

Great Otway Gravel Grind Training Program



Prepared by Adam Kelsall from Hero Dirt Cycle Coaching

(This extensive program has been prepared by a renowned UCI Level 2 coach and is provided to help you prepare for either the 97km or 49km Great Otway Gravel Grind events. If you want a customised plan that better matches your situation we strongly encourage you to contact Adam Kelsall directly to prepare a specific plan for you on a paid basis. Contact via Facebook: [HeroDirt Cycle Coaching](#)).

Congratulations!

Congratulations on signing up for the Great Otway Gravel Grind (GOGG), featuring the 97km Gravel Grind Big Ring and the 49km Gravel Grind Little Ring. Both courses ride a “magical line through the Otway Ranges” to quote event organisers Rapid Ascent

How should I train for the GOGG

As a coach and sports scientist, I like to start at the end and work backwards with a couple of key questions:

1. What is the course like?
2. What physiology is required to ride this course optimally?
3. What physiology does the participant have?
4. What training is required to bridge the gap between the physiology the participant has and the physiology the course requires?

So let's go about answering some of those now. Or as with the Odyssey training plan, some of you may want to skip this why bit and jump straight into the training plan (the what, when and how), I'm totes fine with that. Then on different days when you look at the plan and you're not sure why a particular workout is there, feel free to come back to this bit for the explainer.

1. What is the course like?

97 km COGG “Big Ring” course description and maps here <https://gogg.rapidascent.com.au/97km-course-description-maps/>

Total Elevation – 2,260m, that's a lot!!

The Big Ring starts off with a flattish (in comparison to the rest of the course) start that depending on your pacing strategy for the day will be fast or medium pace, but your first 'Ooft' moment of the day will be the left turn into Boundary rd (Mountain Bikers will know it as the gravel road you drive up to Yaugher trail head on) and then ooft might turn to swearing as you turn right into Cemetery rd and things steepen up a little more. By now, maybe 5mins into the GOGG you'll have a pretty good idea of the form your legs are in for the day.

Things flatten out for a bit after that until you take a sharp right into Delaneys rd in Barwon Downs.

This starts easy then becomes a long climb up to Mt Cowley Fire tower. As guidance for pacing the strava segment for Delaneys runs from the barwon Downs right hand turn up to to Benwerren – Mt Sabine rd, its 11.9km long, with a 3% grade (low key ooft) and Neve Bradbury (34:20) and Tasman Nankervis (34:20) have the KOMS. Almost exactly mid pack lies Ryan Bagust (52:10) and almost dead last on the segment are Sandy Maxwell (1:47:52) and Jeff Mutsaers who might have hydrated at the brewery pre rather than post ride.

The overall trend is then to descend towards the coast and Kennet River, but be warned in the Otways it's very rare to totally descend for long periods of time so don't be surprised if there are some uphill kickers through here, even some of the downhill are uphill in the Otways ☺ From Kennett River its divine rocking and rolling bitumen with coastal views to Wye River where that little bay will look like an oasis from your desert of pain, then left into the bush up another big long climb up Wye Rd to the ridge above Forrest. For pacing purposes let's again refer to Strava which has the full climb at 14.76km, 3.7% avg and 547m vert. KOMS are owned by Fergus Browing (42:30) and Samara Sheppard (49:27), Kylhn Heath sits mid pack with a 1:09:31 and the back end of the segment is around 2hrs 30min... ooft! Once you are at the top of the climb its a long, glorious blast down Kaanglang back down to Forrest, but does still feature some uphill near Lake Elizabeth to torment your soul, you've been warned!

49km COGG "Little Ring course description and maps here <https://gogg.rapidascent.com.au/49km-course-description-maps/>

Not surprisingly the 49km COGG is half of the Big Ring course and tackles a long climb up to the ridge above Forrest before descending down to Forrest down the very fun Kaanglang road.

For all the essential details on feed zones, time out zones and the break down of distances def refer to the Rapid Ascent website

2. What physiology is required to ride this course optimally?

This is a great paper on whole body determinants of endurance performance.

<https://www.frontiersin.org/articles/10.3389/fspor.2021.719434/full>

It's recent (Aug, 2021) and outlines the levers you can play with in order to improve endurance performance, those being maximal oxygen consumption (Vo2), lactate threshold and efficiency/economy, and then digs pretty deep into skeletal muscle. As an interesting aside with new non-invasive technology there is a lot of new science, and old science being discarded, about muscle fibre typology and also the role of lactate (its not an acid!) in endurance exercise. If you are interested in the latest on lactate here's more <https://www.podiumrunner.com/training/the-lactic-acid-myths/>

Anyways to keep things simpler to ride the GOGG well you are going to need to be climbing well, to achieve this you need to get the most oxygen you can to the muscles (vo2), delay the point at which lactate kicks in and be efficient at resynthesising it (Lactate threshold, FTP), have skeletal muscles than can repeat the same forces for a long time while minimising muscular fatigue (strength endurance) and have good efficiency/economy by using gears well when climbing so you aren't grinding, and have good bike handling skills to minimise braking and maximise speed through and out of corners. There's also nutrition and mental prep but we won't have to much time to go into that here.

3. What physiology does the participant have?

This article is targeted at your weekend warrior, mid packer, a couple of endurance events a year type athlete. If you are targeting the pointy end and already pumping out 15 – 20 +, 300 - 400km a week this article is not for you, though it may help you understand some of the reasons why you do some of the efforts you do.

On the other hand, if you are a 5 – 8 hours a week rider you'll probably get through the little ring ride pretty comfortably following this plan. If you are a 8 – 12hours a week rider then following this plan should help you have a really nice day out on the bike at the Big Ring and definitely includes stopping for a coffee at Wye river with your mates.

Following this plan if you are doing these sorts of hours, you should see improvements in

- Vo2
- Muscle endurance
- Lactate threshold
- Bike Handling skills

4. What training is required to bridge the gap between the physiology the participant has and the physiology the GOGG requires?

All the body's physiological systems work in cahoots but for the purposes of this article I'm going to separate them to help understanding of which training tool improves which aspects of your physiology, so you have a greater understanding of why you are doing a particular training method, which can help with motivation when you are doing certain types of training – especially strength endurance hill repeats or high intensity interval training...ooft!

Vo2 – Improved through endurance rides and high intensity interval training

Muscle Endurance – maintained or improved by pretty much all riding but especially hilly endurance rides and strength endurance low cadence efforts

Lactate threshold – improved through tempo, threshold and Vo2 efforts

Bike Handling skills – riding in general but specifically for this event by gravel climbs and descents of various grades and surface qualities.

How hard should I go in each training sessions? (skip if you already read this in the Odyssey training plan)

This plan uses the Borg scale of rate of perceived exertion (RPE). Why? It makes it accessible if you don't have a heart rate monitor or power meter. Also RPE is shown to be extraordinarily effective at measuring intensity, more [here](#).

RPE (PERCEIVED EXERTION)	EFFORT TYPE	ZONE	POWER ZONE (PZ)	HEART ZONE (HRZ)	INTERNAL MONOLOGUES	HOW DOES IT FEEL?
0-2.5	Active Recovery	1	<55% of FTP Your power range:	<70% of LT Your HR range:	I'M HARDLY TRYING OVER HERE!	<ul style="list-style-type: none"> Beer, pizza, donuts. Easy spinning and minimal pressure on the pedals. Concentration required to maintain such an easy pace (unless you just finished an interval) Used for recovery between intervals and on days of active recovering.
3-4.5	Endurance	2	55-75% of FTP Your power range:	<70-87% of LT Your HR range:	NOT TOO HARD, NOT TOO EASY, THIS FEELS JUST RIGHT!	<ul style="list-style-type: none"> "Not too hard, not too easy, this feels just right!" All day pace. Sensations of leg effort/ fatigue will be low for up to 4 hours at this pace Some concentration required to maintain (especially when outside: easing off on an uphill and pushing a bit on a downhill).
5-6	Tempo	3	75-91% of FTP Your power range:	87-95% of LT Your HR range:	IT'S NOT THAT IT'S PAINFUL, I JUST DON'T WANT TO BE HERE ALL DAY	<ul style="list-style-type: none"> "It's not that it's painful, I just don't want to be here all day" Pace you would be able to maintain for a few hours, if done continuously will not feel difficult for the first 45-60 min Greater sensation of fatigue and moderate amount of force on the pedals.
6.5-7	Sub Lactate Threshold (LT)	4a	91-100% of FTP Your power range:	95-100% of LT Your HR range:	HEY, THIS IS STARTING TO HURT!	<ul style="list-style-type: none"> "This is starting to get painful" About the effort you could sustain for 60-90 minutes at most. Fatigue is starting to build up in the legs. Concentration is required to maintain a steady effort at this level. Conversation is possible, but you won't feel like talking after extended amounts of time at this effort.
7.5-8	Supra Lactate Threshold (LT)	4b	100-110% of FTP Your power range:	100-105% of LT Your HR range:	MY GOODNESS... PLEASE MAKE IT STOP	<ul style="list-style-type: none"> "I don't have to do this for that long, right?" The effort you could hold - with difficulty - for 30-60 minutes when completely fresh. You need to stay focused when doing these types of efforts, especially towards the end of an effort when the pain is really hitting you
8.5-9.5	VO2Max	5	110-135% of FTP Your power range:	105%-MAX of LT Your HR range:	I WOULD RATHER RIP OUT MY TOENAILS THAN GO THROUGH THIS!	<ul style="list-style-type: none"> "My goodness... Please make it stop!" This is the effort you can sustain for 3-8 minutes (continuously) You might be able to get out a word or two, but you certainly won't want to. Due to the short length of these efforts average heart rate is not the best way to gauge these efforts (since heart rate is slow to respond to efforts).
10	Anaerobic Capacity / Neuromuscular Power	6	135-∞% of FTP Your power range:	N/A	I'M GOING AS HARD AS I CAN! I CAN'T GO ANY HARDER!	<ul style="list-style-type: none"> "I would rather rip out my toenails than go through this!" This effort level ranges from 1-30 seconds in sprint type efforts, and 30 seconds - 3 minutes for more "controlled" efforts. Concentration requirements are: "Keeping going as hard as you can"

Individualizing the plan to suit you (Skip if you read the Odyssey plan, although point 6 is new!)

1. Train with mates – many of the sessions have an easy bit, then the efforts, then some more easy bits. Doing the efforts, particularly hills and 40/20s with mates is incredibly motivating compared to doing them on your own
2. Mix up the trails and roads you ride on, explore and enjoy new areas, your weekend long rides are perfect for this, the bike is a beautiful vehicle to explore the awe and wonder of being outside, embrace this.
3. If you don't have time to do the full session chop out a bit of the volume and a bit of the efforts ensuring that you get quality warm up and cool down before and after efforts respectively.
4. If the opportunity arises throw in some races, racing of any distance will improve you. Just be sure to adjust the plan by tapering leading in and recovering after the race.
5. If they are feeling too hard don't bail on efforts until you're into the second or third one, give your body (and mind and brain) time to adjust to how hard the effort is. If after the second or third they are still feeling lousy drop the intensity a couple of percent and see if that helps. If not then bail on the efforts and ride easy. On the other end of things towards the end of a set if you are taking a lot longer to do an effort than you were for the first few then it's better to stop, you are not reaching the level of effort required to create the adaptation you are targeting.
6. If you are feeling rubbish on a long ride, don't give up, develop strategies to push through. Most time's that you feel like a sloth on a bike can be traced back to a couple of things – here's what they might be and strategies to work around them

PROBLEM - Internalising – thinking too much about the funny tummy, or the sore legs or how much it sucks you got dropped SOLUTION – externalise – focus on what's around you, especially in the Otways there is so much beauty, or have a yak with another participant near by

PROBLEM Feeling like you can't continue. SOLUTION – number one is to remember quitting this time makes quitting next time easier, so don't even.

Working through this, coming up with a solution, activating that solution and finishing makes it easier to finish next time and you add it to your kit bag of solutions to implement next time things head south on the bike, as well as understanding that feeling bobmbproof then bad then badass then bad are all the natural cycles that occur in endurance events.

First most likely reason you are feeling shizen is because you've gone too fast, so slow down or even stop for a bit. Second is you probably haven't eaten enough so eat a lot now and then regularly for the next little while or you haven't had enough to drink so start sipping regularly or you had ridiculous expectations for the GOGG (hello podium) so it's time to re frame those expectations (I want to get a PR on Delaneys and Kaanglang descent). Most important thing – work it through and finish!

The plan

November Focus

Training – Endurance and tempo rides. Getting used to consistently training on the bike a couple of days in a row plus most weekends and slowly increasing the volume

Bike - At least some time on gravel to get a feel for how the bike behaves and misbehaves - are your tyres wide enough or should you consider something wider, def consider converting to tubeless if they are not, as the distance builds is the bike getting uncomfortable? This may be a sign you need to experiment with tyre pressure or get a bike fit

Logistics – planning what to eat and drink and eating and drinking it on long rides, starting to experiment with kit and layers you will wear for the GOGG. And if you need to take kit off or carry rain jackets etc working out how are you going to carry it? Do you need to purchase a handle bar bag or top tube bag for this purpose? Do you have enough water bottle holders? At least two would be best and if you don't is it worth considering a hydration pack?

November Training

Week Starting	Weeks to go	Mon	Tue	Wed	Thur	Fri	Sat	Sun	Total
01/11	16	Rest Day	Endurance ride (60min) (3- 4/10)	Easy bike path/gravel ride (60mins) (2/10)	Endurance ride (60min) (3- 4/10)	Rest Day	100km & 50km Endurance ride (3- 4/10) on gravel or bike path or exploring – 120mins (3 - 4/10)	Easy fun ride (60min) (3- 4/10)	6 hours
08/11	15	Rest Day	Endurance ride (60min) (3- 4/10)	TEMPO Ride with 30min easy then 5 x 3min @Tempo (6/10) with 3min easy btwn. 30min easy to finish (90mins) (2/10)	Endurance ride (60min) (3- 4/10)	Rest Day	100km & 50km Endurance ride (3- 4/10) including some long hill climbs (10 + mins), use easy gears and comfortable cadence 120mins (5 – 6/10)	TEMPO Ride with 20min easy then 5 x 5min @Tempo (6/10) with 5min easy btwn. 20min easy to finish (90mins) (2/10)	7 hours
15/11	14	Rest Day	Endurance ride (75min) (3- 4/10)	TEMPO Ride with 30min easy then 4 x 7min @Tempo (6/10) with 5min easy btwn. 15min easy to finish (90mins) (2/10)	Endurance ride (75min) (3- 4/10)	Rest Day	100km 50km Endurance ride (3- 4/10) including some long hill climbs (10 + mins) using gears to do as easy as you can 50km 30km Endurance ride (3- 4/10) using gears to do as easy as you can	TEMPO Ride with 20min easy then 3 x 8min @Tempo (6/10) with 4min easy btwn. 20min easy to finish (90mins) (2/10)	(8.5 – 9.5) hours
22/11	13	Rest Day	Endurance ride (90min) (3- 4/10)	TEMPO Ride with 30min easy then 3 x 10min @Tempo (6/10) with 5 - 7min easy btwn. 15min easy to finish (90mins)	Endurance ride (90min) (3- 4/10)	Rest Day	100km 50km Endurance ride (3- 4/10) including some long climbs (10 + mins) at tempo/threshold (5 – 7/10) 50km	Easy recovery ride (1 -3/10) (60min)	(8.5 – 9.5) hours

				(2/10)			30km Endurance ride (3- 4/10) including some long climbs (10 + mins) at tempo/threshold (5 – 7/10)		
29/11 Easy week	12	Rest Day	Endurance ride (60min) (3- 4/10)	Rest Day	Endurance ride (90min) (3- 4/10)	Rest Day	100km & 50km Fun ride exploring new gravel (90mins) (3- 4/10)	Social ride with family or friends (60mins) (2 – 3/10)	5 hours

December Focus

Training – Endurance, tempo and strength endurance climbing and threshold efforts. Maintaining consistency and starting to add some intensity in the form of longer efforts to increase FTP. Saturday long ride as much as possible on gravel.

Nutrition – Working out the amount of nutrition you need and can absorb per hour, use the formula 1g CHO/kg/hr and then on your rides try a bit more and a bit less till you nail what works.

Logistics – don't shy away from riding in the heat, wind or rain. Two reasons – it might be any of those during the GOGG sometimes even a few at once. Also carefully training in the heat can increase physiological capacity

December Training

Week Starting	Weeks to go	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total
06/12	11	Rest Day	Strength Endurance Climbs, Once warmed up 5 x 3min at tempo/threshold (5-7/10) in one gear harder than normal climbing, 3min easy (3/10) (90min)	Endurance ride (90min) (3- 4/10)	THRESHOLD Ride with 20min easy then 5 x 5min @Threshold (7 - 8/10) with 5min easy btwn. 20min easy to finish (90mins) (2/10)	Easy recovery ride (2/10) (60min)	100km Endurance with some big hills (15 + mins) (180mins) (4/10) 50km (150mins with 15 + mins hills)) (4/10)	Easy recovery ride (60min)	(9 - 9.5 hours)
13/12	10	Rest Day	Strength Endurance Climbs, Once warmed up 4 x 4min at tempo/threshold (5-7/10) in one gear harder than normal climbing, 3min easy (3/10) (90min)	Endurance ride (90min) (3- 4/10)	TEMPO/THRESHOLD Ride with 15min easy then 3 x 5min @Tempo (5 - 6/10) with 5min easy btwn. Then 3 x 5min @Threshold (7 - 8/10) with 5min easy btwn	Rest Day	100km & 50km Fast gravel 10mins easy slowly building intensity then 1hr 40mins fast riding putting pressure through the pedals the whole way 10min easy to finish (120mins)	Social ride with family or friends (90mins) (2 – 3/10)	8 hrs

					Then 20min easy to finish (90mins)		(5-6/10)		
20/12	09	Rest Day	Strength Endurance Climbs, Once warmed up 5 x 4min at tempo/thresh old (5-7/10) in one gear harder than normal cimbing, 3min easy (3/10) (90min)	Endurance ride (90min) (3- 4/10)	THRESHOLD Ride with 25min easy, 5min intensity build then 3 x 10min @ @Threshold (7 - 8/10) with 10min easy btwn Then 20min easy to finish (100min)	Rest Day	Happy Christmas rest day! Have a rest day or if you are super keen go for a fun ride with family/freinds	100km Endurance ride on gravel (210mins) 50km 150mins (3 - 4/10)	9 -10 hours
27/12 Easy week	08	Rest Day	Endurance ride (90min) (3- 4/10)	Endurance ride (90min) (3- 4/10)	THRESHOLD Ride with 15min easy, 5min intensity build then 10 x 90sec @Threshold (7 - 8/10) with 90sec easy btwn Then 20min easy to warm down(70min)	Rest Day	100km 60km Endurance ride (3- 4/10) including some long hill climbs (15 + mins) using gears to do as easy as you can 50km 40km Endurance ride (3- 4/10)with 15 + mins hills using gears to do as easy as you can	Easy recovery ride (2/10) (60mins)	6 - 8hrs 10mins

January focus

Bike – Endurance, strength endurance climbs, tempo threshold climbs, and threshold efforts. Use the good weather to enjoy long rides with long climbs that replicate the GOGG course or do the long climbs on the actual GOGG course! Be sure to throw plenty of money into the business in Forrest while you are down there, COVIDS been tough!

Nutrition – Don't ever be hungry from now till race day. Your body needs fuel to exercise and adapt to training. Practice your GOGG nutrition plan in training, including where on your bike or body you are going to carry it all.

Recovery - If you start getting hot on rides when you return aim to get back to normal temp as quick as possible with a swim/very cold shower/ice bath. Getting the body back to homeostasis as promptly as you can enables quicker recovery. Get a massage fortnightly or monthly at least from now to race day

January training

Week Starti ng	Wee ks to go	Mon	Tue	Wed	Thur	Fri	Sat	Sun	Total
03/01	07	Rest Day	Strength Endurance Climbs, Once warmed up 3 x 10min at tempo/thres hold (5- 7/10) in one gear harder than normal climbing, 5 - 8min easy btwn (3/10) (90min)	Endurance ride (90 -120min) (3- 4/10)	Threshold Efforts 20min easy 5min building HR 3min easy 6 x (3min @tempo (5 – 6/10) 2min @threshold (7-8/10) 1min @ as hard as you can with 5min easy btwn Easy to 90mins	Rest Day	100km Long low intensity ride on gravel – (210mins) (3 - 4/10) 50km 180mins (3 - 4/10)	Social ride with family or friends (90mins)	9.5 – 10.5h rs
10/01	06	Rest Day	Tempo/thre shold climbs Once warmed up 3 x 10min climbs at tempo/thres hold (5- 7/10) in normal climbing gears keeping efficient cadence , 5 - 8min easy btwn 3 x 3min climbs as hard as you can Then easy (90min)	Endurance ride (90 -120min) (3- 4/10)	Threshold Efforts 20min easy 5min building HR 3min easy 4 x (4min @low tempo (5/10) 3min @high tempo (6/10) 2min threshold (7- 8/10) 1min @ as hard as you can with 7min easy btwn Easy to 90mins	Easy ride (2/10) (60mi n)	100km & 50km Fast ride aiming to be in tempo – threshold for most of the ride (150mins) (5 - 6/10)	Endurance ride (90 -120min) (3- 4/10)	10.5h rs
17/01	05	Rest Day	Strength Endurance Climbs, Once warmed up 3 x 15min climbs at tempo/thres hold (5- 7/10) in one gear harder than normal climbing, 5 - 8min easy btwn	Endurance ride (90 -120min) (3- 4/10)	Tempo/Thres hold Efforts 20min easy 5min building HR 3min easy 4 x (4min @low tempo (5/10) 4min @high tempo (6/10) 4min threshold (7- 8/10)	Rest Day	100km 80km Endurance ride (3- 4/10) including some long hill climbs (20 + mins) using gears to do as easy as you can 50km 50km Endurance ride (3- 4/10)with 20 + min hill using gears to do as easy as you can	100km & 50km Easy recovery ride (2/10) (60mins)	8 - 11hrs

			Then easy (90min)		with 7min easy btwn Easy to 90mins				
24/01 Easy week	04	Rest Day	Hilly Endurance ride (120min) (3- 4/10)	Easy ride (2/10) (60min)	Tempo ride 15min easy 60min @5 – 6/10 15min easy (90min)	Easy ride (2/10) (60mi n)	100km 50 – 60km ride done as fast as you can (set yourself a time goal and try beat it) 50km 40 – 50km ride done as fast as you can (set yourself a time goal and try beat it)	Rest Day	6 – 7.5 hours

February focus

Bike – Long speed efforts and vo2's to eek out improvements in neuromuscular and vo2 (quick adaptations!) and be event ready. By the end of January, you will have completed an 80km or 50km or longer ride depending which distance you are targeting, with hopefully similar vert as the GOGG. Feb will kick off with a full distance GOGG rehearsal, and from there start tapering. Tapering is designed to reduce the volume but keep the intensity so fatigue is removed from the body but you stay fit and sharp. Less is more at this stage and it's important to freshen up the body and mind to prepare for your best possible GOGG.

Nutrition and Pacing – Based on the rehearsal ride work out approx how many hours the GOGG is going to take you. Look at strava segments on the route to help with pacing as well. Calculate grams per hour of carb you need and what food and drink you need to consume to achieve this. Having this all planned and written down should give you more confidence in your plan for race day.

Recovery – SLEEP is the best from of recovery, make it a goal to sleep most nights more than you have in a long long time. It's well proven to be the best, (the BEST!) recovery tool at your disposal. SO add an extra hour wherever you can.

February Training

Week Starti ng	Wee ks to go	Mon	Tue	Wed	Thur	Fri	Sat	Sun	Total
31/02 Easy week leadi ng into full GOG G rehea rsal ride	03	Rest Day	Speed with 30min easy, 30min as fast as you can including some long hills, 30min easy (90min)	Easy ride (60min) (3- 4/10)	Vo2's Ride with 30min easy Then 10 x 30sec hard (9- 10/10)/30sec easy (seated) 10min easy 10 x 20sec hard(9- 10/10)//40sec easy (seated) 15min easy spin down (75min)	Rest Day	100km & 50km Full distance, full vert COGG rehearsal ride practicing – bike set up including tools etc, clothing, hydration, nutrition and pacing Important – post rehearsal ride debrief with yourself or	100km & 50km Easy recovery ride (2/10) (60mins)	7 – 11hou rs

							someone else what went well and why? What needs improvement and how? And if anything was a complete disaster how can it be avoided next time?		
07/02	02	Rest Day	Speed 30min easy, 45min as fast as you can including some long hills, then easy to make 90min	Easy ride (90min) (3- 4/10)	Vo2's Ride with 30min easy Then 10 x 30sec hard(9- 10/10)//30sec easy (seated) 10min easy 10 x 40sec hard(9- 10/10)//20sec easy (seated) 10min easy 10 x 30sec hard(9- 10/10)//30sec easy 20min easy spin down (100min)	Rest Day	100km Hard and fast gravel ride (180min) 50km Hard and fast gravel ride (120min)	Endurance ride (90min) (3- 4/10)	7 – 9hour s
14/02	01	Rest Day	Speed 30min easy, 60min as fast as you can including some long hills, then easy 15min spin down 105min	Easy ride (2/10) (90mins)	Vo2's Ride with 30min easy Then 5 x 3min (9- 10/10)/ as hard as you can with as much recovery as you need btwn to make 5 really high quality efforts Then easy to 90min	Easy ride (2/10) (60min)	100km Hard and fast gravel ride (120min) 50km Hard and fast gravel ride (90min)	Endurance ride (90min) (3- 4/10)	10hrs
21/02 Woo hoo! Race Week		Rest Day	Vo2's 20min easy 10x40sec hard/20sec easy 30mins easy (60mins)	Rest Day Use this day to get all your gear sorted for the weekend, once it's	Easy ride (2/10) (45mins)	Easy ride (2/10) (30min s)	Activations 20min easy 5x40sec hard/20sec easy 10min easy 5x40sec hard/20sec easy 10mins easy (50mins)	RACE DAY!!!! Enjoy and make sure you stick to your pacing (especially at the start) and nutrition plan!	9hour s

				sorted be sure to do a #flatlay pic on insta and tag rapid ascent so we can see how your preparations are going					
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About HeroDirt Cycle Coaching

HeroDirt Cycle Coaching is run by Adam Kelsall. Based in Torquay Adam is a Level 2 UCI Mountain Bike Coach who has provided performance support to the Australian team at the last three Mountain Bike World champs, coached junior, u23 and Masters Australian XCC & XCO Champions as well as 24hr age group and Single speed world champions. Adam is also a coach educator for Auscycling and has a sports science degree.

Can be found at the following

Facebook: HeroDirt Cycle Coaching

Twitter: @heroDirtCycling

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