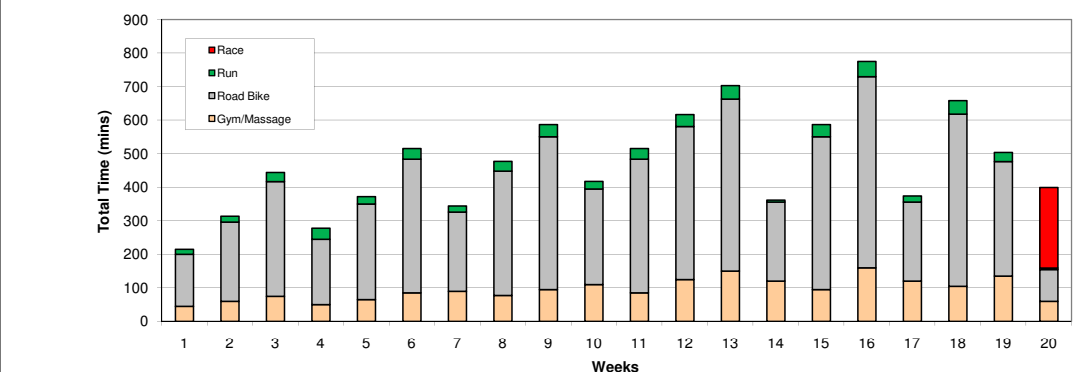




This is a very basic generic training programme. For a personalized more detailed specific structured training programme please contact -

Multiport Coaching Services Limited  
 Tel: 0064 7 349 6554  
 Mob: 0064 27 648 7546  
 Email: neil@multiportcoach.co.nz



	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
Gym/Massage	45	60	75	50	65	85	90	78	95	110	85	125	150	120	95	160	120	105	135	60
Road Bike	155	236	342	195	285	399	236	371	456	285	399	456	513	236	456	570	236	513	342	95
Run	15	18	27	33	23	32	18	29	36	23	32	36	41	6	36	45	18	41	27	5
Race																				240
<b>Total Time</b>	<b>215</b>	<b>314</b>	<b>444</b>	<b>278</b>	<b>373</b>	<b>516</b>	<b>344</b>	<b>477</b>	<b>587</b>	<b>418</b>	<b>516</b>	<b>617</b>	<b>704</b>	<b>362</b>	<b>587</b>	<b>775</b>	<b>374</b>	<b>659</b>	<b>504</b>	<b>400</b>

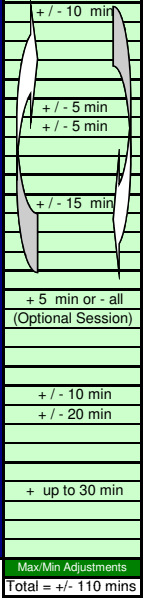


**Important** - All figures represent volume of training in minutes.

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		Season		Pre-season (base training)										In-season (speed work)										Off-season							
		Phase		Sport Conditioning					Strength/Endurance					Power/Speed					Taper					Refresh & Recharge							
		Week No#		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23					
		Countdown to Event		20	19	18	17	16	15	14	13	12	11	10	9	8	7	6	5	4	3	2	1	Plus 1	Plus 2	Plus 3					
		Weekly Cycle		Rest	V.Easy	Easy	V.Easy	Easy	Med	V.Easy	Easy	Med	Easy	Med	Hard	V.Easy	Med	Hard	V.Easy	Hard	Easy	V.Easy	Diff.	Aerobic	Activity						
		% Volume		20%	40%	60%	30%	50%	70%	40%	65%	80%	50%	70%	80%	90%	40%	80%	100%	40%	90%	60%	30%	30+	min.	3-4 x					
Day	Hr	Discip.	Description	Specifics Details																											
Monday	am	G	Gym	Lower Body and Trunk	25	35	45	30	40	50	35	45	55	40	50	55	60	35	55	65	35	60	45	30	Rego Briefing						
	pm		Comb. Machine & Free W/t Plus Swiss Ball Exercises	Leg + Core Strength & Stability							Rec Day						Rec Day						Rec Day								
Alternatively Monday = Aerobic Recovery Day or Rest Day																															
Tuesday	am	B	Flat/Wind-Trainee	Short Fast Ride	25	36	54	30	45	63	36	59	72	45	63	72	81	36	72	90	36	81	54	30	Rego Briefing						
	pm		Undisrupted Flat Open Rd or Indoors	Speed Intervals + Focus on Cycling Technique																											
(or alternatively a Gym Spin/Wind Trainer Class)																															
Wednesday	am	R	Road/Park	Easy Stride Out	5	6	9	24	8	11	6	10	12	8	11	12	14	6	12	15	6	14	9	5	Rego Briefing						
	pm	BV	Undulating Hills	Easy Spinning	20	30	45	25	38	53	30	49	60	38	53	60	68	30	60	75	30	68	45	25							
Gentle Rolling Roads Active Recovery Session or Possible short Cycle commute to & from work																															
Thursday	am	B	Hills	Medium Hill Repeats	35	45	63	40	53	74	45	68	84	53	74	84	95	45	84	105	45	95	63	40	Rego Briefing						
	pm		Quite Hill Country Roads	Hill Efforts & Downhill Skills																											
Tropical Power Trinidad Coast 2 Coast																															
Friday	am	G	Gym	Lower Body and Trunk	20	25	30	20	25	35	25	33	40	25	35	40	45	25	40	50	25	45	30	Race Preparation							
	pm		Floor Matt & Swiss Ball	Stretching & Core Work																											
Friday - Optional second rest day																															
Saturday	am	R	Road/Park	Short Fast Run	10	12	18	9	15	21	12	20	24	15	21	24	27	12	24	30	12	27	18	Race Preparation							
	pm	BV	Solo or Group Ride	Tempo Flat & Rolling Hills	30	50	72	40	60	84	50	78	96	60	84	96	108	50	96	120	50	108	72								
Undulating Country Rds Bunch Skills Surges and Sprints																															
Sunday	am	B	Big Hills	Long Steady Pace Climbs	45	75	108	60	90	126	75	117	144	90	126	144	162	75	144	180	75	162	108	Race Preparation							
	pm		Quite Hill Country Roads	Hills Spinning Optimal Gear/Cadence Maintaining Momentum																											
North Cross Multisport Race																															

Post race sit-down to debrief event and set new goals



Note: Feel free to switch Tues. & Thursday training days to suit mid-week wind-trainer/spin class activities in your area.

Key Session (Optional), Recommended (Example Terrain), Holidays (Commute), Standard Week (Key Week), Similar Terrain (Course Training), Possible Event (Race)

Max/Min Adjustments Total = +/- 110 mins

Sample explanation on how to correctly read the programme. Week 6 commences 15 weeks out from the Tropical Power Trinidad Coast 2 Coast and is a Medium volume week containing 70% of the greatest training week. The training set out for Tuesday morning of week 6, is a 63 minute flat road bike or wind trainer ride, with time focusing on good cycling technique and time doing some 3-5 minute efforts at a fast pace (high intensity). A gym spin would be a good alternative. A 10 minute leeway can be subtracted or added to the length of the workout as you feel (given freedom, time constraints or general levels of energy etc)... Remember to listen to what your body is telling. When not doing any specifics (i.e., sustained effort or skills/technique) maintain a training intensity heart rate between 55-75% of your Heart Rate Reserve [220 - your Age - your Rest Heart Rate] + your Rest Heart Rate. I.e., The higher cycling training intensity for a 40 year old with a resting heart rate of 60 beats per minute (bpm) would be 75% x (220-40-60)+60 = 150bpm. Complete a gentle 5-10 minute warm-up and cool-down with stretches either side if your training sessions and events where not specified.

Programme Copyright to Multiport Coaching Services Limited

For a more comprehensible full colour version of the programme above, please refer to the Tropical Power Trinidad Coast 2 Coast website [www.trinidadcoast2coast.com](http://www.trinidadcoast2coast.com)

**train smart race fast**

Are you on track to attaining your goal?  
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Neil Gellatly BPhEd, CNZ 2  
 13 years multisport experience

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- Event Organisation/Management
- Race Timing

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