

CAPITAL TO KOSCIUSKO 2018



Hot tips on preparing for C2K18

1. **Be of reasonable physical health.** Prior to commencing specific training for the event in September should be able to cycle for 1 hour and still be smiling.
2. **Have a mountain Bike.** At least front suspension. More information on suggested standard of bike will be provided.
3. **Get your bike fitted/adjusted for your body** (we are all different shapes & sizes). Need to get this sorted during stage 1, the bike and you will be spending a lot of time together.
4. On all day rides during stage 3 – this is the time to try snacks and nutrition options. Principles to consider include: **hydration, energy (fuel), electrolytes, nutrition and recovery.**
5. Specific information on this can be provided: email Brendan and Lynita Clark at clark7@aapt.net.au. Can share some helpful resources or would enjoy a chat on a ride.
6. By stage 3 should be including some “moderately” **technical single tracks**. There are not a lot of these on the ride but exposure to this before February builds skill and confidence.
7. If any aches and pains develop consider whole health – **diet, restorative sleep and recovery, optimal stress**. If not settling with usual strategies seek assistance of health care practitioner.

| STAGE | GOAL | TRAINING | COMPLETE |
|------------------------------|---|--|--|
| STAGE 1 (Sept-Oct) | 1. Build ‘base’ – By end of October be able to ride 2hrs and still be smiling | 1x WEEK: start at 60 mins. Easy to moderate effort. Flat to undulating. Increase 5-10 minutes per week. Managing 120 minutes by end of October. | <input type="checkbox"/> |
| STAGE 2 (Nov-Dec) | 1. Maintain ‘base’ fitness 2. Improve ‘cardio’ fitness 3. By Christmas be able to ride uphill for 30 mins | 1x WEEK: Easy to moderate effort 90-120 mins undulating to some hills. 1x WEEK: 30-60minute of at least moderate effort and include some hills | <input type="checkbox"/> <input type="checkbox"/> |
| STAGE 3 (Jan-Feb) | 1. Maintain ‘base’ and ‘cardio’ fitness. 2. Manage a day of up to 6 hrs riding 3. Develop skill and confidence on single track. | 1x WEEK: Long rides as per stage 2 except organise 3 long day rides that are 4-6hrs. 2x WEEK: Ride for around 1 hour include some hills and some single track. Moderate effort. | <input type="checkbox"/> <input type="checkbox"/> |
| STAGE 4 (late Feb) | 1. “Freshen up” | 2-3x WEEK: ‘Fun’ rides. No need to ride more than 1hr. Enjoy your fitness. | <input type="checkbox"/> |