



# DAISYWAY COACHING SYSTEMS

## MTB TRAINING PROGRAM for

### MOMENTUM ATTAKWAS

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#### **TRAINING PROGRAM**

This training program is aimed at riders who want to embark on more focused training in the last ± 3 - 4 months before an event. It is an indication of the estimated effort of training required to finish the Attakwas comfortably. It was set up by UCI Level 3 Cycling Coach, and double Olympian, Erica Green, who has more than 20 yrs experience preparing riders of all abilities for other ultra events. Erica has sucessfully completed in ABSA Cape Epic, Momentum Attakwas as well as the Momentum Tankwa Trek and understands the characteristics and demands well.

Level of fitness required:

Should easily be able to manage +- 8-10hrs/week of varying intensities

Equipment required:

Weekend sessions are intended for outdoor riding while weekday sessions are adjustable for both outdoor and indoor riding

Suggested for months:

November to January or +-3 months before an ultra-endurace (stage) race



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#### GETTING STARTED

The training plan is for a total of 12 weeks (3 months). Align the last week of the plan with your race start date and count the weeks backwards. There is also space on the program to fill in your own specific week dates.

It is assumed that you already have a very solid endurance base.

We do not advise preparing for this type of event with less than 2 months.

#### DETERMINING YOUR TRAINING ZONES:

1. Complete either a Functional Threshold Power (FTP) Test on your Indoor Trainer or an Outdoor 20min Time Trial on a set route – ride ‘as hard as you can’ for 20 minutes
2. Calculate your FTP watts value by multiplying your average watts for the 20min’s with 95% (FTP Watts = Average Watts (20min) X 95%)
3. Your average HR for the duration of the 20min’s = your FTP HR
4. Use your FTP watts and/or FTP HR values to calculate your specific watt and/or HR zones according to the Training zones table

We highly recommend incorporating as much CORE STRENGTH TRAINING as possible, as this will make an immense difference in how your body will cope with the higher training load and racing.

Check out our [online store here](#) for the following resources, on our website:

- Cycling-specific core workouts
- Stage Race Survival Manual

We hope you enjoy this training plan!

Please do not hesitate to direct any queries to Coach Erica: [daisyglug@iafrica.com](mailto:daisyglug@iafrica.com)



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Before starting a high load program such as below, it is assumed that you have **medical clearance** and that you have been riding at least 10hrs per week. **If at any stage the intensity of workouts is just too hard, or your body is taking strain, rather replace with an easy ride.** For maximum benefit, a coach can also be appointed to individualize sessions and structure intervals according to specific experience, age and goals.

**Easy week** = These weeks are there to help your body recover fully before the next training block. Do workouts at lower/normal pace without pushing it.

**Core training & stretch** = add these into the program as often as you can.

DATE	+- End of October		+- November			
	12 weeks to go		11 weeks to go		10 weeks to go: EASY WEEK	
Mon	Core training & stretch	00:00	Core training & stretch	00:00	Core training & stretch	00:00
Tue	Tempo with Long Climbs # 1	01:30	Tempo with LT Intervals # 2	01:30	Tempo with Fast Pedal	01:00
Wed	MTB Tempo with Technical & Skills	01:00	LSD with Technical & Skills	01:30	complete rest	00:00
Thur	LSD with Technical & Skills	02:00	Tempo with Long Climbs # 2	01:30	LSD with Technical and Skills	01:00
Fri	Core training & stretch	00:00	Core training & stretch	00:00	complete rest	00:00
Sat	Tempo with Technical & Skills or RACE	04:30	LSD Rolling hills	04:30	Tempo with Rolling Hills	04:30
Sun	LSD Rolling hills	03:30	Tempo Technical, lots of hills	04:00	LSD Rolling hills	05:00
TOTAL		12:30		13:00		11:30
DATE					+- December	
	9 weeks to go		8 weeks to go		7 weeks to go: EASY WEEK	
Mon	Core training & stretch	00:00	Core training & stretch	00:00	Core training & stretch	00:00
Tue	Tempo with Long Climbs # 1	01:30	Tempo with LT Intervals # 2	01:30	LSD with Long hill Sprints	01:30
Wed	Core training & stretch	00:00	LSD with Technical & Skills	02:00	Easy with One-legged pedalling	01:00
Thur	Tempo with Short Sprints	02:00	Tempo with Long Climbs # 2	01:30	LSD with Long hill Sprints	01:30
Fri	Core training & stretch	00:00	Core training & stretch	00:00	Core training & stretch	00:00
Sat	LSD Rolling hills with Hiking	05:00	MTB Tempo with Short Sprints or RACE	05:00	MTB Tempo with Short Sprints	05:00
Sun	Tempo Technical & Hilly	04:00	LSD Rolling hills	03:30	LSD Rolling hills with Hiking	03:30
TOTAL		12:30		13:30		12:30

- Check each day's session above, and refer to the Training zones and Intervals table (below) to see at what intensity or what type of interval to ride.
- Include MTB Technical training as often as possible or as route availability allows.



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**Easy week** = These weeks are there to help your body recover fully before the next training block. Do workouts at lower/normal pace without pushing it.

**Core training & stretch** = add these into the program as often as you can.

DATE	6 weeks to go		5 weeks to go		4 weeks to go: EASY WEEK	
Mon	Core training & stretch	00:00	Core training & stretch	00:00	Core training & stretch	00:00
Tue	Tempo with Long Climbs # 2	02:00	LSD with Long Hills Sprints	01:30	LSD with Technical Skills	01:30
Wed	LSD with Technical & Skills	01:30	LSD with Technical & Skills	01:30	complete rest	00:00
Thur	Tempo with LT Intervals # 2	02:00	Tempo with Short Sprints	01:30	Tempo with Technical Skills	01:30
Fri	Core training & stretch	00:00	Core training & stretch	00:00	Core training and stretch	00:00
Sat	LSD Rolling hills with Hiking	05:00	LSD/Tempo with effort on climbs	06:00	Tempo with Rolling hills and some Hiking	05:00
Sun	Tempo Technical & Hilly	04:00	Tempo Hilly with Short Sprints	05:00	MTB Tempo Hard on climbs/RACE	04:00
TOTAL		14:30		15:30		12:00
DATE ± January	3 weeks to go		2 weeks to go: TAPER		Last week: TAPER	
Mon	Core training & stretch	00:00	Core training & stretch	00:00	Core training & stretch	00:00
Tue	LSD with LT # 2 Intervals	01:30	Tempo with LT # 1 Intervals	01:30	Tempo with Short Sprints, light gears	01:00
Wed	Easy with One-legged pedalling	01:00	Core training & stretch	00:00	Core training & stretch	00:00
Thur	Tempo with Long Hill Sprints	02:00	Easy with Fast Pedal	01:30	Easy with Fast Pedal	01:00
Fri	Core training & stretch	00:00	Core training & stretch	00:00	Travel and check bike when there	00:45
Sat	MTB LSD Technical with Hiking	06:00	Tempo with Short Sprints, light gears	03:00	<b>MOMENTUM ATTAKWAS EXTREME</b>	
Sun	Tempo Hilly with Short Sprints	05:00	LSD with Fast Pedal	02:30	DAY OFF	00:00
TOTAL		15:30		08:30		02:45

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#### Training zones:

ZONE	INTENSITY	RPE*	% FTP (watts)	% FTP HR (bpm)	DESCRIPTION
1	EASY Active Recovery	1 (Very light)	35 - 55	60 – 68	Think "recovery" while doing this.
2	LSD Long Slow Distance	2-3 (Fairly light to Moderate)	55 - 75	68 – 83	Easy pace, breathing slightly elevated but conversation easy. Maintain a constant cadence (80 and 90rpm) and a steady pace on climbs. Don't "chase out" hills.  <b>Develops:</b> Muscular endurance, pedal stroke, oxygen capacity & mobilisation of stored fats. Teaches body to produce less lactic acid
3	TEMPO	3-4 (Moderate to somewhat hard)	75 - 85	83 – 89	Slightly faster pace than Long Slow Distance. Breathing heavier, but still able to have a conversation. Cadence 80 - 90rpm. Same applies for hills.  <b>Develops:</b> Cardiorespiratory and muscular system
4	SWEETSPOT	4-5 (Somewhat hard)	85 – 90	89 – 95	Slightly faster pace than TEMPO, and close to RACE PACE. Breathing heavier, but just able to have a conversation. Cadence 80 - 90rpm. Same applies for hills.  <b>Develops:</b> Cardiorespiratory and muscular system
5	Lactate Threshold (LT) or FTP	6-7 (Hard to Very Hard)	90 - 105	95 - 105	<b>Aim:</b> Lifts usable endurance capacity at a race pace, increases power and speed
6	MAXIMUM AEROBIC INTERVALS	8-9 (Very very Hard)	105 - 120	Max	<b>Aim:</b> To improve maximum aerobic capacity
7	MAXIMUM ANAEROBIC INTERVALS	10 (Extremely Hard)	120+	Max	<b>Aim:</b> To improve anaerobic capacity

**\* Borg's Rate of Perceived exertion (RPE) Scale:**

Your RPE should reflect how heavy and strenuous the exercise feels to you, combining all sensations and feelings of physical stress, effort, and fatigue. The scale ranges from 0 - 10, where 0 means no exertion at all and 10 maximal exertion. Try to appraise your feeling of exertion as honestly as possible, without thinking about what the actual physical load is. Your own feeling of effort and exertion is important, not how it compares to other's.



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### Interval Description:

INTENSITY	WARM-UP	INTERVAL DURATION	CADENCE	RECOVERY	REPEATS	DESCRIPTION	COOLDOWN
One-legged pedalling (ZONE 3-4)	Part of LSD ride	30sec/leg	50 – 80 rpm	30 sec	4	Unclip 1 foot, hang away from rotating pedal. Pedal as smoothly as you can with 1 foot for 30sec. Then switch legs. Click here for <a href="#">THE PEDAL STROKE</a> demonstration.	Part of LSD ride
LT (FTP) INTERVALS # 1 (ZONE 5)	10 min Easy	6 - 8 min	80 – 90 rpm	3 min	4	Try completing each interval at the same constant pace	10 – 30 min Easy
LT (FTP) INTERVALS # 2 (ZONE 5)	10 min Easy	8 - 10 min	80 – 90 rpm	3 – 5 min	4	Try completing each interval at the same constant pace	10 – 30 min Easy
LONG CLIMBS # 1 (ZONE 5-6)	10 min Easy	8 – 15min (30 min total climb time)	55 – 65 rpm	4 min	3 - 5	Ideal hill to be 8 – 15min long. Repeat hill until 30min of total climb time is reached. Recover on each downhill. Start each effort 'fast', out of the saddle and get HR up quickly. Gear down to about 60 rpm, stay seated and concentrate on pedalling motion and smooth & round circles. Increase cadence in the last 100m of the hill, stand and sprint 'over the top'.	20 min Easy
LONG CLIMBS # 2 (ZONE 5-6)	10 min Easy	8 – 15min (40 min total climb time)	55 – 65 rpm	4 min	3 - 5	Repeat 8 - 15min hill until 40min of total climb time is reached.	20 min Easy
HIKING/TREADMILL (ZONE 5-6)	10 min Easy	5 – 10min (30 min total uphill hiking)	5 – 8km/h	2 min	3 - 5	Include +- 30 min's uphill hiking with/without pushing bike during ride. Good opportunity to walk shoes in, get used to pushing bike etc. This can also be substituted with max gradient treadmill intervals of 5 - 10min.	15 min Easy
SHORT SPRINTS (ZONE 7)	10 min Easy	10 sec	100 – 110 rpm	2 min	5	Maximum effort sprint out of the saddle.	15 min Easy
LONG HILL SPRINTS (ZONE 5-6)	10 min Easy	3 min	55 – 65 rpm	5 min	6	Choose a 3min hill. Stand out of the saddle and sprint minute 1 at a high-ish cadence (60 - 80rpm). Gear down and ride minute 2 seated at a low-ish cadence (50 - 70rpm). Stand out of the saddle and sprint minute 3 at a high-ish cadence (60 - 80rpm). Concentrate on pedalling in smooth and round circles.	15 min Easy
FAST PEDAL (ZONE 3-4)	10 min Easy	5 min	100 – 110 rpm	10 min	3	Pedal as fast as you can without hopping on the seat.	15 min Easy



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Team DCS

Momentum Attakwas Extreme  
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Erica & Louise

