

SUNDAY TRIBUNE

Jeep 

# Hill 2 Hill

SEPTEMBER 20, 2009

NO GUTS, NO STORY

HILTON 2 HILLCREST

KWAZULU-NATAL



## Hill 2 Hill Single Track Minded Training Program

**Most important, this is a journey, not a destination. So have fun in getting there and enjoy the journey!!**

There is no such thing as a generic training program, so please understand that these are guidelines that you should use to fit into your life and work schedule. So let's get the basics right:

- You participate in this training program at your own risk. If you experience any physical condition, please consult your doctor immediately.
- Training with a heart rate monitor is essential. If your resting heart rate is 5 beats higher than normal, stay off the bike and **rest**. If your resting heart rate is 10 beats higher than normal, consult your doctor.
- This training program is for a person with average fitness, assuming that you currently ride at least 5 hours per week. (if not then slowly, but consistently increase your time on the bike in the first 5 weeks)
- The secret to any successful training program is consistency and discipline – you can not train for Hill 2 Hill once a week! So plan your diary and you will have an awesome experience on the day.
- **The first 4 weeks of the preparation phase is at low intensity and long duration. You want to build general endurance. This is called laying your base and is the most important part of the training. Some might experience difficulty in riding slow but this is the key so be it slow and low work rate.**
- **Weeks 5 to 10, you should really increase your time on the bike. Now you can work hard on a hilly route at 70-80% on alternative days and take an easy ride at 65% on the other days. Remember BUILD! Don't force.**
- **Weeks 11-14 – Your legs should be used to long endurance rides. Now concentrate on building power and strength i.e. hill climbs and endurance intervals. Make sure that you fit in one long 6+ hour ride per week**
- **Week 14 you will taper down and make sure that you eat and sleep well and plan your big day experience with regards to food intake bike spares etc.**

Week	Starting from date	Activity
1	14/06/2009	Ride 6 to 8 hours per week at 40% effort
2	21/06/2009	Ride 6 to 8 hours per week at 50% effort
3	28/06/2009	Ride 6 to 8 hours per week at 50% effort
4	05/07/2009	Ride 6 to 8 hours per week at 50% effort
5	12/07/2009	Ride 6 to 8 hours per week at 65% effort
6	19/07/2009	Ride 8 to 10 hours per week at 60 to 80% effort
7	26/07/2009	Ride 8 to 10 hours per week at 60 to 80% effort
8	02/08/2009	Ride 8 to 10 hours per week at 60 to 80% effort

9	09/08/2009	Ride 8 to 10 hours per week at 60 to 80% effort
10	16/08/2009	Ride 8 to 10 hours per week at 60 to 80% effort
11	23/08/2009	Ride 6 to 10 hours per week at 65-85% effort
12	30/08/2009	Ride 6 to 10 hours per week at 65-85% effort
13	06/09/2009	Ride 6 to 10 hours per week at 65-85% effort
14	13/09/2009	Rest, eat good healthy food and take the family out to supper to say thank you for time spent away from home
Race	20/09/2009	Hill 2 Hill

**Stay healthy!** Eat enough vegies and fruit and take enough supplements to boost the immune system during long endurance training.

**Stay hydrated!** The summer is here. A well hydrated person can ride the next day and the next day – Beer and coffee is not an alternative for water. Or have one beer and one class of water, if you must! Start now to experiment with a supplement that will taste good after 3 days and will replace carbs, sodium, potassium lost during hot rides. FIT, OCTANE and CARBO CHARGE are recommended, but needs to be tested well in advance of race-day

**Spinning:** If you can cycle on your bike then cycle, but if spinning/stationery trainer is the only alternative, then I suggest that you do double spin classes or cycle for an additional 20/30 min before of after the spin class – a lot of people are disillusioned when their legs just goes lam even after all the spin classes they have been doing – spinning is a high intensity, short duration activity – you need to get the endurance element into your training program

**Gym:** Gym is not essential, but can give you the strength for a excellent 3 days. These are guidelines and should be adapted to your own body (and old injuries). 2 x 60min workouts (NB! On non-consecutive days). Choose from the list to cover a range of muscle groups. Cycling over develops the quads so concentrate on the hamstrings. Also concentrate on the stomach muscles and the stabilizers to give your back the support it will need on a long stage race. Do more repetitions with less kgs.

Upper body:

- Crunches
- Back extensions
- Bench presses
- Military presses
- Bent rows
- Upright rows
- Lat. pull downs
- Dumbbell flies
- Triceps extensions
- Biceps curls
- Legs
- Hamstring curls
- Leg extensions
- Calf raises
- Leg presses
- Squats
- Seated rows

## **Nutrition and Hydration**

A balanced diet includes the following 5 food groups:

- Breads and Cereals
- Fruits and Vegetables
- Dairy products
- Meats
- Fats and Oils

## **Healthy diet pyramid**

### **EAT MOST of**

- Vegies
- Cereals
- Fruit
- Wholegrain cereals
- Breads
- Peas
- Beans Lentils

### **EAT MODERATE of**

- Lean meat
- Milk
- Cheese
- Chicken
- Fish
- Eggs
- Yoghurt

### **EAT LEAST of**

- Too much salt/sugar/margarine

## **CARBOHYDRATES**

Are the bodies primary source of energy

Carbohydrates are broken into 2 groups

Simple - Includes Sucrose, Fructose, Glucose, Lactose and Maltose

Complex - Includes Pasta, Cereals, breads & Rice

## **FATS**

The secondary source of energy, however it is used primarily for low intensity endurance exercise.

Fat fuels are not as efficient as carbohydrates as more O<sub>2</sub> is required.

Athletes need to ensure fat contributes no more than 25% - 30% of total kilojoules consumed

## **PROTEIN**

Essential for the growth & repair of the bodies tissues

Proteins are made up of amino acids

Can be found in animal & plant foods

No one plant food is a complete source of essential amino acids and are therefore a incomplete sources of protein

### **Recommended daily intake of protein**

Endurance athletes

- 1 to 1.2 grams per kilogram of body weight

Power Athletes

- 1.3 to 1.6 grams per kilogram of body weight

## **Vitamins & Minerals**

Vitamins assist with growth and maintenance of body functions

Minerals regulate the body's functions

A well balanced diet negates the need for supplementation in the vast majority of cases

NB! Heavy training can result in low iron stores

## **Dietary Fibre**

Is plant matter that is not broken down by the digestive system.

## **Fluids**

Adequate levels of fluid are essential for;

- Optimum storage of glycogen
- Maintenance of the body's core temperature
- Consume at least 1 litre of cool water per hour in mild climatic conditions and adjust fluid uptake according to prevailing conditions.
- A loss of 2% of body weight can impair performance.
- Fluid Replacement Guidelines
- Daily. Ensure urine is crystal clear and copious with little odour

### **Training diet basic checklist**

- Varied and balanced diet
- High in carbohydrate
- Moderate to low in fat
- Adequate protein
- Adequate fluid
- Regular meals and snacks

### **Carbohydrate is the key to energy and recovery because:**

- Stored as glycogen
- Important energy source
- Used rapidly at high intensity
- Limited body stores
- Improves endurance, concentration and recovery

Ok, so how much carbohydrate must I take?

<u>Activity</u>	<u>g carb/kg/day</u>
Couch Potato	4.5-5
1 hr light exercise	5-6
1-2 hours medium-light	6-7
2 hours medium exercise	7-8
3-4 hours medium-hard	8-9
Crazy people (ultra-endurance)	10

### **For example:**

#### **Breakfast**

2 Cups Cereal

Milk

2 Toast

300 ml Fruit Juice

(2 fruit)

Total Carbohydrate = 130 g

#### **Lunch**

2 salad sandwiches with lean meat, cheese, fish or egg

1 piece fresh fruit

Fruit juice (250 ml)

Total Carbohydrate = 100 g

#### **Dinner**

Lean meat, chicken, fish

Potato (2) or Rice 2 cup cooked or

Pasta (3 cups)

Vegetables 3-5 types

Fresh fruit or juice

Total Carbohydrate = 150 g

#### **Smart snacks**

Each snack provides approximately 50 g carbs

Lean meat sandwich & fruit juice (250 ml)

Fresh fruit and fruit yoghurt  
Plain scone and 1-2 fruit  
Hot cross bun and fruit  
8 vita-weet with cheese & juice (250 ml)  
Breakfast bar & juice (250 ml)

**Proteins:**

Training increases protein intake  
Requirements about 1.5-2 g/kg/day  
(Special amino acids are not required)

**Watch your FAT intake - Too much fat can:**

Replace carbohydrate  
Delay digestion  
Increase risk for body fat gain  
Heart and other health problems in later life

**Special Nutrient requirements:**

**Iron**

Is necessary to transport oxygen to working muscles. Is necessary for strong healthy bones  
Limit these iron inhibitor intakes at meals.

- Tannin in tea
- Caffeine (to a lesser extent)
- Excessive unprocessed bran intake
- Calcium

**Pre-Event meals**

Eat 2-4 hr prior  
Food high in carbs; Low in fat; Moderate protein; Moderate fibre  
Adequate in fluid  
Familiar and tested – don't try something new before a race!

**Recipe for recovery**

Carbs and Fluids immediately after exercise, within 2 hours after you get off your bike. The longer you delay, the longer your muscles will take to recover, leaving you tired and listless!  
Get it right by planning ahead!!