



Motatapu Mountain Bike



HOW TO GET STRONG
ON THE BIKE

4 key methods to get
strong on the bike

CREATING A CULTURE
ON THE TRAILS

We are in this together

GET READY

Follow Team CP's training guide to be
awesome on raceday

Your 10 week Motatapu MTB Training Programme



www.teamcp.co.nz 10-week training programme - MTB 47km

This is a generic programme and will get you there but if you want to make the most of your training time, complete the event in style, or nail a new pb then you need come train with us

Weeks/Hard or Recover week	Mid Week - Hill Ride (Important session)	Mid Week (Good to do session)	Weekend (Important session)	Weekend (Bonus session)
Week 1	MTB - Hills - 60min Stretch 5min Bodyweight Strength 5mins	MTB 50min Stretch 5min Bodyweight Strength 5mins	MTB 20km Warm Up - Start slow and build into it Stretch 5min - when you are finished	MTB 45mins
Week 2	MTB - Hills - 75min Stretch 5min Bodyweight Strength 5mins	MTB 50min Stretch 5min Bodyweight Strength 5mins	MTB 30km Warm Up - Start slow and build into it Stretch 5min	MTB 45mins
Week 3 Recovery/Catch your breath week	MTB - Hills - 60min Stretch 5min Bodyweight Strength 5mins	MTB 30min Stretch 5min Bodyweight Strength 5mins	MTB 20km Warm Up - Start slow and build into it Stretch 5min	Rest or Yoga or Swim
Week 4	MTB - Hills - 90min Stretch 5min Bodyweight Strength 5mins	MTB 50min Stretch 5min Bodyweight Strength 5mins	MTB 35km Warm Up - Start slow and build into it Stretch 5min	MTB 45mins
Week 5	MTB - Hills - 90min Stretch 5min Bodyweight Strength 5mins	MTB 50min - Speed session Up Tempo Ride Stretch 5min Bodyweight Strength 5mins	MTB 45km Warm Up - Start slow and build into it Stretch 5min	MTB 45mins
Week 6 Recovery/Catch your breath week	MTB - Hills - 60min Stretch 5min Bodyweight Strength 5mins	MTB 50min - Speed session Up Tempo Ride Stretch 5min Bodyweight Strength 5mins	MTB 30km Warm Up - Start slow and build into it Stretch 5min	Rest or Yoga or Swim
Week 7	MTB - Hills - 90min Stretch 5min Bodyweight Strength 5mins	MTB 50min - Speed session Up Tempo Ride Stretch 5min Bodyweight Strength 5mins	MTB 50km Warm Up - Start slow and build into it Stretch 5min	MTB 60min
Week 8	MTB - Hills - 90min Stretch 5min Bodyweight Strength 5mins	MTB 50min - Speed session Fast Ride 30sec/Recover 30sec x5 Stretch 5min Bodyweight Strength 5mins	MTB 60km Warm Up - Start slow and build into it Stretch 5min	MTB 75min
Week 9 Recovery/Catch your breath week	MTB - Hills - 60min Stretch 5min Bodyweight Strength 5mins	MTB 50min - Speed session Fast Ride 30sec/Recover 30sec x5 Stretch 5min Bodyweight Strength 5mins	MTB 40km Warm Up - Start slow and build into it Stretch 5min	Rest or Yoga or Swim
Week 10 Taper Week	MTB 60min - Speed session Fast Ride 30sec/Recover 30sec x5 Stretch 5min Bodyweight Strength 5mins	MTB 30min Stretch 5min Bodyweight Strength 5mins Less is more this week - time to be fresh and ready to go	Rest - Pre event prep. Make sure that you have all your gear sorted and you are all set for a great day out.	Motatapu Mountain Bike 47km

Key Notes

- If you get the two important sessions each week done then you have done well and will keep improving.
- Bonus session - do this if you are feeling good and time allows.
- Hill sessions should include repetitions up a local hill or multiple hills to gain strength.
- Your intensity should be steady – You are breathing heavier but you can hold a conversation.
- Aim to start at the intensity that you can sustain for the whole session.
- The 50min mid week ride and the short weekend sessions can either be done on the road or on an indoor trainer
- Bodyweight Strength Circuit: 10-20 reps of each exercise: Squats, press ups, side plank (both sides) mountain climbers, step ups. This short strength workout will help you move better and decrease the chance of injuries. Contact Team CP or your local PT/physio if you would like help with this..
- The programme works over a 3-week cycle with endurance building up each week, with a shorter recovery week to bounce back physically and mentally
- The key to training for an event is consistency.
- Ensure you listen to your body and rest early if you are tired or getting sick.
- Stay safe while out riding by wearing a helmet, high vis, your bike is tuned and ride to your ability.
- If this is the first exercise that you have done for a while consult your health professional to make sure that you are ready for it.
- Keep it FUN! Ride with friends and family.



"For me the planning element that Team CP offers is really important to help me to achieve my goals, but more importantly is the regular communication to adjust it around work and other pressures so I am able to keep focused and moving forward."

Your 16 week Motatapu MTB Training Programme



www.teamcp.co.nz 16-week training programme - MTB 47km

This is a generic programme and will get you there but if you want to make the most of your training time, complete the event in style, or nail a new pb then you need come train with us

Date/Weeks to go/ Hard or Recover week	Mid Week (Important session)	Mid Week (Good to do session)	Weekend (Important session)	Weekend (Bonus session)
Week 1	MTB - Hills - 60min Stretch 5min Bodyweight Strength 5mins	MTB 50min Stretch 5min Bodyweight Strength 5mins	MTB 20km Warm Up - Start slow and build into it Stretch 5min - when you are finished	MTB 45mins
Week 2	MTB - Hills - 60min Stretch 5min Bodyweight Strength 5mins	MTB 50min Stretch 5min Bodyweight Strength 5mins	MTB 30km Warm Up - Start slow and build into it Stretch 5min	MTB 45mins
Week 3 Recovery/Catch your breath week	MTB - Hills - 45min Stretch 5min Bodyweight Strength 5mins	MTB 30min Stretch 5min Bodyweight Strength 5mins	MTB 20km Warm Up - Start slow and build into it Stretch 5min	Rest or Yoga or Swim
Week 4	MTB - Hills - 75min Stretch 5min Bodyweight Strength 5mins	MTB 50min Stretch 5min Bodyweight Strength 5mins	MTB 35km Warm Up - Start slow and build into it Stretch 5min	MTB 45mins
Week 5	MTB - Hills - 75min Stretch 5min Bodyweight Strength 5mins	MTB 50min Stretch 5min Bodyweight Strength 5mins	MTB 35km Warm Up - Start slow and build into it Stretch 5min	MTB 45mins
Week 6 Recovery/Catch your breath week	MTB - Hills - 60min Stretch 5min Bodyweight Strength 5mins	MTB 50min Stretch 5min Bodyweight Strength 5mins	MTB 25km Warm Up - Start slow and build into it Stretch 5min	Rest or Yoga or Swim
Week 7	MTB - Hills - 90min Stretch 5min Bodyweight Strength 5mins	MTB 50min Stretch 5min Bodyweight Strength 5mins	MTB 40km Warm Up - Start slow and build into it Stretch 5min	MTB 60min
Week 8	MTB - Hills - 90min Stretch 5min Bodyweight Strength 5mins	MTB 50min Stretch 5min Bodyweight Strength 5mins	MTB 40km Warm Up - Start slow and build into it Stretch 5min	MTB 60min
Week 9 Recovery/Catch your breath week	MTB - Hills - 60min Stretch 5min Bodyweight Strength 5mins	MTB 50min Stretch 5min Bodyweight Strength 5mins	MTB 30km Warm Up - Start slow and build into it Stretch 5min	Rest or Yoga or Swim
Week 10	MTB - Hills - 90min Stretch 5min Bodyweight Strength 5mins	MTB 50min - Speed session Up Tempo Run Stretch 5min Bodyweight Strength 5mins	MTB 50km Warm Up - Start slow and build into it Stretch 5min	MTB 60min
Week 11	MTB - Hills - 90min Stretch 5min Bodyweight Strength 5mins	MTB 50min - Speed session Up Tempo Ride Stretch 5min Bodyweight Strength 5mins	MTB 50km Warm Up - Start slow and build into it Stretch 5min	MTB 60min
Week 12	MTB - Hills - 60min	MTB 50min - Speed session	MTB 40km	Rest or Yoga or Swim
Recovery/Catch your breath week	Stretch 5min Bodyweight Strength 5mins	Up Tempo Ride Stretch 5min Bodyweight Strength 5mins	Warm Up - Start slow and build into it Stretch 5min	
Week 13	MTB - Hills - 90min Stretch 5min Bodyweight Strength 5mins	MTB 50min - Speed session Fast Ride 1min/Recover 30sec x5 Stretch 5min Bodyweight Strength 5mins	MTB 60km Warm Up - Start slow and build into it Stretch 5min	MTB 75min
Week 14	MTB - Hills - 90min Stretch 5min Bodyweight Strength 5mins	MTB 50min - Speed session Fast Ride 30sec/Recover 30sec x5 Stretch 5min Bodyweight Strength 5mins	MTB 60km Warm Up - Start slow and build into it Stretch 5min	MTB 75min
Week 15 Recovery/Catch your breath week	MTB - Hills - 60min Stretch 5min Bodyweight Strength 5mins	MTB 50min - Speed session Fast Ride 30sec/Recover 30sec x5 Stretch 5min Bodyweight Strength 5mins	MTB 40km Warm Up - Start slow and build into it Stretch 5min	Rest or Yoga or Swim
Week 16 Taper Week	MTB 60min - Speed session Fast Ride 30sec/Recover 30sec x5 Stretch 5min Bodyweight Strength 5mins	MTB 30min Stretch 5min Bodyweight Strength 5mins Less is more this week - time to be fresh and ready to go	Rest - Pre event prep. Make sure that you have all your gear sorted and you are all set for a great day out.	Motatapu Mountain Bike 47km

"Working with Team CP has enriched my life and I have completed so much more than I ever thought was achievable"

Wendy Quinn



Getting Strong



Time to get strong and improve your performance.

There are 4 key ways that you can improve your strength on the bike and therefore improve your riding.

The first is to simply ride more. The more time that you spend on your bike the stronger you will get. Think of the commuting, long rides and cycle touring it all counts. The harder that you push coupled with enough recovery will improve your strength.

Hills, Hills, Hills there is no better way of getting stronger than to challenge yourself by riding hills. This is best illustrated at the start of the season on your first climb when the hill somehow feels steeper than it used to be.

If you don't have access to lots of hills or are tight on time then your next option is completing big gear intervals. Ride a gear that is 1-2 harder than you normally would for a given gradient and aim to have a smooth pedal stroke for 2, 4, 6 or 8 mins. Give yourself a short break and repeat.

The most time efficient way of becoming stronger that most people neglect is your pedal technique. Focus on pedalling in circles and pulling back rather than just stomping down while you ride. If you can ask other muscles to do some of the work then you will be more efficient and your power output will increase.

The final thing that you need to do is test yourself to see if you are improving. If you have a power metre then it is easy by completing your FTP test. If not a time trial is still effective (aim for a course about 10-20mins long) or you will know by being able to ride a harder gear for a given climb.

Like any training that you do the amount of effort that you put in combined with the amount of recovery that you give yourself will have a direct effect on how the strength improvements that you make.



GETTING IT RIGHT

YOUR TRAINING

Nutrition

During your training make sure that you practice your race day nutrition. Get used to gels, sports drinks and foods so there are no surprises come race day.

Race day nutrition includes your meal the night before, your pre-race meal, during race energy food/fluid, and post-race food. Contact CP if you would like specific Nutrition advice.

Hydration

The first thing that is going to slow you down on any run or walk is dehydration. So anything longer than an hour make sure that you have some water with you. On key weekend runs or the event consider taking some sports drink or gels.

Tracking your progress

Keep a track of what you do, review it every week or two and reflect on how far you have come. Using apps like strava is a good way of doing this.

Listen to your body

Go as you feel - remember this training plan is a guide to your training and there are a number of other factors that affect the stress that your body is under, such as work, friends and quality of sleep. Therefore if you are feeling tired start your session and if you still feel bad after 15 minutes either cut your session short or turn around and go home. However if you start feeling better carry on with your session as planned

Warming down

All times include the time to warm up but not your warm down - allow 3-5 minutes of easy exercise at the end of your session to warm down.

Get into the habit of stretching at the end of your session as part of your warm down. This is not included in the session time so please allow this. Lack of stretching can lead to a lack of power, poor technique and an increase chance of injury.



Where to train?

The ride has it all... flats, challenging climbs, awesome downhills, lots of river crossings and then there is the weather ... It is important that you practice all of these ... It is important that you practice all of these ... and good to do so in a practice event too. Challenge yourself but make sure that you always keep self while out training.

Strength Circuit

10 minute workout - including 10-20 of each exercise and do it twice through quickly with good technique: Squats, press ups, side plank (both sides) mountain climbers, step ups. This short strength workout will help you move better and decrease the chance of injuries.

Goal setting

Make a habit of writing a goal for yourself each week, achieving these will keep you on track and give you focus.

"There is more to cycling than just strapping your helmet on and heading out the gate."

Technique

"There is more to cycling than just strapping your helmet on and heading out the gate."

How you move will have a big influence on your efficiency as well as speed and therefore how much you enjoy your training and racing.

If you are thinking about how you are moving (the technique of it) rather than how far you have to go to the end you will probably be going well.

CREATING A CULTURE ON THE TRAILS

ARTICLE BY RICHARD GREER

How often have you been out riding or running down a long lonely track when in the distance you see a someone approaching doing the same. You check your technique to make sure that you are going well, maybe subconsciously add a little extra spring to your stride, you raise the speed a bit - you have got to look good for this moment. You are in this together, out there putting the miles in on a cold winters day, you would much rather be at home in front of the fire. But no you are both out doing your bit to better yourselves, you have a connection.

As you get closer you look to make eye contact, give them a friend wave, maybe a quick giddy, as you pass each other - the sign of a virtual high five to a teammate.

But hang on they aren't even looking, how can this be? Do you wave a bit harder or pretend that the sun is in your eyes? Do you justify them missing you because they looked like a pro, do you swear under your breath or do you turn and chase them to give them the wave that they deserve...?



Don't be that person that is trying to look like a pro - too important, going too fast, or too tired. It only takes a raise of the eye brows and you have done your bit for the greater good.

If someone misses your friendly wave give it to yourself and have a crack at the next runner or rider... Actually what we need to do is measure this and then we will be in business. I am on a roll now - Can anyone get 10/10 on your next ride or run? That is your goal for the week! Now get out there and get amongst it!

Let's start a movement starting on your next ride - See you out there.

“ The Team CP group rides are a great way of pushing yourself really hard, whilst actually having fun.”
Sarah Wylie

