

NEWCREST ORANGE CHALLENGE

100KM CHALLENGE



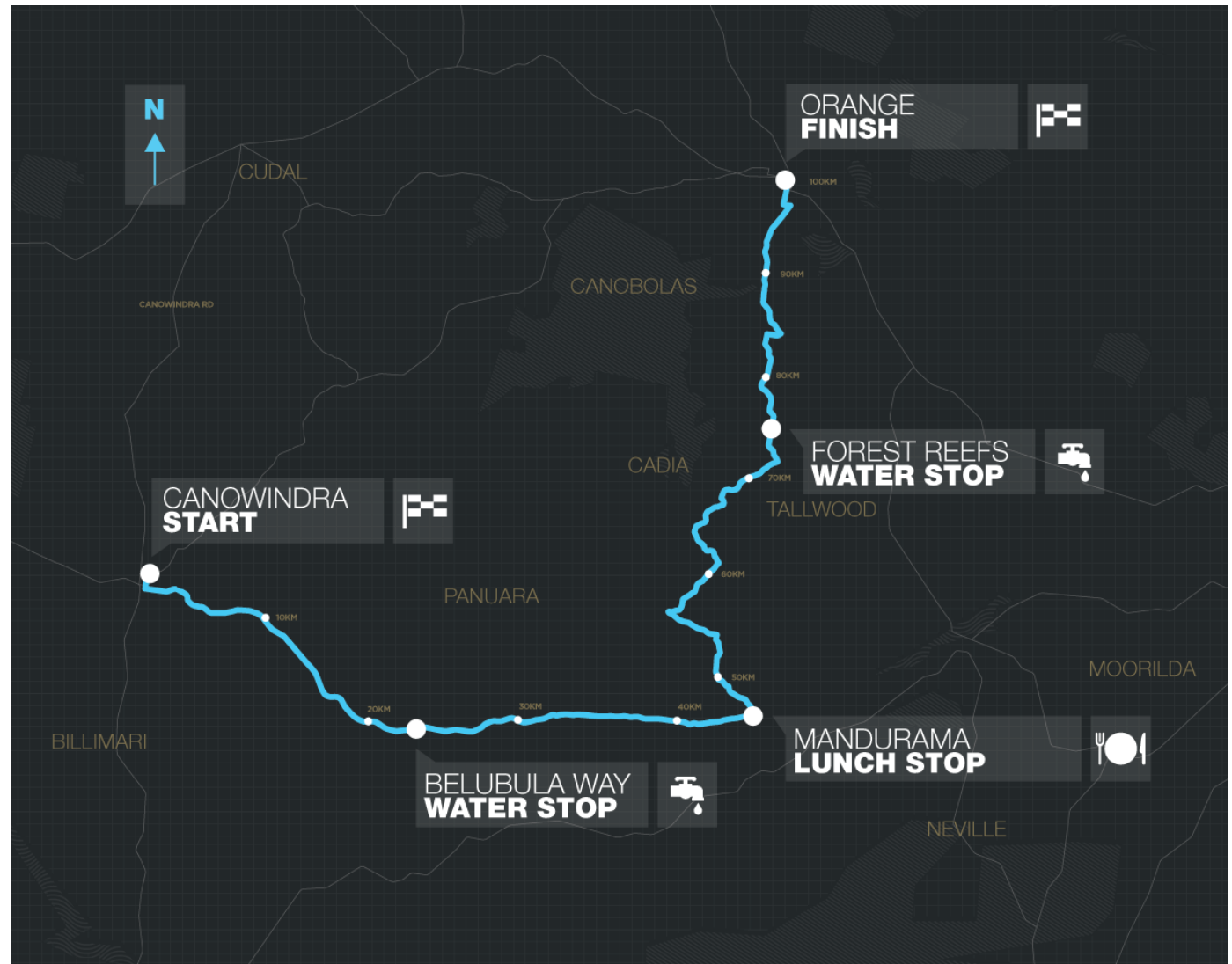
NEWCREST
**ORANGE
CHALLENGE**



5 WEEK COUNTDOWN PLAN **100KM CHALLENGE**

Welcome to the final countdown to the Newcrest Orange Challenge. Karmea is proud to be working alongside Bicycle Network in order to support you in your training for this stunning event.

With just 5 weeks to go, we thought you could use some last minute help with your training. This is also a great way to check in and see if you are bang on track for the challenge ahead, there is still time to fine tune your training, ramp up those kilometres, and get ready to ride.



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

Cadence/RPM

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 the legs and blow yourself up!

Effort levels :

Keeping it simple with easy, medium and hard. Easy is a pace you can easily talk at (recovery, warm up and cool down at this pace). Medium pace talking becomes a little breathy, 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.

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 build strength away from your chosen spot, and the gains flow through into your riding. 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.

NEWCREST ORANGE CHALLENGE 100KM CHALLENGE

1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
FIVE WEEKS TO GO	REST DAY	ENDURANCE 1:00:00	CROSS TRAIN	INTERVAL 1:00:00	CROSS TRAIN	BUILD RIDE 20KMS	LONG RIDE 60KMS
	Swim, yoga, stretch only today.	WARM UP 10mins easy ENDURANCE SET 4 x 8mins as 6min medium, 2min hard, 3mins easy COOL DOWN 10mins easy	Run, swim, gym, strength, core	WARM UP 10mins easy INTERVAL SET 4 x 5mins @ 90rpm hard, 2mins easy COOL DOWN 10mins easy	Run, swim, gym, strength, core.	Include in the ride: 10mins easy 25mins medium 5min hard	Ride a hilly route. Practice race nutrition
2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
FOUR WEEKS TO GO	REST DAY	STRENGTH 1:00:00	CROSS TRAIN	ENDURANCE 1:00:00	CROSS TRAIN	BUILD RIDE 25KMS	LONG RIDE 80KMS
	Swim, yoga, stretch only today.	WARM UP 10mins easy STRENGTH SET 5 x 6min hill repeats as 3mins@60rpm medium, 3mins @70rpm hard. COOL DOWN 10mins easy	Run, swim, gym, strength, core.	WARM UP 10mins easy ENDURANCE SET 3 x 10mins as 8min medium 90rpm, 2min hard, rest 3mins easy. COOL DOWN 10mins easy	Run, swim, gym, strength, core.	Include in the ride: 30mins tempo cadence focused at 90rpm	Ride for distance. Practice race nutrition.

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3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
THREE WEEKS TO GO	REST DAY	GEARING 1:00:00	CROSS TRAIN	STRENGTH 1:00:00	CROSS TRAIN	BUILD RIDE 30KMS	LONG RIDE 90KMS
	Swim, yoga, stretch only today.	WARM UP 10mins easy MAIN SET Cadence 90rpm. 5mins easy 20mins medium 15min hard COOL DOWN 10mins easy	Run, swim, gym, strength, core.	WARM UP 10mins easy STRENGTH SET 6 x 4min hill climb alternating one @60rpm medium, one @60rpm hard COOL DOWN 10mins easy	Run, swim, gym, strength, core.	Ride at good tempo and pace	Ride a hilly route. Practice race nutrition.
4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
TWO WEEKS TO GO	REST DAY	INTERVAL 1:00:00	CROSS TRAIN	ENDURANCE 1:00:00	CROSS TRAIN	BUILD RIDE 30KMS	LONG RIDE 100KMS
	Swim, yoga, stretch only today.	WARM UP 10mins easy INTERVAL SET 6 x 4mins @90rpm hard, 2mins easy COOL DOWN 10mins easy	Run, swim, gym, strength, core.	WARM UP 10mins easy ENDURANCE SET 2 x 15mins 90rpm as 10min medium, 5min hard, rest 3mins easy COOL DOWN 10mins easy	Run, swim, gym, strength, core.	Include in ride: 4 x 5min hill climb @60rpm medium, push last 30secs in same gear to +70rpm hard	Ride a hilly route. Practice race nutrition.

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5	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
LAST WEEK	TAPER WEEK REST DAY	INTERVAL 1:00:00	CROSS TRAIN	PRE RACE RIDE 1:00:00	REST DAY	PRE RACE CHECK 0:40:00	EVENT DAY
	Swim, yoga, stretch only today.	WARM UP 10mins easy ENDURANCE SET 7 x 3mins @90rpm hard, 2mins easy. COOL DOWN 10mins easy	Run, swim, gym, strength, core.	WARM UP 10mins easy ENDURANCE SET 3 x 10mins 10min medium 90rpm, rest 3mins easy. COOL DOWN 10mins easy	Swim, yoga, stretch only today.	Spin out on the bike, check the gears and brakes after travelling. Add in 3 x 1km lifts in pace with 4min recovery	Newcrest Orange Challenge



Karnea Performance Coaching provides everything you need for your endurance cycling and multisport adventures. Our aim is to support your sporting journey, with targeted athlete training programmes, expert guidance and mentoring from qualified coaches, and provide you with a supportive community in which you can thrive as an athlete.

OUR SERVICES INCLUDE

Athlete coaching packages: Guiding you every step of the way towards your goal race. Targeted, balanced, and specific to your aims.

Alpine training retreats: Based in the Snowy Mountains the Karnea Ranch is the perfect place to eat, sleep, train, repeat, under the guidance of your qualified and experienced Karnea coaches.

For more information call **0420 923 067** or visit www.karneafitness.com

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