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Neil Gellatly Multisport Coaching Services

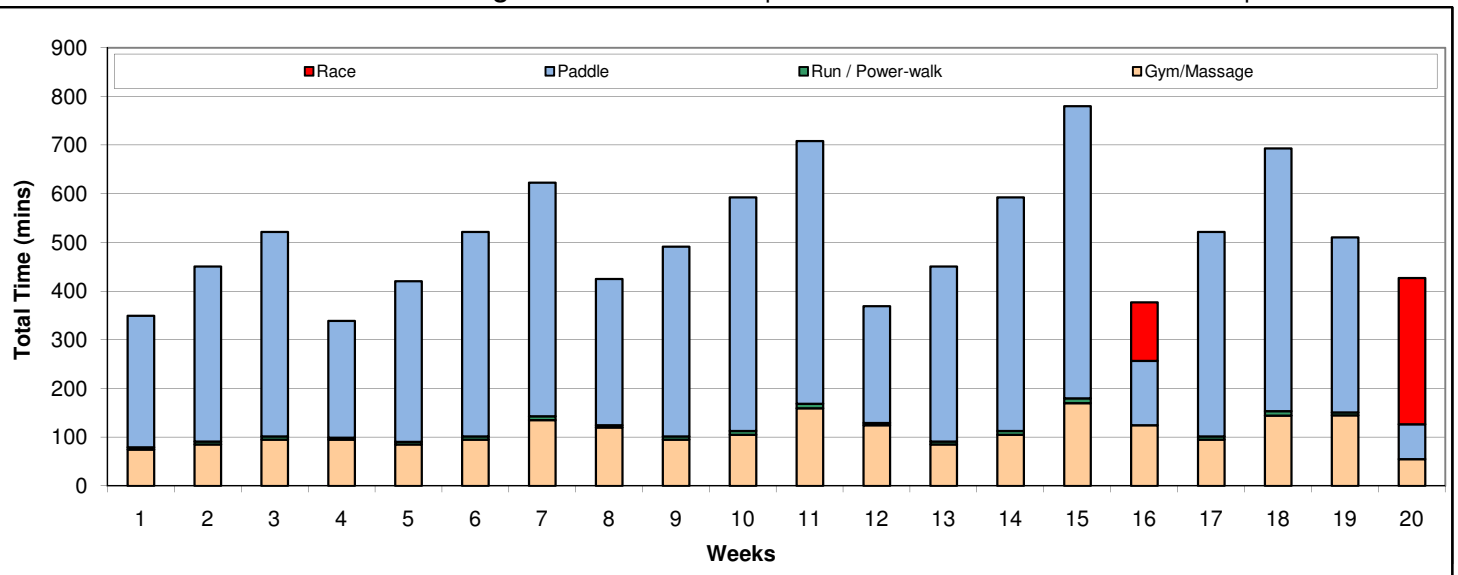
Trans Taupo GENERIC TRAINING PROGRAMME

Competitor: Novice to Intermediate Paddler **Programme:** 20 week build-up
Coach/Trainer: Neil Gellatly (BPhEd, CNZ Level II) **Commencement Date:** 2nd Nov. 2009
Int. Goal: Get fit; Compete in various lead-in events about the country incl. the Mount Pacific Downwind
Longterm Goal: Trans Taupo 2010 - individual or member of double/quad/W6 full course entry.

dare2 sweat events

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

Neil Gelllatly at:
Multisport Coaching Services Limited
Tel: 0064 7 349 6554
Mob: 0064 27 648 7546
Email:
neil@multisportcoach.co.nz



Gym/Massage	75	85	95	95	85	95	135	120	95	105	160	125	85	105	170	125	95	145	145	55
Run / Power-walk	5	6	7	4	6	7	8	5	7	8	9	4	6	8	10	0	7	9	6	0
Paddle	270	360	420	240	330	420	480	300	390	480	540	240	360	480	600	132	420	540	360	72
Race																120				300
Total Time	350	451	522	339	421	522	623	425	492	593	709	369	451	593	780	377	522	694	511	427

Important - All figures represent volume of training in minutes. Divide times by half if only doing a stage as part of a Team Relay

Approx. * 5hr 40 min minimum — Approx. * 13 hr maximum

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			Season	Pre-season (base training)										In-season (speed work)								Off-season
			Phase	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	2-Nov	9-Nov	16-Nov	23-Nov	30-Nov	7-Dec	14-Dec	21-Dec	28-Dec	4-Jan	11-Jan	18-Jan	25-Jan	1-Feb	8-Feb	15-Feb	22-Feb	1-Mar	8-Mar	15-Mar	Plus 1	Plus 2	Plus 3
			Meso-cycle	V.Easy	Easy	Med.	V.Easy	Easy	Med.	Med.	Easy	Easy	Med.	Hard	V.Easy	Easy	Med.	Hard	V.Easy	Med.	Hard	Easy	V.Easy	Diff. Aerobic Activity		
			% Volume	45%	60%	70%	40%	55%	70%	80%	50%	65%	80%	90%	40%	60%	80%	100%	40%	70%	90%	60%	30%	30+ min, 3-4 x Week		
Day	Hr	Discip.	Description	Specifics Details																						
Monday	am	G	Gym	Upper Body and Trunk	45	50	55	40	50	55	60	45	55	60	65	40	50	60	70	40	55	65	50	35	+ / - 20 min	
			Comb. Machine & Free W/t	Muscle Power, Core												Rec. Day				Rec. Day			Rec. Day			
	pm		Plus Swiss Ball Exercises	Strength & Stability/Flex																						
		M	Massage	Muscle Recovery Aid				30			30	45			45	60			45	60		30	60		Recommended	
Monday Afternoon = Active Recovery Day or Half Rest Day																										
Tuesday	am	P	Flat-water	Short Speed Session	34	45	53	30	41	53	60	38	49	60	68	30	45	60	75	30	53	68	45	23	+ / - 10 min	
			All Conditions Training	Efforts + Technique Focus																						
	pm		**Or** Club Paddle,	Time-Trail or Similar																						
			Mid-week Event	Short Race	(i.e., North Shore Beach Series; Wellington Surf Ski & Waka Ama Series; Tasman Bay Surf Ski Series etc)																					
Wednesday	am	P	Flat-water	Light Paddle	27	36	42	24	33	42	48	30	39	48	54	24	36	48	60	24	42	54	36	18	+ 5 min or - all	
			Sheltered Waters	Distance per Stroke Focus																					(Optional Session)	
	pm		Wednesday - Optional Rest Day																							
Thursday	am	P	Flat-water	Med-long Strength Session	47	63	74	42	58	74	84	53	68	84	95	42	63	84	105	42	74	95	63	32	+ / - 15 min	
			All Conditions Training	Bungy Resistance																						
	pm			Session																				Prep. Day		
					Christmas & New Years Day																						
Friday	am	G	Gym	Upper Body and Trunk	30	35	40	25	35	40	45	30	40	45	50	25	35	45	55	25	40	50	35	20	+ 10 min or - all	
			Comb. Machine & Free W/t	Muscle Power, Core																				Travel	(Optional Session)	
	pm		Plus Swiss Ball Exercises	Strength & Stability/Flex													Waitangi Day							Rego.		
			Friday - Optional Second Rest Day											Bhutty Moore-morial Race (30km)					Travel					Brief.		
									Boxing Day & 2nd January								King of the Harbour (25km)			Rego.		Trans Taupo			
Saturday	am or pm	P	Open Water	Long Steady Pace	122	162	189	108	149	189	216	135	176	216	243	108	162	216	270	Brief.	189	243	162	Sign-in	+ up to 60 min	
			Off-shore: Ocean or Lake	With Tempo +																P 25k				P 44k		
			(Swells &/or Chop)	Skill acquisition			Capt. Morgan's race at the edge of the world (20km)									Mt. Pacific Downwind							Prize Giving			
		R/W	Flat - Portage	Easy Stride Out	5	6	7	4	6	7	8	5	7	8	9	4	6	8	10		7	9	6		+ 5 min or - all	
Feel free to swap weekend training days to suit.																			Prize Giving							
Sunday	am or pm	P	Coastal Water	Skills Paddle	41	54	63	36	50	63	72	45	59	72	81	36	54	72	90	36	63	81	54	Recovery Day	+ 15 min or - all	
			Fun Surf Paddle	Wave Riding Skills									Altern. Rec. day			Altern. Rec. day				Altern. Rec. day					(Optional Session)	
				Active Recovery Session																						
Sunday = Active Recovery or Complete Rest Day																										

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

Possible training paddle on part of the course (Ironman weeken

Max/Min Adjustments
Total =+/- 140 min

Note: Feel free to switch Tues. & Wednes. Wednes. & Thurs. training days to suit local mid-week club/racing activities

Key Session / Optional — Recommended / Example Terrain — Holidays / Altern. Rec. Day — Standard Week / Key Week — Similar Waters / Course Training — Possible Event / Race

Sample explanation on how to correctly read the programme.

Week 6 commences 7th December 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 53 minute flat water paddle, with half the time spent focusing on paddling technique and the remainder doing between 3-5 minute efforts at a fast pace (high intensity).
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 you.
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 average 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. Subtract 10-20 bpm when paddling & add 5-10 bpm when running.
Complete a gentle 5-10 minute warm-up and cool-down with stretches either side if your training sessions and events where not specified.

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If printed in black & white, please refer to the Trans Taupo website www.dare2sweatevents.co.nz for a more comprehensible full colour version of the programme above.