

YOUR TRAINING PLAN

# 20KM ELWOOD RETURN



UNITED ENERGY  
**AROUND  
THE BAY**



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# 20KM ELWOOD RETURN

Welcome to your training programme for Bicycle Network's United Energy Around the Bay. Karmea is proud to be working alongside Bicycle Network to support you in your training for this iconic and challenging event.

The whole ride is on closed roads so it's the perfect option for families or new riders taking part in their first bike riding event. Starting at Albert Park, the 20km route travels along Beach Road to a rest stop in Elwood before returning back to the Albert Park finish site.

Karmea is a proud partner of Bicycle Network Women's Community programme, working to address the gender imbalance in cycling, and aiming for 50:50 female to male riders by 2020. We extend a huge welcome to all those female riders taking to road for this event, thank you for becoming the inspiration to others.



# YOUR TRAINING PLAN

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The sessions in this programme are geared to build weekly, increasing mileage steadily, while building your strength and endurance towards your goal distance. Weekday sessions are best completed on a trainer for consistency and maximum gains. Weekend sessions should be completed on the road. Riding in a bunch will be a big part of the event so ensure you are aware of bunch ride etiquette and safety, and practice this in training.

To easily help you, here is a quick guide to some of the terminology you will see in your plan:

## **CADENCE/RPM:**

Although the course is relatively flat, hill work should form an essential part of any training plan. Hill work translates well to power on the flats, increasing your strength and endurance. To enable you to maximise the strength gains from your hill sessions, all your specific hill work should be completed at 60rpm, seated. Focus on relaxed hands and upper body, working from a strong core and driving forwards into the hill with your glutes rather than your quads. If you don't have a cadence sensor then just count the revolutions of one leg for 15secs, it should be 15. Longer rides should be focused on a higher cadence 80-90rpm so you don't load up your legs and blow yourself up!

## **STRENGTH/FLEXIBILITY:**

These should form an important part of your training. Stretch after each session, focus on your tightest muscles, and dedicate 20mins in your rest and cross train days to key muscles stretches. Working on strength enables you to increase power, reduce the risk of injury and become an all-round

more balanced rider. Please refer to the specific sessions at the back of this programme as a guide. If you are working with a trainer, attending classes or taking yourself to the gym the main thing to focus on is single leg work that simulates muscle recruitment during cycling. Look to strength your glutes, quads, calves but don't leave out your upper body as this also plays an important part in riding. Neck, and upper back are important. Your lower back may need strength but you will gain more benefits from focussing on key core stability work and increasing your flexibility in your lower back muscles.

## **NUTRITION GUIDE:**

As a very simple guide, you want to be consuming your body weight in kgs, in grams of carbs PER HOUR on the bike. So if you weight 70kg, you need to be eating 70gms per hour. This can come in the form of bars, sports drink, bananas, gels, dates, baby food! Try it all out BEFORE the event and make sure your tummy is happy with what you are feeding it. Try to either eat or drink something every 10mins, it often works well to alternate. Water should be in one of your bottles on the bike. Drink WATER ONLY with food, sports drinks should be taken alone. If you feel sick, don't sweat it, skip a feed and switch to water until it all settles down.

## **OTHER HINTS AND TIPS:**

Train in the kit you will ride in. Practice load up your jersey pockets prior to the race day to ensure you can fit it all in. Practice changing a flat tyre if you aren't confident. Ensure you are running the right tyre pressure for the event. If you have drop bags for food stops, ensure you work out what you want to put in them well before the race.

# TRAINING TO HEART RATE AND EFFORT LEVELS

Training to heart rate allows you to get maximum gains from your training. We find many athletes work to low in key sessions, and train to high on their longer distance rides, desperate to get the miles in! Programmed recovery or easy spin sessions should be completed at an steady state heart rate. If you don't have a heart rate monitor, then we have included in the chart below a guide for perceived effort. You can keep it simple with easy, medium and hard as your guides. Easy is a pace you can easily talk at (recovery, warm up, steady state, and cool down). Medium pace talking becomes a little breathless, you are applying yourself in these sessions (hill and endurance work). Hard efforts are more of a yes no answer level (intervals, hills). Your long rides should be done at an easy/medium pace.

<b>E1</b>	<b>RECOVERY</b> Easy Aerobic Endurance	50-60% maximum heart rate	<b>VERY EASY</b>
<b>E2A</b>	<b>COMFORTABLE</b> Extensive Aerobic Endurance (Steady, controlled, comfortable, efficient form)	60-70% maximum heart rate	<b>EASY STEADY STATE</b>
<b>E2B</b>	<b>COMFORTABLE/UNCOMFORTABLE</b> Intensive Aerobic Endurance (Strong, solid, controlled effort, not hammering)	75% maximum heart rate	<b>MEDIUM</b>
<b>E3</b>	<b>STRESSFUL/HARD</b> Maximal Aerobic Endurance (Just under threshold)	80% maximum heart rate	<b>HARD</b>
<b>AT</b>	<b>VERY STRESSFUL</b> Anaerobic Threshold	80-90% maximum heart rate	<b>VERY HARD</b>
<b>MAX</b>	<b>ANAEROBIC MAXIMAL</b> VO2 Max	90-100% maximum heart rate	<b>ALL OUT</b>

## HEART RATE TEST

This is best completed indoors on a stationary bike or turbo trainer. It can also be useful to have someone run the test for you so that you can focus on your effort rather than reading numbers. Ensure that this is completed at the start of your programme when you are fully rested.

## EQUIPMENT

Heart rate monitor, turbo trainer.

## THE TEST

### Warm up

10 minutes

### Main test

10mins time trial at max consistent effort. The last minute is flat out maximum effort, with a full on sprint for the last 30 seconds. This is where you take your heart rate reading. Note that as soon as you stop the effort, your heart rate will spike slightly before starting to drop.

### Cool down

10mins easy spin down

Once you have your max heart rate you can work out the percentages for the training zones from the chart on the left.

Note that heart rate can be effected by many external factors. Tiredness can cause your heart rate to be elevated, if you have completed a hard training block and are fatigued, your heart rate will be lower. Weather can also be a factor, higher in hot weather and lower in cooler conditions.

During a longer workout, heart rate will not stay stable for the same intensity and will tend to progressively rise due to cardiac drift. Heart rate is very slow to respond to changes in pace, it may take several minutes for heart rate to rise to the expected level. This can make certain interval workouts hard to accurately pace using heart rate.

# STRENGTH TRAINING SESSIONS

These training sessions can be completed at home with bodyweight or if you have weights available then feel free to add them in. As are training for strength on the bike, and you need to train the following day, we are working with high reps low weights. Remember to warm up prior to commencing any strength work with either a 10min easy spin on the bike, jog or row. Focus on form at all times, core must be engaged (think draw belly button to spine as a simple cue). If in doubt please seek the help of an exercise professional for your workouts.

STRENGTH 1	STRENGTH 2	STRENGTH 3
<p><b>WARM UP</b> 10mins on stationary bike or treadmill</p> <p><b>MAIN</b> Reps 21 of each (rest 2mins), 16 reps of each (rest 2mins), 9reps of each.</p> <ul style="list-style-type: none"> <li>• Squats (feet hip width)</li> <li>• Side step up left leg</li> <li>• Side step up right leg</li> <li>• Push ups (from knees of feet)</li> <li>• Sumo Squats (feet wide apart)</li> <li>• Single leg static lunge left leg forward</li> <li>• Single leg static lunge left right forward</li> </ul>	<p><b>WARM UP</b> 10mins on stationary bike or treadmill run</p> <p><b>MAIN SET</b> 60secs on 20secs off (3 sets)</p> <ul style="list-style-type: none"> <li>• Static lunge right</li> <li>• Static lunge left</li> <li>• Squats (feet hip width)</li> <li>• Bulgarian split squat (right foot up on step)</li> <li>• Bulgarian split squat (left foot up on)</li> <li>• Wall hold (back to the wall, legs at right angles)</li> <li>• Plank holds</li> </ul>	<p><b>WARM UP</b> 10mins on stationary bike or treadmill run</p> <p><b>MAIN SET</b> Set one 2 x : • 5 x squat jumps, 10 x single leg squats, 10 x squats, 10 x bridge pulses (raising up and down) • 5mins rest Set Two 2 x : • 10 x squat jumps, 20 x step ups, 20 x alternating lunges, 10 x single leg bridges pulses left leg, 10 x single leg bridges pulses right leg.</p>
<p><b>COOL DOWN</b> 10mins easy spin on bike or brisk walk Stretch key muscles</p>	<p><b>COOL DOWN</b> 10mins easy spin on bike or brisk walk Stretch key muscles</p>	<p><b>COOL DOWN</b> 10mins easy spin on bike or brisk walk Stretch key muscles</p>
STRENGTH 4	STRENGTH 5	STRENGTH 6
<p><b>WARM UP</b> 10mins on stationary bike or treadmill run</p> <p><b>MAIN SET</b> Every 2:30mins, i.e complete all exercises within 2mins 30, the time remaining is your rest. Start the next set on 2:30. (4 sets)</p> <ul style="list-style-type: none"> <li>• 10 x Squats (feet hip width)</li> <li>• 10 x alternating cross lunges (front foot steps diagonally forward across your mid line)</li> <li>• 10 x box jumps</li> <li>• 10 x mountain climber</li> </ul>	<p><b>WARM UP</b> 10mins on stationary bike or treadmill run</p> <p><b>MAIN SET</b> Descending Pyramid Reps 40 then 30, 20, 10 (rest 2mins between)</p> <ul style="list-style-type: none"> <li>• Planted up left (extend back leg at top of step to activate glute)</li> <li>• Planted step up right</li> <li>• Squat jumps</li> <li>• Figure 4 Bridge pulse right (left ankle on right knee)</li> <li>• Figure 4 Bridge pulse right</li> </ul>	<p><b>WARM UP</b> 10mins on stationary bike or treadmill run</p> <p><b>MAIN SET</b> 15 reps x 4</p> <ul style="list-style-type: none"> <li>• Alternating forward lunges</li> <li>• Renegade rows (high plank position, hands together, raise one hand to bring elbow to ribs, repeat on other side)</li> <li>• Alternating side lunges</li> <li>• Mountain climbers</li> <li>• Alternating back lunges</li> <li>• Plank walks (high to low plank)</li> </ul>
<p><b>COOL DOWN</b> 10mins easy spin on bike or brisk walk Stretch key muscles</p>	<p><b>COOL DOWN</b> 10mins easy spin on bike or brisk walk Stretch key muscles</p>	<p><b>COOL DOWN</b> 10mins easy spin on bike or brisk walk Stretch key muscles</p>

## UNITED ENERGY AROUND THE BAY 20KM CHALLENGE

1		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
12-18 AUG	BUILD	AM	REST DAY	ENDURANCE 0:40:00	CROSS TRAIN	SE SET 0:50:00	REST DAY	CROSS TRAIN	LONG RIDE 15KMS
		SESSION	Swim, yoga, stretch only today.	<b>WARM UP</b> 10mins E1 <b>MAIN SET</b> 3 x 5mins E3 with 1mins rest <b>COOL DOWN</b> 10mins E1	Run, swim, gym, strength, core.	<b>WARM UP</b> 10mins E1 <b>MAIN SET</b> 3 x 4mins hill climbs as E2B @60rpm Recover back downhill <b>COOL DOWN</b> 10mins E1	Swim, yoga, stretch only today.	Run, swim, gym, strength, core.	Long steady E2A pace ride
		PM		STRETCH & ROLL 0:20:00	STRENGTH 1	STRETCH & ROLL 0:20:00		STRETCH & ROLL 0:20:00	STRETCH & ROLL 0:20:00
		SESSION		Focus on tight muscles.	Specific strength work.	Focus on tight muscles.		Focus on tight muscles.	Focus on tight muscles.

2		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
19-25 AUG	BUILD	AM	REST DAY	GEARING 0:40:00	CROSS TRAIN	SE SET 0:50:00	REST DAY	CROSS TRAIN	LONG RIDE 20KMS
		SESSION	Swim, yoga, stretch only today.	<b>WARM UP</b> 10mins E1 <b>MAIN SET</b> 2 x 9mins with 3mins spin recovery as: 3mins E2A 3mins E2B 3mins E3 <b>COOL DOWN</b> 10mins E1	Run, swim, gym, strength, core.	<b>WARM UP</b> 10mins E1 <b>MAIN SET</b> 4 x 6mins hill climbs with 4mins rest as 60rpm E2B. Last 30secs push to E3. <b>COOL DOWN</b> 10mins E1	Swim, yoga, stretch only today.	Run, swim, gym, strength, core.	Long steady E2A pace ride
		PM		STRETCH & ROLL 0:20:00	STRENGTH 2	STRETCH & ROLL 0:20:00		STRETCH & ROLL 0:20:00	STRETCH & ROLL 0:20:00
		SESSION		Focus on tight muscles.	Specific strength work.	Focus on tight muscles.		Focus on tight muscles.	Focus on tight muscles.

3		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
26 AUG-1 SEPT	BUILD 2							
	AM	REST DAY	ENDURANCE 0:50:00	CROSS TRAIN	SE SET 0:50:00	REST DAY	CROSS TRAIN	LONG RIDE 20KMS
	SESSION	Swim, yoga, stretch only today.	<b>WARM UP</b> 10mins E1 <b>MAIN SET</b> 4 x 6mins as: 2mins E2A 2mins E2B 2mins E3 3mins rest between <b>COOL DOWN</b> 10mins E1	Run, swim, gym, strength, core.	<b>WARM UP</b> 10mins E1 <b>MAIN SET</b> 6 x 6mins hills at 60rpm E2B Recover back down hill <b>COOL DOWN</b> 10mins E1	Swim, yoga, stretch only today.	Run, swim, gym, strength, core.	Long steady E2A pace ride
	PM		STRETCH & ROLL 0:20:00	STRENGTH 3	STRETCH & ROLL 0:20:00		STRETCH & ROLL 0:20:00	STRETCH & ROLL 0:20:00
SESSION			Specific strength work.	Focus on tight muscles.		Focus on tight muscles.	Focus on tight muscles.	

4		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
2-8 SEPT	REST WEEK							
	AM	REST DAY	TEMPO 0:50:00	CROSS TRAIN	GEARING 0:50:00	REST DAY	CROSS TRAIN	LONG RIDE 15KMS
	SESSION	Swim, yoga, stretch only today. BOOK A MASSAGE THIS WEEK	<b>WARM UP</b> 10mins E1 <b>ENDURANCE SET</b> 20mins high E2B 10mins E2A <b>COOL DOWN</b> 10mins E1	Run, swim, gym, strength, core.	<b>WARM UP</b> 10mins E1 <b>MAIN SET</b> 10mins E2A 10mins E2B 10min E3 <b>COOL DOWN</b> 10mins E1	Swim, yoga, stretch only today.	Run, swim, gym, strength, core.	Rest week ride. Spin at E2A max, 90rpm. Enjoy a coffee stop if you like ☺
	PM		STRETCH & ROLL 0:20:00	STRENGTH 4	STRETCH & ROLL 0:20:00		STRETCH & ROLL 0:20:00	STRETCH & ROLL 0:20:00
SESSION			Specific strength work.	Focus on tight muscles.		Focus on tight muscles.	Focus on tight muscles.	

5		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
9-15 SEPT	PREP	AM	REST DAY	INTERVALS 1:00:00	CROSS TRAIN	ENDURANCE 1:00:00	REST DAY	CROSS TRAIN	LONG RIDE 30KMS
		SESSION	Swim, yoga, stretch only today.	<b>WARM UP</b> 10mins E1 <b>MAIN SET</b> 4 x 6mins w. 3min recovery as: 2mins E2B 1min E3 2mins E2B 1min E3 <b>COOL DOWN</b> 10mins E1	Run, swim, gym, strength, core.	<b>WARM UP</b> 10mins E1 <b>MAIN SET</b> 3 x 15mins as: 5mins E2B high 5mins E3 solid 5mins E3 high 5mins rest <b>COOL DOWN</b> 10mins E1	Swim, yoga, stretch only today.	Run, swim, gym, strength, core.	Long steady E2A pace ride Practice race nutrition.
		PM		STRETCH & ROLL 0:20:00	STRENGTH 5	STRETCH & ROLL 0:20:00		STRETCH & ROLL 0:20:00	
				Focus on tight muscles.	Specific strength work.	Focus on tight muscles.		Focus on tight muscles.	

6		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
16-22 SEPT	PREP	AM	REST DAY	GEARING 1:00:00	CROSS TRAIN	POWER 1:00:00	REST DAY	CROSS TRAIN	LONG RIDE 30KMS
		SESSION	Swim, yoga, stretch only today.	<b>WARM UP</b> 15mins E1 <b>MAIN SET</b> 3 x 10mins w. 4min recovery as: 3mins E2B 2mins E3 3mins E2B 2mins E3 <b>COOL DOWN</b> 10mins easy spin E2A down to E1	Run, swim, gym, strength, core.	<b>WARM UP</b> 10mins E1 <b>MAIN SET</b> 4 x 8mins as: 4mins E2B 4mins E3 5mins rest between efforts. <b>COOL DOWN</b> Rest of time easy ride	Swim, yoga, stretch only today.	Run, swim, gym, strength, core.	Long steady E2A pace ride Practice race nutrition.
		PM		STRETCH & ROLL 0:20:00	STRENGTH 6	STRETCH & ROLL 0:20:00		STRETCH & ROLL 0:20:00	
				Focus on tight muscles.	Specific strength work.	Focus on tight muscles.		Focus on tight muscles.	

7		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
23 SEPT-29 SEPT	TAPER 1							
	AM	REST DAY	INTERVALS 1:00:00	CROSS TRAIN	ENDURANCE 1:00:00	REST DAY	CROSS TRAIN	LONG RIDE 30KMS
	SESSION	Swim, yoga, stretch only today.	<b>WARM UP</b> 10mins E1 <b>INTERVAL SET</b> 6 x 4mins @ 90rpm E3, 2mins E2A <b>COOL DOWN</b> 10mins E1	Run, swim, gym, strength, core.	<b>WARM UP</b> 10mins E1 <b>ENDURANCE SET</b> 4 x 15mins as 10min E2B, 5min E3, rest 3mins E2A. <b>COOL DOWN</b> 10mins E1	Swim, yoga, stretch only today.	Run, swim, gym, strength, core.	Long steady E2A pace ride Practice race nutrition.
	PM		STRETCH & ROLL 0:20:00	STRENGTH	STRETCH & ROLL 0:20:00		STRETCH & ROLL 0:20:00	STRETCH & ROLL 0:20:00
SESSION		Focus on tight muscles.	Specific strength work.	Focus on tight muscles.		Focus on tight muscles.	Focus on tight muscles.	

8		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
30 SEPT-6 OCT	TAPER 2/RACE							
	AM	TAPER WEEK REST DAY	MOBILISATION 0:50:00	CROSS TRAIN	PRE RACE RIDE 1:00:00	REST DAY	CROSS TRAIN	EVENT DAY
	SESSION	Swim, yoga, stretch only today. BOOK A PRE RIDE MASSAGE THIS WEEK	<b>WARM UP</b> 10mins E1 <b>MAIN SET</b> 30mins E2A <b>COOL DOWN</b> 10mins E1 80rpm	Run, swim, gym, strength, core.	<b>WARM UP</b> 10mins E1/E2A <b>ENDURANCE SET:</b> 2 x 10mins 10min E2B, rest 3mins E2A. <b>COOL DOWN</b> 10mins E1	Swim, yoga, stretch only today.	Run, swim, gym, strength, core.	United Energy Around the Bay 20km!
	PM		STRETCH & ROLL 0:20:00		STRETCH & ROLL 0:20:00		STRETCH & ROLL 0:20:00	
SESSION		Focus on tight muscles.		Focus on tight muscles.		Focus on tight muscles.		

# KARMEA



## ATHLETE COACHING & TRAINING RETREATS



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