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## 2 Dams Challenge Program

This event program outline is to introduce the NOVICE cyclist who may be time poor with a low fitness base.

We want to see you complete the 2 Dams event, and indeed believe you can, through this program outline. Please also review the goal setting outline at the bottom of this document. For those interested in accessing nutrition advice for performance benefit or weight loss, we recommend the use of a sports dietician, please contact us if you require referral here.

If you have any questions please contact Brad at [bh@bradhall.com.au](mailto:bh@bradhall.com.au)

### Month 1: General preparation phase

**This phase of the program is to familiarise you with your bike and accumulate volume of training at lower intensities.**

#### Week 1

*Goal is to increase general cycling base fitness*

Riding every second day for 30mins-45mins in total, at a comfortable pace

#### Week 2

*Goal is to increase the fitness base with volume*

Ride every day for 30mins at a time, at a comfortable pace

#### Week 3

*Goal is to again extend the fitness base with volume increases*

Ride every day for 45-60mins at a time, at a comfortable pace

#### Week 4

*Goal is to allow for some recovery from the prior training weeks and maintain a fitness base. It is through recovery that adaptation occurs.*

Ride every second day for 45-60mins, at a comfortable pace

### Month 2: Event preparation phase

**The hardest part of the 2 Dams Challenge is the climbing component (going uphill), thus we are beginning to introduce you to intensities reflective of uphill riding.**

#### Week 4

*Goal is to begin to replicate the demands of the event, such as climbing and volume increases*

Ride every day for 45mins, at a comfortable pace

Every second day, complete the following effort of riding at a hard intensity for 2mins at a lower cadence than normal (replicating an uphill climb), allow 2mins light riding and then repeat for x 5 in total (5 x 2min efforts), 45mins total

#### **Week 5**

*Goal is to extend the difficult aspects of the cycling event, this involves longer efforts*

Ride every day for 45mins, at a comfortable pace

Every second day, complete the following effort of riding at a hard intensity for 3mins at a lower cadence than normal (replicating an uphill climb), allow 2mins light riding and then repeat for x 5 in total (5 x 3min efforts), 45mins total

#### **Week 6**

*Goal is to allow for some recovery from the prior training weeks and maintain a fitness base. It is through recovery that adaptation occurs. This period is brought forward here owing to the increases in intensity in the training environment over the last 2 weeks.*

Ride every second day for 45-60mins, at a comfortable pace

#### **Week 7**

*Goal is to again increase the intensity demands specific to the event*

Ride every day for 45mins, at a comfortable pace

Every second day, complete the following effort of riding at a hard intensity for 2mins at a lower cadence than normal, then at the 2min mark get out of the seat and ride hard at a normal cadence for 1min, allow 2mins light riding and then repeat for x 5 in total (5 x 3min efforts), 45mins total

### **Month 3: Event specific phase**

**This phase of training is about replicating more specifically the exact mechanics of cycling the hardest aspects of the event: longer uphill climbs. For the final two weeks, we will ‘taper off’ your training volume and intensity for best effect on event day.**

#### **Week 8**

*Goal is to increase the duration of high intensity efforts*

Ride every day for 45mins, at a comfortable pace

Every second day, complete the following effort of riding at a hard intensity for 4mins at a high intensity (8-9/10) for the duration, allow 2-4mins recovery and complete the exercise again for x 4 intervals in total.

#### **Week 9**

*Goal is to again increase the duration of high intensity efforts*

Ride every day for 45mins, at a comfortable pace

Every second day, complete the following effort of riding at a hard intensity for 5mins at a high intensity (8-9/10) for the duration, allow 3-5mins recovery and complete the exercise again for x 4 intervals in total.

#### **Week 10**

*Goal is to allow for some recovery from the prior training weeks and maintain a fitness base. It is through recovery that adaptation occurs. This period is brought forward here owing to the increases in intensity in the training environment over the last 2 weeks.*

Ride every second day for 45-60mins, at a comfortable pace

### **Week11**

*Goal is to maintain fitness without increasing fatigue for the event as you taper into the event*  
Ride every day for 45mins, at a comfortable pace. Consider listing your goals for the event (see below for details).

Twice during the week, complete the following effort of riding at a hard intensity for 5mins at a high intensity (8-9/10) for the duration, allow 3-5mins recovery and complete the exercise again for x 3 intervals in total (reduced number of intervals as we are tapering now)

### **Week 12**

You have no completed the 2 Dams challenge, we would love to hear from you about your experience, email Brad [bh@bradhall.com.au](mailto:bh@bradhall.com.au)

## **Goal Setting**

**Goal setting is important as it lays the foundation for what you might interpret as 'success' on the Event Day: 2 Dams Challenge**

There are three major types of goals setting concepts:

1. Performance based goal setting- setting a goal based largely on your own ability, such as 'averaging a particular wattage on the bike, or speed', and even doing a PB time for the event
2. Outcome based goal setting- setting a goal relative to others, such as 'coming on the podium, or finishing top ten in a category'
3. Process based goal setting- setting a goal about a process or procedure you want to execute, such as 'breathing deep and having a high cadence when cycling up hill', or 'arriving 50mins prior the start so I can have a coffee and relax a little'

All types of goals are important for exercise motivation, however too much goal setting that is outcome based can be detrimental to motivation and leads to higher rates of athlete attrition. So we need a balance of all 3.

For this coming event, I would like you to consider the following goal setting aspects:

1. What is your performance goal for the up coming event. Please indicate a 'possible goal' (one you are happy with) and a 'stretch goal' (one that would be much more difficult to attain).
2. What is your outcome goal for the event, please list possible and stretch goals here.
3. Do you have any process goals, such as wanting to complete a task and being 'positive' about the experience, or something that does not involve performance or an outcome?

Take your time to consider these over the course of the program and perhaps fine tune them in the last week.

Kind Regards,

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