that the crazy driver of this body is going to do those hard efforts again anytime soon, which you are, next week! Something vo2 efforts do is 'thicken' the neurological pathways from the brain to the muscles so they fire more efficiently, creating more force, but one of the other adaptions is increased muscle fibre recruitment. In fact the first few times you do them all the improvement comes from Neuromuscular adaptations.

So every time you do vo2s even though they make you feel sickly and swear at me they are creating some really neat adaptations that will help you ride the most hurty bits of the Odyssey better, so be patient with these and know that it takes a few weeks to feel the gainz you are tatrgeting.

Fartlek

Training is not all about the atrocious feels of vo2's. Have some fun on the bike! Fartleks are interval efforts stolen from running. Once you've warmed up start to pick targets in the distance, it could be a Kebab shop up the road, it could be a rare species of Orchid close by. Whatever it is put the hammer down and sprint your guts out to the target. Once there recover for a bit and then pick another. Great fun with mates or on your own, enjoy!

Warming up

You should be well warmed up before any fartlek, threshold, vo2, or hill efforts. Human physiology loves a nice linear warmup so try out something along the lines of 15 – 20mins (2/10) just letting the pedals fall over themselves, then gradual intensity increase adding 1 point of perceived exertion per minute up to 7 or 8 out of 10. Easy for two minutes. Then 3 x 15 – 20sec hard sprints with a minute between. Then you should be good to go for your efforts.

Individualizing the plan to suit you

1. Train with mates – many of the sessions have an easy bit, then the efforts, then some more easy bits. Doing the efforts, particularly hills and 40/20s with mates is incredibly motivating compared to doing them on your own
2. Mix up the trails and roads you ride on, explore and enjoy new areas, your weekend long rides are perfect for this, the bike is a beautiful vehicle to explore the awe and wonder of being outside, embrace this.
3. If you don't have time to do the full session chop out a bit of the volume and a bit of the efforts ensuring that you get quality warm up and cool down before and after efforts respectively.
4. Put your overreach ride in whichever week of the month most suits you. It doesn't have to be where it is on the plan. But if you do shift it shift that whole week so you get an easier taper week leading into the overreach ride.
5. If the opportunity arises throw in some races, racing of any distance will improve you. Just be sure to adjust the plan by tapering leading in and recovering after the race.
6. Never bail on efforts until you're into the second or third one, give your body (and mind) time to adjust to how hard the effort is. If after the second or third they are still feeling lousy drop the intensity 1 notch and see if that helps. If not then bail on the efforts and ride easy. On the other end of things towards the end of a set if you are taking a lot longer to do an effort than you were for the first few then it's better to stop, you are not reaching the level of effort required to create the adaptation you are targeting.

The plan

October Focus

Bike – Getting used to consistently training on the bike a couple of days in a row. Getting some skills instruction or setting aside your Sunday to work on skills. Some tempo efforts towards the end of the month to prepare for threshold efforts next month.
Nutrition - Experimenting with different food during your rides, working out what you like, what feels good in your gut and what you doesn't and eliminating any nutrition that gives you gut issues. Note – your gut is trainable! More here
Recovery – Swap out a couple of processed foods a week for raw, less processed food. Consume protein post ride and also try to have an equal distribution of protein across meals and snacks throughout the day

October Training

Week Starting	Weeks to go	Mon	Tue	Wed	Thur	Fri	Sat	Sun	Total
05/10	**19**	Rest Day	Easy trail ride (60mins) (3- 4/10)	Easy road/bike path ride (60mins) (2/10)	Fun trail ride (60min) (3- 4/10)	Rest Day	**100km & 50km** Long low intensity ride on trails – 120mins (3 - 4/10)	Sunday Skills (60mins) (2/10) Attack position and bike set up Flat corners	6 hours
12/10	**18**	Rest Day	Easy trail ride (60mins) (3- 4/10)	Easy road/bike path ride (60mins) (2/10)	Fun trail ride (60min) (3- 4/10)	Rest Day	**100km & 50km** Big hills ride – 120mins (5 – 6/10)	Sunday Skills – (60mins) (2/10) Cornering	6 hours
19/10	**17**	Rest Day	Trail ride with 3 x 5min @tempo (5-6/10) with 5mins btwn (75mins) (3 – 4/10)	Easy road/bike path ride (60mins) (2/10)	Trail ride with 10 x 30sec @(5-6/10) /15sec@(2/10) (75mins) (3 – 4/10)	Rest Day	Monthly Overreach ride – **100km** 50km on trails (180 - 240mins) (3 - 4/10) **50km** 25km on trails (3 - 4/10)	Sunday Skills – (60mins) (2/10) Railing and linking berms Ignore the jumps!	(7.5 – 8.5) hours
26/10 Easy week	**16**	Rest Day	Easy trail ride (75mins) (3- 4/10)	Rest Day	Fun trail ride (75mins) (3- 4/10)	Rest Day	**100km & 50km** Fun trail ride (90mins) (3- 4/10)	End of the month extra rest day	4 hours

November Focus

Bike – maintaining consistency and starting to add some intensity in the form of longer threshold efforts (6 – 7/10) and short punchy vo2 efforts (9/10) . Saturday long ride should be on trails.
Nutrition – Working out the amount of nutrition you need and can absorb per hour, use the formula 1g CHO/kg/hr and then on your rides try a bit more and a bit less till you nail what works.

Recovery – Aim to restore 100% fluid balance as quickly as you can post ride – weigh yourself pre and post ride and drink 150% times the difference with 25mg of sodium. The easiest way to do this is drink Oak ☺ chocolate milk (125mg sodium) and then the balance in water. Every second week add in a Friday easy ride, if you feel like two rest days a week worked better for you then stick to that.

Strength – Add in two days a week of body weight strength/core workouts, probably best on your rest days. There is some good stuff in this area on the interwebs but for optimal outcomes see an S & C professional.

November Training

Week Starting	Weeks to go	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total
02/11	15	Rest Day	Trail ride with 5 x 3min at threshold (6-7/10), 3min easy (3/10) (90min)	Easy road/bike path ride (2/10) (60mins)	Threshold Trail ride 2x (10 x 30sec @(7/10) /15sec@(2/10)with 10min easy btwn (75mins)	Easy recovery ride (2/10) (60min)	**100km** Big hills ride– (180mins) (4/10) **50km** (150mins) (4/10)	Skills (60min) Pumping	9hrs
09/11	14	Rest Day	Trail ride with 4 x 4min at threshold (6-7/10), 4min easy (3/10) (90min)	Easy road/bike path ride (2/10) (60mins)	Threshold Trail ride 2x (10 x 40sec @(7/10) /20sec@(2/10)with 10min easy btwn (75mins) (3 – 4/10)	Rest Day	**100km & 50km** Fast trail ride (120mins) (5-6/10)	Social trail ride with family or friends (90mins) (2 – 3/10)	7.5hrs
16/11	13	Rest Day	Trail ride with 4 x 5min at threshold (6/10), 4min easy (3/10) (90min)	Easy road/bike path ride (2/10) (60mins)	Vo2 Trail ride 2x (10 x 30sec @(9/10) /15sec@(2/10)with 10min easy btwn (75mins) (3 – 4/10)	Easy ride (2/10) (60min	**100km** Long low intensity ride on trails (180mins) **50km** 150mins (3 - 4/10)	Skills (60min) Steep downs	9hrs
23/11	12	Rest Day	Mostly Easy ride with 10 x 40/20s once warmed up (60mins)	Easy MTB on flowy trails (3-4/10) (40mins)	Vo2 Trail ride 2x (10 x 40sec @(9/10) /20sec@(2/10)with 10min easy btwn (75mins) (3 – 4/10)	Easy trail ride on fun flowy trails (30min)	**100km** Monthly Overreach ride – 60km on trails including long continuous climbing efforts (240mins)	Easy recovery ride (2/10) (60mins)	7hrs 10mins

							(3 - 4/10) **50km** 30km on trails (3 - 4/10)		
30/11 Easy week	11	Rest Day	Fartlek for some intense fun ☺ (8-9/10) (90min)	Rest Day	Fun trail ride (3- 4/10) (90min)	Rest Day	**100km** Fun fast trail ride (120min) (5-6/10) **50km** (90min) (5-6/10)	Rest Day	5hrs

December focus

Bike – using the good weather to enjoy long rides with long climbs that replicate the Odyssey course or do the long climbs on the Odyssey course!. Lots of trail time to work on skills, flow and being efficient on the bike.
Nutrition – Don't ever be hungry from now till race day. Your body needs fuel to exercise.
Recovery - If you start getting hot on rides when you return aim to get back to normal temp as quick as possible with a swim or cold shower. Getting the body back to homeostasis as promptly as you can enables quicker recovery. Get a massage fortnightly or monthly at least from now to race day

December training

Week Starting	Weeks to go	Mon	Tue	Wed	Thur	Fri	Sat	Sun	Total
7/12	10	Rest Day	Trail ride (3/10) with 2 x 10min at threshold (6 - 7/10), 5min easy btwn (3/10) (120min)	Easy ride (90mins) (2/10)	Hills Trail ride (3/10) with 5 x 20 – 30sec climbs. (9/10) (90min)	Rest Day	**100km** Long low intensity ride on trails – (210mins) (3 - 4/10) **50km** 180mins (3 - 4/10)	Social trail ride with family or friends (90mins)	10hrs
14/12	09	Rest Day	Trail ride with 3 x 8min at threshold (6 - 7/10), 4min easy (3/10) (120min)	Easy ride (90mins) (2/10)	Hills Trail ride (3/10) with 5 x 40 - 50sec climbs. (9/10) (90min)	Easy ride (2/10) (60min)	**100km & 50km** Fast trail ride (150mins) (5 - 6/10)	Skills (60min) Drop offs (start small!)	9.5hrs
21/12	08	Rest Day	Trail ride with 1 x 20min at threshold (6 - 7/10), 4min easy (3/10) (120min)	Easy MTB on flowy trails (3/10) (45mins)	Hills, once warmed up punch as hard as you can up 5 x	Rest Day (Happy Christmas!)	**100km** Boxing day Overreach ride – 70km on trails (3 - 4/10) (270mins) **50km**	Easy recover ride (2/10) (60min)	10hrs

					60sec climbs. (9/10) (90min)		40km on trails (3 - 4/10)		
28/12 Easy week	07	Rest Day	Fun easy trail ride (3/10) (90min)	Rest Day	Fun easy trail ride (3/10) (90min)	Easy ride (2/10) (60min)	**100km & 50km** It's holidays – hit up some trails with mates and enjoy some fun on the bike after all that training (90mins) (5 - 6/10)	Rest Day	6hrs

January focus

Bike – By the end of January you should have completed a 80km ride on trails with the same vert as the Odyssey

Nutrition and Pacing – By the end of January worked out approx how many hours (based on the above ride) the Odyssey is going to take you. Grams per hour of carb you need per hour and what food and drink you are going to consume to achieve this. Having this all planned and written down gives a lot of confidence for race day.

Recovery – SLEEP!! You've probably got some time off in January, make it a goal to sleep most nights more than you have in a long long time. It's well proven to be the best, (the BEST!) recovery tool at your disposal.

Week Starting	Weeks to go	Mon	Tue	Wed	Thur	Fri	Sat	Sun	Total
04/01	06	Rest Day	Trail ride with 30min fast (6-7/10) (120min)	Easy ride (2/10) (90mins)	5 x 2min hills (9/10) (90min)	Rest Day	**100km** Long low intensity ride on trails – (210mins) (3 – 4/10) **50km** 180mins (3 – 4/10)	Social Sunday trail ride (90min)	10hrs
11/01	05	Rest Day	Trail ride with 40min fast (6-7/10) (120min)	Easy ride (2/10) (90mins)	5 x 3min hills (90min)	Easy ride (2/10) (60min)	**100km & 50km** Big Hills ride (180min) (5 – 6/10)	Skills (60min) Steep climbs	10hrs
18/01	04	Rest Day	Easy trail ride (75mins)	Easy MTB on flowy trails (3/10)	Rest Day	Easy spin (30min)	**100km** Monthly Overreach ride –	Social Sunday trail ride	9.5hrs

				(40mins)			80km + on trails (5 – 6hrs) (3-4/10) **50km** Fast 50km on fire roads and trails (3-4/10)	(90min)	
25/01 Easy week	03	Rest Day	Trail ride with 3 x 15min fast (6-7/10) with 5min easy (2/10) btwn (120min)	Easy ride (2/10) (90mins)	3 x 6min hills (90min)	Rest Day	**100km** Fast trail ride (5-6/10) (120mins) **50km** Fast trail ride (5-6/10) (90mins)	Skills (60min) Riding ruts (2/10) (60min)	8hrs

February focus

Bike – tapering off the kilometres/hours but keeping intensity, so you keep speed and fitness but get rid of fatigue. Get your bike serviced – especially the drive train, brake pads, check there is plenty of sealant in the tyres and if you can get your suspension serviced so your bike feels brand new on race day.
Nutrition – Eat really well every day. Try to achieve caloric equilibrium so you are well fuelled as mentioned earlier distribute protein evenly throughout the day. Keep practicing your nutrition plan when training.
Recovery – sleep, massage, foam roller, cold water after riding, clean nutrition.

Week Starting	Weeks to go	Mon	Tue	Wed	Thur	Fri	Sat	Sun	Total
01/02	02	Rest Day	Trail Ride with 8 x 1km above race pace(8-9/10), 1km easy btwn (2-10) (90mins)	Easy ride (60 min)	10 x 1min over/under done as 10 x 1min @9/10, 1min @7/10 (90mins)	Rest Day	**100km & 50km** Fast hilly trail ride (120min) (5-6/10)	Easy recovery ride (2/10) (60min)	7hrs
08/02	01	Rest Day	Trail Ride with 5 x 1km above race pace(9/10), 1km easy btwn (2/10) (90mins)	Easy ride (60 min)	Trail ride with 2 x (6 x 30sec hard (9/10), 30 sec easy (2/10) with 5mins btwn	Rest Day	**100km & 50km** MTB – 20min easy, 8min intensity build, 2min easy, 30min race pace. 30min super easy. (90mins)	Easy ride (2/10) (60mins)	6.5hrs

					(90mins)				
15/02	Race Week	Rest Day	Easy ride with 10x40/20s once warmed up (60mins)	Easy MTB on flowy trails (45 mins)	Rest Day	Easy ride around trail 4&5 at Forrest Southern trail head before registration. Include long warm down and post ride nutrition as a priority.	RACE DAY!!!! Enjoy and stick to your pacing and nutrition plan!		

About HeroDirt Cycle Coaching

HeroDirt Cycle Coaching is run by Adam Kelsall. Based in Torquay Adam is a Level 2 UCI Mountain Bike Coach who has provided performance support to the Australian team at the last three Mountain Bike World champs, coached junior, u23 and Masters Australian XCC & XCO Champions as well as 24hr age group and Single speed world champions. Adam is a also a coach educator for Mountain Bike Australia and an exam and placement away from completing his sports science degree at Deakin University.

Can be found at the following

Facebook: HeroDirt Cycle Coaching
Twitter: @heroDirtCycling
Insta: @adzapples

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