

R&R Sport Otago Peninsula Coach

Hi Jon Richardson here R&R Sport Rider and now R&R Sport OPC Coach. I've written a couple of training programs to help you enjoy your R&R Sport OPC experience even more. But more of that soon.

You are probably looking at this site possibly wondering whether you could complete the OPC. Maybe a little bit of doubt there? Here's a couple of ideas that might help you tick accept on your online entry. You could ride the some of the course that is open to public access like Hoopers inlet and Papanui inlet. Maybe even test yourself on the long course start up Karetai Track. I think even just going out there will seal the deal with those awesome sunny Dunedin views!!!! Failing that, you could also talk to someone who might also ride/compete and who knows your level of ability. Kia Kaha!

Below are a couple training programs for you to have a look at. One is for the Long Course and the other the Short course. I've used the times from last years event to give you a guide to how long the ride might take. And don't worry, it doesn't take into account the 'race whippets'.

These programs are to be used as a guide and the last thing we want for it is to ruin your ride enjoyment. If your ride takes a bit longer or you finish a bit quicker don't worry about it! There are varying abilities out there due to different riding histories, different bodies and different lifestyles, so you can imagine that one program is not going to suit everyone. Again use this as a guide.

Completing the event is all about preparation, taking the end goal and breaking it down into small steps. Each week, each day. Bike riding is one of the best pastimes in the world! I hope that with a little help and encouragement you will think the same too! Challenge yourself!

Long Course (44km)

Average time to complete course- 3:20min- 4:20min

Mountainbiking is a fun sport! You can get fit and enjoy being a kid again pulling a few skids or hanging with your mates. This program is designed to help challenge you but more importantly help you make the most of the R&R Sport Otago Peninsula Challenge. This should give you an idea of what you can do to help better your time or enjoy the ride a lot more.

IMPORTANT

However it's important that you are healthy and injury free before you commence a ride. Ensure that you have had a thorough medical check up by a medical professional before starting this program. If you start feeling ill or any pain you must stop your ride and seek medical advice.

How this program works.

The row along the top shows the 10 weeks leading up to the ride. Each day has a specific goal (coloured box) and within that day shows the time for the session (1:30 = 1hour 30mins). Time is approximate don't feel like you have to do everything by the exact minute, This includes warm up time.

With this program the 3 coloured days of the week that are the most beneficial to your training. If you can only afford 3 days a week to train then I recommend these days.

If you wish to change days around to better suit your lifestyle that's absolutely fine. The most important thing is to make sure you have a rest day prior to doing your key sessions ie the coloured in sessions. The only exception here is the weekend where it is important to get two days in a row.

Week number	10	9	8	7	6	5	4	3	2	1
Mon	easy/off	easy/off	easy/off	easy/off	easy/off	easy	easy	easy	easy	off
Tue	off	off	off	off	off	off	off	off	off	0:45
Wed	1:30	2:00	1:30	1:00	1:30	1:00	1:30	1:00	2:00	off
Thur	easy	easy	easy	easy	easy	easy	easy	easy	easy	off
Fri	off	off	off	off	off	off	off	off	off	easy
Sat	1:30	1:30	2:00	2:00	1:00	1:00	1:00	1:00	1:00	OPC
Sun	2:30	2:00	3:00	2:30	3:30	3:00	4:00	3:00	3:00	
Purpose of week	Adapt	Base	Base	Base	Strength	Strength	Strength	Speed	Speed	freshen up
Hard/easy week.	H	E	H	E	H	E	H	E	H	E

Session- Endurance

Ride at moderate pace- Can talk but not easy.

Choose an undulating ride or something with the odd hill.

Spin easier gears.

Suggested ride for the Sunday-Swampy summit ride. Karetai,-Buskin-boulder beach Portobello, Enjoy this ride, explore some tracks.

During the week choose something shorter.

Session- Hill strength building

Works on your ability to ride hills

Find a hill to ride up. Warm up 15mins. Ride at hard pace, Definitely can't talk. 5mins on, 2mins off. 1-2gears harder or something a little steeper than you would normally ride. Your legs should feel burnt at the top. Well done you've done it, have a spin the rest of the way down.

Suggested ride-Karetai track, Whare Flat road, Leith Valley to motorway.

This the hardest ride intensity wise but trust me they are so worth the effort. It will take a couple of times to get used to working at this intensity. Kia Kaha!!!

Session- Building intensity

Exactly same as 2 but go for a fast pedalling speed, nothing too steep.

Suggested ride-Karetai track, Longridge road, Leith Valley to motorway.

Session- Sustained hills

Warm up- 15mins

Find hill to ride up that about 15mins long, 5 mins off. Repeat twice.

Ride at medium-hard pace. You can talk but need to get a breath in between sentences.

Finish remaining time with ride at moderate pace, Can talk reasonably easy.

Suggested rides- Karetai track, Whare Flat road to top of Swampy summit, Waitati Loop ride.

Easv/off

If you still feel good, make sure these days are easy. Easy to breath pace and light pedalling. Try working on your skills, or pedalling technique.

Remember that the Sessions above are the priority. They will give you your fitness. More is not necessarily better.

R&R Sport Otago Peninsula Challenge-Training Program

Short Course (24km)

Average time to complete course- 2:00- 2hrs 45min

Mountainbiking is a fun sport! You can get fit and enjoy being a kid again. This program is designed to help challenge you but more importantly help you make the most of the R&R Sport Otago Peninsula Challenge. This should give you an idea of what you can do to help complete maybe your first Mountbike Event.

IMPORTANT

However its important that you are healthy and injury free before you commence a ride. Ensure that you have had a thorough medical check up by a medical professional before starting this program. If you start feeling ill or any pain you must stop your ride and seek medical advice.

How this program works.

The row along the top shows the 10 weeks leading up to the ride. Each day has a specific goal (coloured box) and within that day shows the time for the session (1:30 = 1hour 30mins). Time is approxiamate don't feel like you have to do everything by the exact minute, This includes warm up time.

With this program the 3 coloured days of the week that are the most beneficial to your training. If you can only afford 3 days a week to train then I recommend these days.

If you wish to change days around to better suite your lifestyle that's absolutely fine. The most important thing is to make sure you have a rest day prior to doing your key sessions ie the coloured in sessions. The only exception here is the weekend where it is important to get two days in a row.

Week number	10	9	8	7	6	5	4	3	2	1
Mon	easy/off	easy/off	easy/off	easy/off	easy/off	easy/off	easy/off	easy/off	easy/off	off
Tue	off	off	off	off	off	off	off	off	off	1:30
Wed	1:30	1:00	1:45	1:30	1:45	1:30	2:00	1:30	1:30	off
Thur	easy/off	easy/off	easy/off	easy/off	easy/off	easy/off	easy/off	easy/off	easy/off	off
Fri	off	off	off	off	off	off	off	off	off	easy/off
Sat	1:00	1:00	1:30	1:00	1:00	1:00	1:00	1:00	1:00	OPC
Sun	1:30	1:30	2:00	1:30	2:00	1:45	2:30	1:30	2:00	
Purpose of week	Adapt	Adapt	Adapt	Adapt	Build	Build	Build	Build	Build	freshen up
Hard/easy week	H	E	H	E	H	E	H	E	H	E

Session- Endurance

Ride at moderate pace- Can talk but not easy.

Choose an undulating ride or something with the odd hill.

Spin easier gears.

Suggested ride-Suggested ride-Waitati loop. Whare Flat forest, Gravel roads around Hoopers and Papanui Inlet. Enjoy this ride, explore some tracks.

Session- Hill building.

Hill riding- Practice makes perfect.

Find a ride that involves one hill. The goal is to ride to the top without stopping, or if you feel good to ride at a hard to talk pace. Once you get to the top reward yourself, take in the view have a drink and spin back to the start

Suggested ride-Karetai track from the top corner above Ocean Grove, Leith Valley to top of the motorway, Longridge road Whare Flat

This the hardest ride intensity wise but trust me they are so worth the hard effort. It will take a couple of times to get used to working at this intensity. Kia Kaha!!!

Easv/off

If you still feel good, Make sure these days are easy. Easy to breath pace and light pedalling. Try working on your skills, or pedalling technique.

Remember that the Sessions above are the priority. They will give you your fitness. More is not necessarily better.