

The FTP Training
Terra Australis 12 Week Training Program

Weeks 1 - 3

Days	Morning	Afternoon
Mon	Rest day or Session 1R	
Tue	Session 2	
Wed	Session 1E	
Thur	Session 1	
Fri	Rest day no bike riding	
Sat	Session 4	
Sun	Session 5 or Race	

Weeks 5 - 7

Days	Morning	Afternoon
Mon	Rest day or Session 1R	
Tue	Session 3	
Wed	Session 1E	
Thur	Session 2	
Fri	Rest day no bike riding	
Sat	Session 6	
Sun	Session 4 or Race	

Weeks 9 - 10

Days	Morning	Afternoon
Mon	Rest day or Session 1R	
Tue	Session 7	
Wed	Session 1R	
Thur	Session 2	
Fri	Rest day no bike riding	
Sat	Session 6	
Sun	Session 4 or Race	

Week 11 Volume

Days	Morning	Afternoon
Mon	Rest day	

Tue	Session 2	Session 1R
Wed	Session 1E	Session 1R
Thur	Session 1	Session 1R
Fri	Rest day	
Sat	Session 4 (aim for 4 hours)	
Sun	Session 5 (aim for 5 hours)	

Recovery Week

Weeks 4 & 8

Days	Morning	Afternoon
Mon	Rest day no bike riding	
Tue	Rest day no bike riding	
Wed	Session 1E	
Thur	Session 1R	
Fri	Rest day no bike riding	
Sat	Session 1	
Sun	Session 5 or Race	

Pre-Terra Taper Week

Week 12

Days	Morning	Afternoon
Mon	Session 1R	
Tue	Rest day no bike riding	
Wed	Rest day no bike riding	
Thur	Session 1E	
Fri	Rest day no bike riding	Travel
Sat	Travel	Session 1P
Sun	Terra Race Day	

Training Sessions Threshold Heart Rate (THR)

Session 1 Tempo

Warm Up = 10 mins gradually increase HR up to 90% THR

Main Set = 60 – 90 minutes @ 75% THR with 2 - 3 x 30 minutes @ 82 – 86% THR allow 5 mins recovery between sets @ 70% THR.
Cool Down = 10 mins @ 70 – 50% THR

Session 2 Tempo/SST

Warm Up = 10 mins gradually increase HR up to 90% THR
Main Set = 60 - 90 minutes @ 75% THR with 3 - 5 x 12 mins @ 85 - 92% THR with 5 mins recovery between efforts.
Cool Down = 10 mins @ 70 – 50% THR

Session 3 Threshold

Warm Up = 10 mins gradually increase HR up to 90% THR
Main Set = 60 – 90 minutes @ 75% THR with 2 - 3 x 20 mins @ 90 - 96% THR with 5 - 10 minutes recovery between efforts self selected cadence.
Cool Down = 10 mins @ 70 – 50% THR

Training Sessions Threshold Heart Rate

Session 4 2 - 4 Hours Endurance/Hills+

Warm Up = 10 mins gradually increase HR up to 90% THR

Main Set = 120 - 240 mins @ 70 - 90% THR with 2 - 3 x 15 - 25 minute climbs @ 90 - 100% THR, try during this phase to hit the corners hard and out the saddle, punch it for 10 - 15 seconds @ 105% THR then sit back into the effort. Look to do 3 - 4 efforts each climb. Find a route that allows you 5 - 10 minutes recovery between efforts.

Cool Down = 10 mins @ 70 - 50% THR

Progression

Increase up to a total time of 4 hours.

Session 5 3 - 5 Hours Endurance

Warm Up = 10 mins gradually increase HR up to 90% THR

Main Session = 3 - 5 Hours @ 65 - 90% THR mixed pace ride.

Cool Down = 10 mins @ 70 - 50% THR

Notes = Aim to complete a total time of 3 - 5 hours. This session is aimed at being completed with a group if you wish. Go with how you feel, go hard or easy it is up to you.

Session 6 VO2

Warm Up = 10 mins gradually increase Heart Rate up to 90% THR

Main Session = 60 minutes total ride time with 4 x 3 mins @ >105% THR with 3 minute recovery between efforts + 4 x 2 mins @ >105% THR with 2 minute recovery between efforts. 5 minutes between the sets

Cool Down = 10 mins @ 80 - 60% THR.

Training Sessions Threshold Heart Rate

Session 7 Mix Up/Race Prep Session

Warm Up - 10 mins gradually increase HR up to 90% THR

Main Session - 40 - 60 minutes with 3 x 5 minutes @ 105% THR with 4 mins recovery 90+ RPM Then 5 minutes easy @ 70%

5 x 30 seconds @ Max Effort with 3 mins recovery. 100+ RPM
Then 5 minutes easy @ 70%
1 x 10 minutes @ 88 - 95% THR , 70 - 100 RPM
Cool Down - 10 mins @ 90 - 50% THR

Recovery Session 1R

Warm Up - 10 minutes @ 50 - 65% THR.

Main Session - 40 minutes @ 50 - 70% THR with high cadence 95 - 105rpm.

Cool Down - 10 minutes @ 65 - 50% THR with high cadence 95 - 105 rpm.

Notes - Super easy session try to keep below 70% THR and maintain a high cadence. This session is for recovery not training GO VERY EASY.

Easy Endurance Session 1E

Warm Up - 10 minutes @ 50 - 75% THR.

Main Session - 60 - 90 minutes @ 65 - 80% THR with high cadence 95 - 105rpm.

Cool Down - 10 minutes @ 75 - 50% THR with high cadence 95 - 105 rpm.

Notes - Easy Endurance session try to keep below 80% THR and maintain a high cadence.

Training Sessions Threshold Heart Rate

Pre - Race Session 1P

Warm Up - 10 minutes @ 50 - 75% THR.

Main Session - 60 minutes @ 65 - 75% THR with high cadence 95 - 105rpm. With 3 x 3 minutes @ 90 - 100% THR. Allow 5 minutes between efforts.

Cool Down - 10 minutes @ 75 – 50% THR with high cadence 95 – 105 rpm.

Notes – This session is designed to blow out the cobwebs and get you ready for the race the next day.

Session 1RP Race Warm Up

Warm Up - 5 minutes 75% THR, Then a 10 minute 'ramp', gradually taking your HR from 75% to 100% in minutes 9 to 10. You should be flat out at your race pace 100% THR in the last minute.

Then - 5 minutes easy 70% THR

Finally – Complete 1 x 2 minute effort at VO₂max 105%+ THR followed by 5-10 minutes of easy pedaling 60% THR. Roll around close to the start line and get yourself ready to go for it

Training Sessions Threshold Heart Rate

Threshold Heart Rate Test Protocol

Warm Up - 10 minutes increasing effort gradually until you are breathing hard and deep.

Main Session – 15 - 20 minutes, find a hill or a looped MTB track. Start the effort gradually and increase effort to the hardest

sustained pace that you can hold, aim to hold this intensity for at least 15 minutes and record the average heart rate maintained for the 15 – 20 minute period. This is then your threshold heart rate.

Cool Down - 10 minutes

Notes – This session is designed to establish your threshold heart rate, please make sure with your doctor that you are able to complete hard physical exercise before undertaking a strenuous training program and test.

Key

THR = Threshold Heart Rate in Beats/Min, see test protocol for establishing THR.

Training Program Outline/Discussion

Training for the Terra is very similar to training for any endurance type event that is over 2 hours long. The demands of the event require a solid aerobic base and contrary to popular belief massively long hours are not needed to be able to do well. Life is fast moving nowadays and most of us are time short, the demands upon our time just don't allow huge volumes of training and time in the saddle. This means we have to look at ways in which we can maximise the time we do have to get the best results. This might mean increasing the intensity of the weekday sessions allowing us to reduce the duration and fitting in a longer ride with mates at the weekend. These short sessions can often be completed on a stationary trainer before the kids get up or after they go to bed during weekdays. The longer sessions can be slotted into a Saturday or Sunday if both days training is out of the question, then fitting in a short Session 1E on the Saturday or Sunday morning before the family gets up is a good idea. The rest of the day can then be spent with the family and doing jobs done around the house.

The basic structure of every program should be to create a progressive overload on the physiological systems of the body interspersed with adequate rest to allow for adaptation. The adaptations allow us to go faster and further than before or complete the same distance at the same speed with less effort. There are no short cuts to this method, simply going out and smashing yourself will not get the results you are after, as I often say to a lot of my clients "Rome wasn't build in a day" If you stick with these simple processes you will be on your way to new levels of fitness.

Many people often ask about cross training and should they be doing weights or running. My simple answer to this is if you have the time! The professionals do have the time and that is why they are often prescribed weights programs, as they often spend between 20 – 30 hours each week, training or racing, professional cyclists can develop muscular imbalances that need correcting.

For us mere mortals time is a rare commodity and If you only really have 4 – 8 hours a week to train then I would suggest that those hours are best spent carrying out the specific skill you are trying to get better at. Simply put, if you want to get better riding your bike you need to ride your bike!

Being able to quantify our training load and intensity is very important, the best method for doing this is using a Power Meter they are very expensive, however. The next best option is a Heart Rate Monitor (HR) Heart rate has long been used as a measure of training intensity and for most sub-threshold efforts it is very good training tool. The drawback with using heart rate it that it is subject to a great deal of variation from day to day depending upon factors such as stress, sleep, food intake and environmental factors like hot and cold weather to name but a few. With this day to day variability in mind this training program is going to be based on Threshold Heart Rate (THR) and a percentage of this THR measurement for all the training sessions. This I believe will make all the sessions more achievable and result in better levels of completion of most of the sessions in the program, than if we were using a percentage of Max Heart Rate (MHR). Don't get too hung up on exact numbers, aim to be in the ball park with the heart rate and gauge against your perceived effort.

How to complete the Sessions

Firstly we need to establish our threshold heart rate, so you are going to need a heart rate monitor; a basic modal is quite alright and can be purchased from your Local Bike Shop (LBS). Make sure you are fresh and have at least a couple of days off before completing the test. Once we have established our THR we can start the program and work out the % HR for each of the sessions. Most of these training sessions can be completed on your own or with mates. They can be completed in the morning or the afternoon the choice is yours. Make sure you warm up and cool down during each session and if you are doing the efforts indoor on the trainer get a big fan to keep you cool. Use the added stimulus of riding partners to really push yourself and get the most from the sessions if you can. As well as great training you will have a blast.

Most of the sessions can be completed on a MTB trail or the road, it is best to find a loop or race track that you know well and that allows you to focus on the effort. A short not too technical looped track is ideal. Alternatively you can complete most of the sessions on the stationary trainer at home if you have one. The key is to get stuck in and find what you are capable of, go for it and you will be very surprised what you can achieve.

Most sessions have a goal for cadence during the ride, some ask for lower cadence, some sessions ask for higher cadence and some have no mention of cadence and in these sessions it can be self selected according to your feel. Cadence is very important and being able to maintain a higher cadence during longer rides and races can put less overall load on our legs and more load on our finely tuned cardiovascular system. Our muscular strength and ability to churn a big gear will run out long before our cardiovascular system runs out of energy, so, it stands to reason that we should train our bodies to become used to using higher cadences during our training.

Sessions 1, 2 & 3

In these 60 - 90 minute sessions the aim is to complete structured intervals at or just below your threshold heart rate. Each session is based on 10 - 12 minute efforts. Warm up for at least 10 minutes then you will be ready to start the main set intervals. These can be carried out around a MTB course or road loop that you are familiar with and can be completed on your own using your heart rate monitor to guide your effort, or chasing/being chased by your mates. Take turns to lead or follow, after each interval roll around and recover before repeating the effort. This session can also be completed up a hill by completing straight up hill repeats or slotted into rides which have multiple climbs that take the desired time to climb. They can also be completed on the stationary trainer at home if the weather is rubbish ;o)

Sessions 4 & 5

These are great sessions to complete with your mates and incorporated into longer more social rides. Complete the harder lower cadence efforts on the smaller climbs where you can along the route. These sessions can be completed on the road or MTB.

Sessions 6 & 7

This is a very tough session and will be best completed with other riders for extra motivation. It can be completed at a local trail if you can find a short non tech route that is between 2 – 3 minutes long or on the stationary trainer at home. Start out timing each other when completing the efforts and set fastest times. Then you can give short times between starts and chase each other down. These are near MAXIMAL efforts and you should feel ready to have a stiff word in my ear by the end of each one ;o) Allow enough recovery between efforts to go full pelt again about 3 – 5 minutes or equal recovery time to interval time. These can also be completed as straight up hill repeats for instance do it return and complete again and again.

Sessions 1E, 1R & 1P

These sessions are easy endurance, recovery or pre-race prep up sessions and with the exception of the pre-race prep session they are the least important sessions in the program. If you are pushed for time these sessions can be missed and just take a recovery day.

Ok then what are you waiting for, get out there and start training. The key is still to have fun while you are out there smashing it up, if we are not having fun getting fit and fast then it might be that you are pushing a little too hard, so peg it back and take a few easy days.

See you on the start line.

Cheers

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