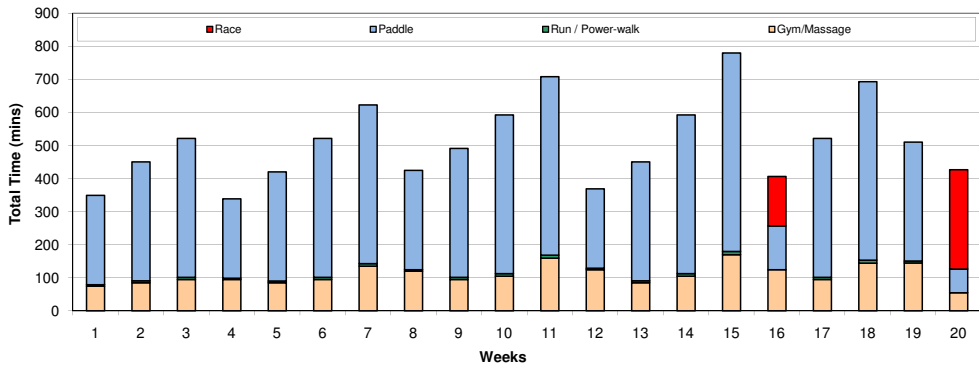




This is a very basic generic training programme. For a personalized more detailed specific training programme please contact -

Neil Gellatly at:
 Multisport Coaching Services Limited
 Tel: 0064 7 349 6554
 Mob: 0064 27 648 7546
 Email: neil@multisportcoach.co.nz



	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
Gym/Massage	75	85	95	95	85	95	135	120	95	105	160	125	85	105	170	125	95	145	145	55
Run / Power-walk	5	6	7	4	6	7	8	5	7	8	9	4	6	8	10	0	7	9	6	0
Paddle	270	360	420	240	330	420	480	300	390	480	540	240	360	480	600	132	420	540	360	72
Race																150				
Total Time	350	451	522	339	421	522	623	425	492	593	709	369	451	593	780	407	522	694	511	427

Approx. * 5hr 40 min minimum Approx. * 13 hr maximum



Important - All figures represent volume of training in minutes. Divide times by half if you only plan to do the Mount Pacific Downwind

		Season		Pre-season (base training)										In-season (speed work)										Off-season		
		Phase		Conditioning					Strength/Endurance					Power					Taper					Refresh & Recharge		
		Week No#		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20			
		Countdown to Event		2-Nov	9-Nov	16-Nov	23-Nov	30-Nov	7-Dec	14-Dec	21-Dec	28-Dec	4-Jan	11-Jan	18-Jan	25-Jan	1-Feb	8-Feb	15-Feb	22-Feb	1-Mar	8-Mar	15-Mar			
		Meso-cycle		V.Easy	Easy	Med	V.Easy	Easy	Med	Med	Easy	Med	Hard	V.Easy	Easy	Med	Hard	V.Easy	Easy	Med	Hard	Easy	V.Easy			
		% Volume		45%	60%	70%	40%	55%	70%	80%	50%	65%	80%	90%	40%	60%	80%	100%	40%	70%	90%	60%	30%			
		Specifics Details																								
Monday	am	G	Gym	Upper Body and Trunk	45	50	55	40	50	55	60	45	55	60	65	40	50	60	70	40	55	65	50	35		
	pm	M	Massage	Muscle Recovery Aid				30			30	45		45	60			45	60		30	60				
Monday Afternoon = Active Recovery Day or Half Rest Day																										
Tuesday	am	P	Flat-water	Short Speed Session	34	45	53	30	41	53	60	38	49	60	68	30	45	60	75	30	53	68	45	23		
	pm				(i.e., North Shore Beach Series; Wellington Surf Ski & Waka Ama Series; Tasman Bay Surf Ski Series etc)																					
Wednesday	am	P	Flat-water	Light Paddle	27	36	42	24	33	42	48	30	39	48	54	24	36	48	60	24	42	54	36	18		
	pm				Wednesday - Optional Rest Day																					
Thursday	am	P	Flat-water	Med-long Strength Session	47	63	74	42	58	74	84	53	68	84	95	42	63	84	105	42	74	95	63	32		
	pm				Bungy Resistance Session																					
Friday	am	G	Gym	Upper Body and Trunk	30	35	40	25	35	40	45	30	40	45	50	25	35	45	55	25	40	50	35	20		
	pm				Friday - Optional Second Rest Day																					
Saturday	am	P	Open Water	Long Steady Pace	122	162	189	108	149	189	216	135	176	216	243	108	162	216	270	189	243	162	99			
	pm				Boxing Day & 2nd January King of the Harbour (25km) Waitangi Day Bhutty Moore-morial Race (30km) Trans Taupo																					
Sunday	am	P	Coastal Water	Skills Paddle	41	54	63	36	50	63	72	45	59	72	81	36	54	72	90	36	63	81	54			
	pm				Sunday = Active Recovery or Complete Rest Day																					

Post race sit-down to debrief event and set new goals

+ / - 20 min
Recommended
+ / - 10 min
+ 5 min or - all Optional Session
+ / - 15 min
+ 10 min or - all (Optional Session)
+ up to 60 min
+ 5 min or - all
+ 15 min or - all (Optional Session)
Max/Min Adjustments
Total = +/- 140 min

Note: Feel free to switch Tues. & Wednes. Wednes. & Thurs. training days to suit local mid-week club/racing activities

Key Session
 Optional
 Recommended
 Example Terrain
 Holidays
 Altern. Rec. Day
 Standard Week
 Key Week
 Similar Waters
 Course Training
 Possible Event
 Race

Sample explanation on how to correctly read the programme.
 Week 6 commences 7th December and is a Medium volume week containing 70% of the greatest training week. The training set out for Tuesday morning of week 6, is a 53 minute flat water paddle, with half the time spent focusing on paddling technique and the remainder doing between 3-5 minute efforts at a fast pace (high intensity). A 10 minute leeway can be subtracted or added to the length of the workout as you feel (given freedom, time constraints or general levels of energy etc)... Remember to listen to what your body is telling you. When not doing any specifics (i.e., sustained effort or skills/technique) maintain a training intensity heart rate between 55-75% of your Heart Rate Reserve [220 - your Age - your Rest Heart Rate] + your Rest Heart Rate. I.e., the higher average cycling training intensity for a 40 year old with a resting heart rate of 60 beats per minute (bpm) would be 75% x (220-40)+60=150bpm. Subtract 10-20 bpm when paddling & add 5-10 bpm when running. Complete a gentle 5-10 minute warm-up and cool-down with stretches either side if your training sessions and events where not specified.

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If printed in black & white, please refer to the Mount Pacific Downwind website www.dare2sweatevents.co.nz for the full colour version of the programme above.

Mount Pacific Downwind

Saturday 20th February 2010
 Note: Places limited by barge space
 Single Surf Ski and Waka ama only
 Visit www.dare2sweatevents.co.nz
 for further information and
 a race entry form.

New Zealand's answer to the great Molokai Challenge in Hawaii.
 This radical new race which expands the horizons of the sport with an innovative approach to ocean racing—barging paddlers offshore to an open-water start line.

Come ride the Pacific Ocean swells off Mt Maunganui in an exhilarating 25km pure downwind race from out at sea back to the warm sands of Main Beach at the base of Mt. Mauao.