

**The FTP Training**  
**Terra Australis 12 Week Training Program**

**Weeks 1 - 3, 5 - 7**

Days	Morning	Afternoon
Mon	<b>Rest day or Session 1R</b>	
Tue	<b>Session 3</b>	
Wed	<b>Session 1E</b>	
Thur	<b>Session 2</b>	
Fri	<b>Rest day no bike riding</b>	
Sat	<b>Session 4</b>	
Sun	<b>Session 5 or Race</b>	

**Recovery Week**

**Weeks 4 & 8**

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

## **Terra Australis 12 Week Training Program**

### **Weeks 9 - 11**

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

### **Pre Terra Taper Week**

### **Week 12**

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

## **Training Sessions Heart Rate Based**

### **Session 1 Threshold**

**Warm Up** = 10 mins gradually increase HR up to 80% MHR

**Main Set** = 60 – 90 minutes total time @ 70% MHR with 2 x Sets of 5 mins @ 80% + 5 mins @ 84% + 5 mins @ 88% MHR. 10 - 20 mins recovery between sets. Aim to alternate cadence between 80 – 100 RPM during efforts. For instance: 5 mins @ 80, 5 mins @ 90, 5 mins @ 100.

**Cool Down** = 10 mins @ 70 – 50% MHR

**Notes** – This session can be completed on the erg if needed.

### **Session 2 SST**

**Warm Up** = 10 mins gradually increase HR up to 80% MHR

**Main Set** = 60 – 90 minutes total time @ 70% MHR with 3 x 12 mins @ 80 - 85% MHR with 2 mins recovery between efforts. Use a bigger gear than normal with cadence between 60 – 70 rpm during the efforts.

**Cool Down** = 10 mins @ 70 – 50% MHR

**Notes** - Keep this session the same throughout the program. This session can be completed on the erg if needed.

### **Session 3 Threshold**

**Warm Up** = 10 mins gradually increase HR up to 80% MHR

**Main Set** = 60 – 90 minutes total time @ 70% MHR with 2 x Sets of 20 mins @ 82 - 88% MHR with 5 minutes recovery between efforts. Cadence 90 – 100 rpm.

**Cool Down** = 10 mins @ 70 – 50% MHR

**Notes** – This session can be increased up to a total of 120 minutes and 3 x 20 minute Threshold efforts. Do this by going to 3 x 12 minutes and adding 1 minute each week to each interval. After week 4 add explosive efforts every 5 minutes during the interval. Aim for spinning a gear out for 10 – 15 seconds and then settle back into the main effort.

## **Training Sessions**

### **Session 4 2 - 4 Hours Endurance/Hills**

**Warm Up** = 10 mins gradually increase HR up to 80% MHR

**Main Set** = 120 - 240 mins @ 70 – 90% MHR with 4 x 5 minute seated climbs using a low cadence 50 – 60 rpm, try to find a route that allows you 5 – 10 minutes recovery between efforts.

**Cool Down** = 10 mins @ 70 – 50% MHR

#### **Progression**

Increase up to a total time of 4 hours, do this by increasing time in main set at endurance pace by 20+ minutes each week and increasing efforts up to a total of 8 x 5 minutes during the main set 1 x extra effort each week.

### **Session 5 3 - 5 Hours Metabolic Conditioner**

**Warm Up** = 10 mins gradually increase HR up to 80% MHR

**Main Session** = 180 minutes @ 75% MHR mixed pace ride with efforts.

**Cool Down** = 10 mins @ 70 – 50% MHR

**Notes** = Increase each weeks duration by 20+ minutes with the aim of a total time of 5 hours by the end of the base phase. This session is aimed at being completed on Sunday with a group if you wish. Go with how you feel, go hard or easy it is up to you. Can be completed on the MTB or Road bike.

### **Recovery Session 1R**

**Warm Up** - 10 minutes @ 50 – 65% MHR.

**Main Session** – 40 minutes @ 50 – 65%MHR with high cadence 95 – 105rpm.

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

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

## **Training Sessions**

### **Easy Endurance Session 1E**

**Warm Up** - 10 minutes @ 50 – 75% MHR.

**Main Session** – 60 - 90 minutes @ 65 – 75%MHR with high cadence 95 – 105rpm.

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

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

### **Session 6 VO2**

**Warm Up** = 15 mins gradually increase Heart Rate up to 80% Max Heart Rate (MHR)

**Main Session** = 60 minutes total ride time with 4 x 5 mins @ 90+% MHR with 3 minute recovery between efforts

**Cool Down** = 10 mins @ 70 – 50% MHR.

### **Session 7 VO2**

**Warm Up** = 15 mins gradually increase Heart Rate up to 80% Max Heart Rate (MHR)

**Main Session** = 60 minutes total ride time with 4 x 3 mins @ 90+% MHR with 3 minute recovery between efforts + 4 x 2 mins @ 92+% MHR with 2 minute recovery between efforts. 5 minutes between the sets

**Cool Down** = 10 mins @ 70 – 50% MHR.

## **Training Sessions**

### **Pre - Race Session 1P**

**Warm Up** - 10 minutes @ 50 – 75% MHR.

**Main Session** - 60 minutes @ 65 – 75%MHR with high cadence 95 – 105rpm. With 3 x 3 minutes @ 85 - 90% MHR. Allow 5 minutes between efforts.

**Cool Down** - 10 minutes @ 75 – 50% MHR 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.

## **Training Program Outline/Discussion**

Right then the aim of this Base Phase is to follow the quality over quantity approach that will give you some specific focus and progression. This phase looks to focus on the development of your aerobic system through quality intervals at or near to your threshold during the week with longer rides at the weekend to increase your overall training load. These intervals require effort to maintain at the correct intensity and are hard to complete. Again the focus is **Quality** over duration so we cut out the fodder and raise the bar on your performance.

I have increased the duration in sessions 3, 4 and 5 to add to training load and fitness progression.

I have given you the workouts as Heart Rate. I would do at least 2 rides a week on the MTB to keep your eye in if you can.

### **Session 3 (Ride Example)**

The 2 - 3 x 20 minute sessions can be done well on a long MTB or Road climb. It is also possible to complete into a head wind or a rolling road or MTB loop, just aim to maintain as constant a load as possible and average the target heart rate. Alternatively aim for around 60 minutes at threshold (for instance 6 x 10 minute climbs) with a MTB tech descent and then repeat the effort. Sessions 1, 2, 3, 6 & 7 along with the recovery 1R and easy endurance 1E can be completed on the erg/trainer if necessary.

The longer rides can be hard to complete on the trainer so try to get out and have some fun on the road or trails.

The program will follow a 3 weeks on and 4<sup>th</sup> week recovery model, and the rules are if you are tired or not feeling well skip the session and move on. If you need to bring a recovery week forward it's no problem. The aim of the program is to progressively overload the system and get you ready for the more intense sessions after week 9 that will help to bring on your peak for the Terra. The key is consistency and being able to gradually overload the systems to create adaptations.

The sessions can be completed in the am or pm whatever suits and can be completed on the erg when necessary. There are key sessions in the week and sessions that just add volume. If pressed for time aim to complete the sessions on the Tuesdays, Thursdays and Saturdays as these add the greatest training stimulus and will provide the greatest gains in fitness.

## **Training Program Outline/Discussion**

It is important to complete a max heart rate test just to establish zones. The 220 – age model is simply not accurate enough.

### **The outline of the test is as follow.**

Firstly make sure from your doctor that you are able to complete a strenuous training program and complete a max heart rate test.

To establish your heart rate zones accurately please follow the following. Warm up for 60 minutes to a climb of around 8 – 12 minutes long. The climb should be not too steep but one that you can really attack and really open up and go for it. Get to the bottom of the climb and start steady but fast increasing your effort over the first 5 mins and going for broke in the last 5 mins. Record your heart rate and work out your zones accordingly. You will need to be super fresh and have taken at least 2 days off the bike prior to the test. Remember GO HARD OR GO HOME.

I like formalised testing to see if the programs are achieving the outcomes that they are supposed to, with this in mind try and find a specific climb or loop that can be completed on a semi-regular basis to monitor progress. Again a 15 - 20 minute climb is the go if there is one near, or a flat 20 - 40km loop.

Good luck and happy training. I look forward to seeing you at the start of the Terra Australis.

Cheers

Mark Fenner

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