



TRAINING RECOMMENDATION

If you have entered the Tour de Zambezi, and have not ridden a multi-stage mountain bike event before, please do not **under estimate the amount of training** required prior to the start of the event. The Tour will cover approx. 50 km – 90 km of off road riding per day over three consecutive days. The back groups could be out on the road for a good 8 hours, therefore preparing for **time in the saddle and endurance riding is essential**. Due to the fact that the route is predominantly single track, we will not be able to access much of it and therefore sweeping will not be an option for most of the ride route. Whilst we will accommodate some form of sweep vehicle it will be allocated specifically to those who are sick or injured. If you have entered this event, **WE WILL EXPECT YOU TO HAVE TRAINED & BE ABLE TO RIDE THE DISTANCE EACH DAY.**

Preparation Overview:

- It is mandatory that you ride at LEAST 1 off road mountain bike event of 70 km & at LEAST 2 long rides where you spend 5 hrs in the saddle at least 9 months before the Tour. This event is not only about distance but also about **TIME IN THE SADDLE**. There is no substitute for time spent on your bike.
- Ensure that you have the **correct bicycle set up**.
- Ensure that your bike has been recently **serviced and in good working order**.
- It is **MANDATORY** to have tubeless conversion for riding this event.
- Ensure that you have a **comfortable saddle** – you are going to be spending many hours a day on it.
- Get to know your bike – you need to be **self-sufficient on the road**. It is imperative that during your training rides you get to know your bike and familiarize yourself with how to fix minor technical issues.
- Learn **mountain biking skills** & techniques to include the following: Basic single track skills; jumps; how to navigate around obstacles; steep descents; riding in rocky terrain; and riding in sand.
- Experiment with **energy supplements** to find what works for you and then stick with it. We will send an update on the supplement sponsor once we are able to secure one.

Tips on How to Manage During the Event:

- **Warm up** prior to starting your ride – some stretches are always a good idea.
- **Pace yourself**; ensure that you are comfortable with the speed of your group. If not chat to your Tour/Support Leader about moving up or down groups.
- **Drink** small amounts regularly. It is going to be HOT. **Dehydration is possibly your biggest concern; please** ensure that you are drinking adequate amounts throughout the day.
- **Eat regularly**; we do have a few stops where you can replenish your food and drink stock as needed.
- **Stretch** after the days ride. A **massage** is recommended to get your blood circulating and assist recovery.
- **DON'T CYCLE IF YOU ARE SICK OR NOT FEELING WELL!**

TOUR DE ZAMBEZI - 12 WEEK NOVICE TRAINING PLAN

	WEEK	SESSION	TYPE	MODE	DETAIL	DURATION	hrs	INTENSITY
<p>PHASE 1: FOUNDATION & BUILDING BLOCKS (WEEK 1 - 4): This phase includes the initial familiarisation with the layout of the training plan regarding session types and intensity levels. There is a gradual build in duration with a brief increase in intensity. This phase forms the building blocks on moving toward the main event. While you may be tempted to do more than what is suggested here, rather stick to the plan as the durations and intensities will increase to levels that are difficult to manage.</p>	1	1	ENDURANCE RIDE	ROAD/MTB	talking pace	2		5/10
		2	ENDURANCE RIDE	MTB	talking pace	2		5/10
		3	GROUP RIDE	ROAD/MTB	mild effort	3		6/10
						7	hrs	5.5/10
	2	1	ENDURANCE RIDE	MTB	talking pace	2		5/10
		2	HILLY RIDE	MTB	varied terrain incl. HILLS 4 x 20min (rest 2min btw reps)	2		6/10
		3	GROUP RIDE	ROAD/MTB	talking pace	4		5/10
							8	hrs
	3	1	ENDURANCE RIDE	ROAD/MTB	mild effort	2		6/10
		2	TEMPO RIDE	MTB	sustained intensity of 7/10 for given duration	2		7/10
		3	GROUP RIDE	ROAD/MTB	talking pace	4		5/10
		4	(OPTIONAL) ENDURANCE RIDE	ROAD/MTB	mild effort	2		6/10
							10	hrs
	4	1	ENDURANCE RIDE	ROAD/MTB	mild effort	2		6/10
		2	HILLY RIDE	MTB	varied terrain incl. HILLS 4 x 20min (rest 2min btw reps)	2		7/10
		3	GROUP RIDE	MTB	varied & technical terrain	4		6/10
						8	hrs	6/10

<p>PHASE 2: STRUCTURE & MAINTENANCE (WEEK 5 - 8): This forms the crucial portion of the training plan as the highest durations and intensities are experienced in this phase. Primary focus is on overloading and saddle time. This phase will leave one feeling physically tired and hungry; feed the hunger and work through the tiredness, and it will improve. If feeling overtired or sore, skip a day but do not make up for lost time. Follow the plan, pain permitting, do not train through pain as it will only get worse!</p>	5	1	RECOVERY RIDE	ROAD/MTB	flat route - talking pace	1		5/10
		2	ENDURANCE RIDE	MTB	mild effort	2		6/10
		3	ENDURANCE RIDE	MTB	talking pace incl. FAST PEDALS 6 x 1min (rest 2min btw reps)	2		6/10
						5	hrs	5.5/10
	6	1	ENDURANCE RIDE	MTB	mild effort	2		6/10
		2	TEMPO RIDE	MTB	sustained intensity of 7/10 for given duration	2		7/10
		3	GROUP RIDE	ROAD/MTB	mild effort	3		6/10
						7	hrs	6.5/10
	7	1	ENDURANCE RIDE	MTB	mild effort	2		6/10
		2	HILLY RIDE	MTB	varied terrain incl. HILLS 6 x 20min (rest 2min btw reps)	2		7/10
		3	GROUP RIDE	MTB	varied & technical terrain	4		6/10
		4	(OPTIONAL) ENDURANCE RIDE	ROAD/MTB	mild effort	2		6/10
					10	hrs	6.5/10	
	8	1	RACE PACE RIDE	MTB	varied terrain @ 9/10 sustained intensity for given duration	2		9/10
		2	ENDURANCE / TEMPO RIDE	MTB	technical terrain incl. 1hr @ 7/10 & 1hr @ 8/10	4		7/10
3		GROUP RIDE	MTB	varied & technical terrain	5		6/10	
					11	hrs	8/10	

**PHASE 3:
MAINTENANCE &
TAPER (WEEK 9 –
12):** In the final

phase, both intensity and duration will decrease. It is crucial that this phase be timed appropriately in order to reap the benefits of the above two phases. It is important to maintain built-up fitness through this phase; you should be feeling excited as you approach Tour day. Please do not push yourself in this phase – rather conserve built-up fitness and energy for Tour day. Keep well nourished, hydrated and healthy during this period as this is the phase most are prone to injury or illness.

9	1	RECOVERY RIDE	ROAD/MTB	flat route - talking pace	1		5/10
	2	ENDURANCE RIDE	MTB	mild effort	2		6/10
	3	ENDURANCE RIDE	ROAD/MTB	talking pace	2		5/10
					5	hrs	5.5/10
10	1	ENDURANCE RIDE	MTB	mild effort	2		6/10
	2	HILLY RIDE	MTB	varied terrain incl. HILLS 4 x 20min (rest 2min btw reps)	3		7/10
	3	GROUP RIDE	ROAD/MTB	mild effort	4		6/10
					9	hrs	6.5/10
11	1	RECOVERY RIDE	ROAD/MTB	flat route - talking pace	1		5/10
	2	TEMPO RIDE	MTB	sustained intensity of 7/10 for given duration	2		7/10
	3	ENDURANCE RIDE	MTB	mild effort incl. FAST PEDALS 6 x 1min (rest 2min btw reps)	2		6/10
	4	(OPTIONAL) ENDURANCE RIDE	ROAD/MTB	talking pace	1		5/10
					6	hrs	6/10
12	1	TEMPO RIDE	ROAD/MTB	sustained intensity of 7/10 for given duration	1		7/10
	2	PRE-RACE RIDE	ROAD/MTB	talking pace incl. FAST PEDALS 5 x 1min (rest 2min btw reps)	1		6/10
	3	TOUR BEGINS!!			2	hrs	6.5/10

TOUR DE ZAMBEZI - 12 WEEK INTERMEDIATE TRAINING PLAN

	WEEK	SESSION	TYPE	MODE	DETAIL	DURATION	hrs	INTENSITY
<p>PHASE 1: FOUNDATION & BUILDING BLOCKS (WEEK 1 - 4): This phase includes the initial familiarisation with the layout of the training plan regarding session types and intensity levels. There is a gradual build in duration with a brief increase in intensity. This phase forms the building blocks on moving toward the main event. While you may be tempted to do more than what is suggested here, rather stick to the plan as the durations and intensities will increase to levels that are difficult to manage.</p>	1	1	ENDURANCE RIDE	ROAD/MTB	talking pace	2		5/10
		2	ENDURANCE RIDE	MTB	talking pace	2		5/10
		3	GROUP RIDE	ROAD/MTB	mild effort	3		6/10
		4	ENDURANCE RIDE	MTB	technical terrain	2		6/10
						9	hrs	5.5/10
	2	1	ENDURANCE RIDE	MTB	talking pace	2		5/10
		2	HILLY RIDE	MTB	varied terrain incl. hills 4 x 20min (rest 2min btw reps)	2		6/10
		3	GROUP RIDE	ROAD/MTB	talking pace	4		5/10
		4	ENDURANCE RIDE	MTB	mild effort	2		6/10
						10	hrs	5.5/10
	3	1	ENDURANCE RIDE	ROAD/MTB	mild effort	2		6/10
		2	TEMPO RIDE	MTB	sustained intensity of 7/10 for given duration	2		7/10
		3	GROUP RIDE	ROAD/MTB	talking pace	4		5/10
		4	ENDURANCE RIDE	MTB	mild effort incl. fast pedals 6 x 1min (rest 2min btw reps)	2		6/10
		5	(OPTIONAL) ENDURANCE RIDE	ROAD/MTB	mild effort	2		6/10
						12	hrs	6/10
	4	1	ENDURANCE RIDE	ROAD/MTB	mild effort	2		6/10
		2	HILLY RIDE	MTB	varied terrain incl. hills 4 x 20min (rest 2min btw reps)	2		7/10
		3	GROUP RIDE	MTB	varied & technical terrain	4		6/10
		4	ENDURANCE RIDE	MTB	mild effort	3		6/10
					11	hrs	6/10	

<p>PHASE 2: STRUCTURE & MAINTENANCE (WEEK 5 - 8):</p> <p>This forms the crucial portion of the training plan as the highest durations and intensities are experienced in this phase. Primary focus is on overloading and saddle time. This phase will leave one feeling physically tired and hungry; feed the hunger and work through the tiredness, and it will improve. If feeling overtired or sore, skip a day but do not make up for lost time. Follow the plan, pain permitting, do not train through pain as it will only get worse!</p>	5	1	RECOVERY RIDE	ROAD/MTB	flat route - talking pace	1		5/10	
		2	ENDURANCE RIDE	MTB	mild effort	2		6/10	
		3	ENDURANCE RIDE	ROAD/MTB	talking pace	2		5/10	
		4	ENDURANCE RIDE	MTB	mild effort incl. fast pedals 6 x 1min (rest 2min btw reps)	2		6/10	
							7	hrs	5.5/10
	6	1	ENDURANCE RIDE	MTB	mild effort	2		6/10	
		2	TEMPO RIDE	MTB	sustained intensity of 7/10 for given duration	2		7/10	
		3	GROUP RIDE	ROAD/MTB	mild effort	3		6/10	
		4	HILLY RIDE	MTB	varied terrain incl. hills 4 x 20min (rest 2min btw reps)	2		7/10	
							9	hrs	6.5/10
	7	1	ENDURANCE RIDE	MTB	mild effort	2		6/10	
		2	HILLY RIDE	MTB	varied terrain incl. hills 6 x 20min (rest 2min btw reps)	2		7/10	
		3	TEMPO RIDE	ROAD/MTB	endurance (1hr) / tempo @ 7/10 (1HR) /endurance (1hr)	3		6/10	
		4	GROUP RIDE	MTB	varied & technical terrain	4		6/10	
		5	(OPTIONAL) ENDURANCE RIDE	ROAD/MTB	mild effort	2		6/10	
							13	hrs	6.5/10
	8	1	RACE PACE RIDE	MTB	varied terrain @ 9/10 sustained intensity	2		9/10	
		2	ENDURANCE RIDE	MTB	mild effort	2		6/10	
		3	ENDURANCE / TEMPO RIDE	MTB	technical terrain incl. 1hr @ 7/10 & 1hr @ 8/10	4		7/10	
		4	GROUP RIDE	MTB	varied & technical terrain	5		6/10	
						13	hrs	8/10	

<p>PHASE 3: MAINTENANCE & TAPER (WEEK 9 - 12): In the final phase, both intensity and duration will decrease. It is crucial that this phase be timed appropriately in order to reap the benefits of the above two phases. It is important to maintain built-up fitness through this phase; you should be feeling excited as you approach Tour day. Please do not push yourself in this phase – rather conserve built-up fitness and energy for Tour day. Keep well nourished, hydrated and healthy during this period as this is the phase most are prone to injury or illness.</p>	9	1	RECOVERY RIDE	ROAD/MTB	flat route - talking pace	1		5/10	
		2	ENDURANCE RIDE	MTB	mild effort	2		6/10	
		3	ENDURANCE RIDE	ROAD/MTB	talking pace	1		5/10	
		4	ENDURANCE RIDE	MTB	mild effort incl. fast pedals 6 x 1min (rest 2min btw reps)	2		6/10	
							6	hrs	5.5/10
	10	1	ENDURANCE RIDE	MTB	mild effort	2		6/10	
		2	TEMPO RIDE	MTB	sustained intensity of 7/10 for given duration	2		7/10	
		3	GROUP RIDE	ROAD/MTB	mild effort	4		6/10	
		4	HILLY RIDE	MTB	varied terrain incl. hills 4 x 20min (rest 2min btw reps)	3		7/10	
							11	hrs	6.5/10
	11	1	RECOVERY RIDE	ROAD/MTB	flat route - talking pace	1		5/10	
		2	TEMPO RIDE	MTB	sustained intensity of 7/10 for given duration	2		7/10	
		3	ENDURANCE RIDE	ROAD/MTB	talking pace	2		5/10	
		4	ENDURANCE RIDE	MTB	mild effort incl. fast pedals 6 x 1min (rest 2min btw reps)	2		6/10	
		5	(OPTIONAL) ENDURANCE RIDE	ROAD/MTB	talking pace	1		5/10	
							8	hrs	6/10
	12	1	RECOVERY RIDE	ROAD/MTB	flat route - talking pace	1		5/10	
		2	TEMPO RIDE	ROAD/MTB	sustained intensity of 7/10 for given duration	1		7/10	
		3	PRE-RACE RIDE	ROAD/MTB	talking pace incl. fast pedals 5 x 1min (rest 2min btw reps)	1		6/10	
		4	TOUR BEGINS!!			3	hrs	6/10	