

CADEL EVANS  
GREAT OCEAN  
ROAD RACE  
PEOPLE'S RIDE

Swisse



2020 SWISSE PEOPLE'S RIDE

65KM TRAINING GUIDE

FIND YOUR GREATNESS



# THANKS TO



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## CADEL EVANS: HOW TO FIND YOUR GREATNESS

I think you would agree, cycling is the best way to feel mentally and physically well – not only while you're training for the Swisse People's Ride, but for the long-term.

Once you've been for a few rides – especially if good friends, scenic vistas and great coffee are involved – you'll never look back.

When I was preparing for the 2011 Tour de France, what I did off the bike was just as important as the kilometres I clocked on it – nutrition, hydration and sleep are all fundamental elements to finding your own greatness!

This Training Guide is designed to slowly build up your endurance and strength, improve your skill levels, as well as build motivation, ambition and confidence. Follow along each week and I'll see you at the start line on Saturday 1 February.

Happy riding!





# 65KM RIDE

This course is designed for intermediate riders. It takes in Cadel's hometown of Barwon Heads and spectacular views of Thirteenth Beach.

## TOTAL ELEVATION GAIN:

370m

## MAX ELEVATION:

39m

## AVERAGE TEMPERATURE:

25°C (Feb 2019)



# SWISSE RIDER MASTERCLASS

While getting the training kilometres into your legs ahead of the Swisse People's Ride is paramount, what you do off the bike is just as important to make you a stronger rider. Here, Swisse experts **Nutritionist Bianca Power** and **Naturopath Maya Muckalt** share nutrition, hydration, sleep and wellbeing advice for cyclists to help you prepare for a great ride!

## NAILING NUTRITION

**Nutrition plays an important part in performance and recovery from any type of exercise – but, especially long distance cycling. The right diet has the potential to give you maximum return from your training efforts. Swisse nutritionist Bianca Power explains how.**

### CARBS AND CYCLING

Carbohydrates are stored in your muscles and liver in the form of glycogen and provide a readily available energy source when riding. However, as these stores are limited, it's important to have adequate levels of nutrient dense carb sources in your daily diet. This helps achieve optimal performance and offset fatigue. Eating an easily digested carb-rich snack or meal prior to training can provide the fuel you need to power through the session. Then, during the window of 1-2 hours after a ride, your body will be primed for glycogen re-uptake to your muscles. This is the time to optimise refuelling with carb-rich foods.

### POWER OF PROTEIN

Adequate protein intake is important for recovery from training as it provides your muscles and soft tissues with the building blocks they need for growth and repair. In addition to including adequate protein sources in your daily diet, consuming 10-20g of protein in the hour after each training ride will help kick start your muscle repair and adaptation to training.

### WAYS TO EAT RIGHT

Here are some easy snacks and meals packed with both carbohydrates and protein:

- » Super smoothie: blend a banana, berries, ¼ cup oats, ½ cup of nut milk, ½ cup natural yoghurt and 1 tbsn nut butter.
- » Brown rice or sweet potato, mixed vegetables and a palm sized portion of chicken, steak, fish or tofu.
- » Rice cakes topped with avocado and a can of tuna.
- » A wholegrain sandwich filled with 2 eggs and salad.



## DID YOU KNOW...

### B VITAMINS

B vitamins support energy production and stamina and may help your body's capacity to deal with the increased physical stress associated with strenuous exercise.

### OMEGA 3

Omega-3 fatty acids support your heart and help to maintain normal blood pressure, cognitive health, mood balance and an overall healthy nervous system.

### MAGNESIUM

Your post-ride recovery strategy is important and magnesium is a great way to help support healthy muscle function and assist with cellular energy production.



## HYDRATION HABITS

**When training for, or participating in, events like the Swisse People's Ride, it's important to drink enough fluid to replace what's lost through sweat to reduce dehydration. Here's what you should know.**

### DAILY DRINKING

When cycling, your body temperature rises and to keep functioning efficiently, you sweat to cool off, leading to an increase in fluid loss. It's best to develop good daily hydration habits to reduce the likelihood of beginning a training session or the event already dehydrated. Then, make sure water, or an electrolyte drink, is available to sip during your rides. Remember, it's difficult to completely maintain fluid levels during exercise, so re-hydration efforts should continue post-ride.

### ARE YOU DEHYDRATED?

Dehydration can lead to symptoms such as reduced ability to sweat, increased body temperature, increased heart rate, electrolyte imbalances, headache, fatigue, muscle cramps and weakness – all of which can impact physical performance and leave you feeling fatigued. Severe, or prolonged, dehydration may also have more serious side effects.

### ELECTROLYTES

Electrolytes such as sodium, potassium, calcium and magnesium are increasingly used or lost during exercise. Magnesium and calcium work together to support muscle contraction and relaxation. These minerals may support healthy muscle function and reduce the incidence of muscle cramps. Combining fluids with sodium and potassium – via a specialised sports drink – can help replace what's lost during strenuous or prolonged exercise, as well as support fluid retention.

## SLEEP & MEDITATION

**Sufficient sleep helps you feel energised and happy to take on the day, but it's also important when undertaking a training program like this one, says Bianca. Plus, meditation techniques can improve your focus – especially when you're willing yourself up that next hill or to the finish line.**

### HOW TO REST EASY

Muscle growth, tissue repair and the release of growth hormone largely happens while you sleep. Even though the amount of sleep needed to function optimally can vary from person-to-person, adults generally need 7-8 hours a night. When leading up to a race it can be helpful to develop some healthy habits around sleeping so that, come race day, you are fresh and ready to go!

Simple ways to prepare for a better night's rest:

- » Exercise regularly, but not too close to bedtime
- » Avoid stimulants, especially in the afternoon
- » Reduce screen time 1-2 hours before bed
- » Go to bed and wake up at the same time every day (yes, even on weekends!)
- » Assess your sleeping environment – make sure it's cool, dark and quiet

### SLEEP STRUGGLES

Still struggling to switch off or stay asleep at night? Herbs such as hops, passionflower and lemon balm are traditionally used in Western Herbal Medicine to help relieve nervous tension, restlessness and provide relief from mild symptoms of mental stress. Plus, magnesium can help with muscle relaxation, and may support a natural, restful sleep. Always remember to consult your Primary Healthcare Professional to discuss your individual needs.

### WHY MEDITATE

Meditation is the one skill that requires no effort! You just need to close your eyes, stay focused on your breath and let your mind do what it needs to do. Swisse naturopath Maya Muckalt says, this practice can help cultivate a sense of wellbeing or contentment because it calms and relaxes your mind, and therefore your body. Consider meditating before training or a big race as part of your preparation. Using specific meditation techniques such as mantras can also accelerate you towards certain training goals and help you overcome obstacles. If you are practising a mantra meditation, try repeating it when you're riding. This can help bring your mind back to a clear, calm and positive state – even when your body is under physical pressure.

# 8-WEEK TRAINING PROGRAM

This program is written by **Greg Meyland**, who holds a UCI Dip 3 International Coaching and is on the Cycling Australia Coaching Commission. It's designed to help guide you towards finding your own greatness on the bike this summer!

## 65KM TRAINING PROGRAM

The Swisse People's Ride 65km will test your strength and speed. Follow the plan to suit your ability and goals.

### 65KM FAST

Train to maintain an average speed of 26km/h, which will translate to a 2.5-hour ride on the day. If you're planning to join the faster bunches, **add the blue sessions for those days**. This will help you reach the adaptations required for a faster ride. This program makes the assumption that you have been riding consistently, and that 2 hours in the saddle would be a normal weekend ride day.

### 65KM STEADY

If you're new to the 65km ride or longer distances, you can leave the blue sessions out, but focus on your longer weekend rides. The intensity of faster bunches in this event can reduce your endurance if you haven't adequately trained for it. Remember, the program is a guide only – the aim is to have fun, gradually build your fitness and endurance, and hit your peak form in week 8.

## TRAINING KEY

*Lexicon: Rate of Perceived Exertion (RPE), Heart Rate % of Max (HRM), Time in Zone (TIZ), Functional Threshold Power (FTP). RPE scale 1-10 can be done on the bike or on a home trainer (Manipulate RPE to suit you).*

SCALE	Explanation of RPE	HR % of Max	TIZ	% FTP
10	Max Effort: Feels almost impossible to continue this effort, you may feel out of breath and cannot talk. You can only maintain this for a very short time.	92 - 100	< 30 sec	> 135
9	Very Hard Effort: Feels very difficult to maintain this level, you can only talk a couple of words at a time.	86 - 91	30 - 180 sec	111 - 135
7 - 8	Vigorous Effort: Feels on the border of discomfort where you may be short of breath, but you can still maintain a sentence between gasps.	80 - 85	3 - 8 min	90 - 110
4 - 6	Moderate Effort: Feels a little uncomfortable, you have heavy breathing, but can maintain short conversations.	74 - 79	8 - 60 min	78 - 89
2 - 3	Light Effort: Feels like you can maintain this effort for a long time. It's easy to breathe and you can hold a conversation without shortness of breath.	65 - 73	1 - 5 hrs	65 - 77
1	Very Light Effort: Not feeling challenged at all.	< 65	All day	< 65

Hill Repeat Gradient / Intensity / Volume Calculator

0 - 3.5%	3.5 - 7%	7 - 10.5%
0 - 10 min efforts	0 - 8 min efforts	0 - 3 min efforts

# 65KM TRAINING PROGRAM

	MON	TUES	WED	THURS	FRI	SAT	SUN
1	Easy roll 25 min <b>(Rate of Perceived Exertion 3)</b>	<b>Hill training</b> 15 min warm up x 1 rep <b>(RPE 4)</b> <b>(75% Heart Rate % of Max)</b> 10 min cool down	Light intervals 15 min warm up 1 x 5 reps of light to medium gearing.  High cadence/low cadence efforts. (15 seconds high and 45 seconds low) 10 min cool down	<b>Hill training</b> 15 min warm up x 1 rep <b>(RPE 4)</b> 10 min cool down ----- Include 2 x 5 min high spin efforts <b>(RPE 8)</b> . 5 min <b>(RPE 3)</b> between. Cadence at 95-105 rpm <b>(80% HRM)</b>	<b>RECOVERY DAY</b>	Bunch ride 2 hours <b>(RPE 5-6)</b>  ----- Choose 1 gear higher than you feel comfortable on (pedalling faster). Complete 3 x 5 min higher cadence efforts	Moderate ride 15 min warm up 5 min <b>(RPE 7)</b> followed by 5 min <b>(RPE 2)</b> x 2 sets  ----- Consider including a cadence increaser to peak cadence at the end of each set. These will take you out to <b>(RPE 10)</b>
2	Easy roll 30 min only if you fell recovered from the weekend <b>(RPE 3)</b>	<b>Hill training</b> 15 min warm up x 2 reps <b>(RPE 4)</b> 10 min cool down ----- Start with the first climb above, then increase your gearing to slow the legs on the second hill <b>(RPE 3)</b>	Light intervals Increase on week 1 by 1 rep to 6	<b>Hill training</b> 15 min warm up x 2 reps <b>(RPE 4)</b> 10 min cool down ----- Same as week 1, but reduce the recovery between the sets from 5 to 3 min		Bunch ride 2.5 hours <b>(RPE 5-6)</b>  ----- Add a low ratio spin effort for last 10 min of the bunch ride	Moderate ride 15 min warm up 6 min <b>(RPE 8)</b> followed by 5 min <b>(RPE 3)</b> x 2 sets ----- Include a hill session into this ride. Pedal at <b>(RPE 8)</b> then increase cadence until you feel you've reached <b>(RPE 10)</b> , drop back to <b>(RPE 8)</b> for 2 mins and repeat x 2 sets
3	<b>DAY OFF BIKE</b>	<b>AM: Hill training</b> 15 min warm up x 3 reps <b>(RPE 4)</b> 10 min cool down ----- <b>PM: Interval Ergo 1 session on trainer</b> 10 min warm up 3 x 5 min blocks of 15/45 (70% - 90% HRM) *HR will stabilise after 2nd effort	Light intervals Increase on week 2 by 1 rep to 7	<b>AM: Hill training</b> 15 min warm up x 3 reps <b>(RPE 4)</b> 10 min cool down ----- <b>PM: Interval Ergo 2 session</b> 10 min warm up 3 x 5 min blocks of 20/40 (70% - 90% HRM) *HR will stabilise after 2nd effort		Bunch ride 3 hours <b>(RPE 5-6)</b>  ----- 2 x 10 min low ratio spins incorporated into bunch ride. Allow 20 mins normal "bunch feel" between each	Moderate ride 15 min warm up 7 min <b>(RPE 8)</b> followed by 5 min <b>(RPE 3)</b> x 2 sets ----- As per last week
4	Medium roll 40 min <b>(RPE 4)</b>	<b>DAY OFF BIKE</b>	Light intervals Increase x 1 gear and reduce back to 5 reps	<b>DAY OFF BIKE</b>		Bunch ride 3.5 hours <b>(RPE 4-5)</b>	<b>DAY OFF BIKE</b>

► Continued on the following page

	MON	TUES	WED	THURS	FRI	SAT	SUN	
5	<p>Easy roll 35 min <b>(RPE 2)</b></p> <p>-----</p> <p>Incorporate HR Jump session. 10 min warm up 3 x cadence build until HR starts to climb then recover to base before starting next rep</p>	<p><b>AM: Hill training</b> 15 min warm up x 1 rep <b>(RPE 8)</b> 10 min cool down</p> <p>-----</p> <p><b>PM: Interval</b> Ergo 2 session 10 min warm up 3 x 5 min blocks of 30/30 (70% - 90% HRM) *HR will stabilise after 2nd effort</p>	<p>Light intervals Increase on week 4 by 1 rep to 6</p>	<p><b>AM: Hill training</b> 15 min warm up x 2 reps <b>(RPE 7)</b> 10 min cool down</p> <p>-----</p> <p><b>PM: Interval</b> Ergo 3 Session 10 min warm up 2 x 5 min blocks of 40/20 (80% - 90% HRM) *HR will stabilise after 2nd effort</p>	<b>RECOVERY DAY</b>	<b>60 min with friends (RPE 2 - 4)</b>	<p>Bunch ride 3 hours <b>(RPE 4-5)</b></p>	<p>Bunch ride 3 hours <b>(RPE 4-5)</b></p>
6	<p>Easy roll 40 min <b>(RPE 2)</b></p>	<p><b>AM: Hill training</b> 15 min warm up x 2 reps <b>(RPE 8)</b> 10 min cool down</p> <p>-----</p> <p><b>PM: Interval</b> Ergo 4 session 10 min warm up 3 x 6 min blocks of 30/30 (70% - 90% HRM) *HR will stabilise after 2nd effort</p>	<p>Light intervals Increase on week 5 by 1 rep to 7</p>	<p><b>AM: Hill training</b> 15 min warm up x 3 reps <b>(RPE 8)</b> 10 min cool down</p> <p>-----</p> <p>10 min warm up on the large chainwheel try to hold cadence at 75. 1 min in each cog increase until cadence is compromised. Recover 2 x reps</p>			<p>Bunch ride 3.5 hours <b>(RPE 4-5)</b></p> <p>-----</p> <p>Nominate "white post" sprints to be incorporated into the ride. *Remember, this is not done in town.</p>	<p>Bunch Ride 3 hours <b>(RPE 3)</b></p> <p>-----</p> <p>Work on pedalling efficiency (circles in small gearing and stomping in big gearing) 5 min blocks of each</p>
7	<p><b>Easy roll</b> 45 min <b>(RPE 3)</b></p> <p>-----</p> <p>Incorporate HR Jump session. 10 min warm up 3 x cadence build until HR starts to climb then recover to base before starting next rep</p>	<p><b>AM: Hill training</b> 15 min warm up x 3 reps <b>(RPE 8)</b> 10 min cool down</p> <p>-----</p> <p><b>PM: Interval</b> Ergo 4 session 10 min warm up 3 x 6 min blocks of 30/30 (70% - 90% HRM) *HR will stabilise after 2nd effort</p>	<p>Light intervals Increase on week 6 by 1 rep to 8</p>	<p><b>AM: Hill training</b> 15 min warm up x 4 reps <b>(RPE 7)</b> 10 min cool down</p> <p>-----</p> <p><b>PM: Interval</b> Ergo 5 session 10 min warm up 3 x 7 min blocks of 30/30 (70% - 90% HRM) *HR will stabilise after 2nd effort</p>			<p>Bunch ride 2.5 hours <b>(RPE 5-6)</b></p>	<p>Moderate ride 15 min warm up 8 min <b>(RPE 8)</b> followed by 5 min <b>(RPE 3)</b> x 2 sets</p>
8	<p>Medium roll 30 min <b>(RPE 4)</b></p>	<p><b>DAY OFF BIKE</b>  (Check over your bike)</p>	<p>Bunch ride or moderate ride Max 2 hours <b>(RPE 4)</b></p>	<p><b>DAY OFF BIKE</b></p>			<p><b>SWISSE PEOPLE'S RIDE DAY!</b>  <b>Don't forget to fuel your ride, be sun smart and have fun!</b></p>	

\*A few important notes:

- If you don't already know your Functional Threshold Power (FTP), perform this **FTP test**.
- DAY OFF BIKE means you can cross train in the gym, run or swim. I suggest spending some time working on your downward dog or archer pose on these days, as well as incorporating a water immersion therapy session and maybe a massage.

*Disclaimer: Before following this training program herein referred to as the program, you provide that you have been assessed by your medical practitioner and have been deemed fit to undertake the training prescribed and make no claim of liability by or to Swisse, Cadel Evans, Visit Victoria, Cycling Australia or Greg Meyland in the event of an adverse reaction to health or wellbeing as a result of the program.*

# ROAD SAFETY WITH



Before heading off on any training ride, be prepared and have your safety front of mind. When you're out on the road make sure:

1. You're visible;
2. You're aware of your surroundings and ride predictably; and
3. You're wearing all the correct protective gear.

– **Meg Jacobs** – Senior Manager, Towards Zero Engagement

## WHAT'S ON

VISIT [CADELROADRACE.COM](http://CADELROADRACE.COM)

### THURSDAY 30 JANUARY

12:00pm Towards Zero Race Torquay Elite Women (UCI 1.1)

4:45pm Towards Zero Race Torquay Elite Men (UCI 1.1)

### FRIDAY 31 JANUARY

5:30pm VEGEMITE Family Ride

### SATURDAY 1 FEBRUARY

7:00am Swisse People's Ride 115km, 65km, 35km

12:20pm Deakin University Elite Women's Road Race (UCI Women's WorldTour)

### SUNDAY 2 FEBRUARY

11:10am Cadel Evans Great Ocean Road Race Elite Men's Race (UCI WorldTour)



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