

COMPLETE PERFORMANCE:

TRAINING PROGRAMME NOTES

The goal for this programme is to work towards completing the event in a comfortable manner. It must be noted that this is a generic programme and one that will not fit everyone's lifestyle and goals for the event. Therefore if you want to get the most from your preparation time then a Complete Performance Coach is the way to go. Not only do you get a specific programme for your needs that has key details for every session you will also have someone to be accountable to, to help plan for events and to make sure that you make the most from your training time that you have available.

Contact the coaching team at Complete Performance on 0800 551 002
info@completeperformance.co.nz or check out our website
www.completeperformance.co.nz

Technique

"There is more to running/cycling/kayaking than just strapping your shoes/helmet/paddle on and heading out the gate/road/river. How you move will have a big influence on your efficiency as well as speed and therefore how much you enjoy your training and racing.

If you are thinking about how you are moving (the technique of it) rather than how far you have to go to the end you will probably be going well.

Either join our group sessions or sign up for an individualised technique session with us."

Key sessions

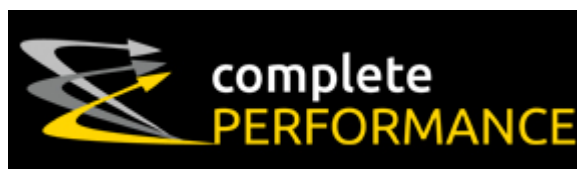
Rank 1 – These are highlighted as the most important sessions per week. If all else fails and you only get these sessions done then you have done okay.

Rank 2 – These are the good to do sessions in your week so if you complete both these and the rank 1 sessions then you have had a great week.

Rank 3 – Think of these as your bonus sessions and if you complete these as well and feel good at the end of it you have had a great week.

Listen to your body

Go as you feel - remember this training plan is a guide to your training and there are a number of other factors that affect the stress that your body is under, such as work, friends and quality of sleep. Therefore if you are feeling tired start your session and if you still feel bad after 15 minutes either cut your session short or turn around and go home. However if you start feeling better carry on with your session as planned.



Therefore use the following as a guideline:

- Option A - Do the session as prescribed.
- Option B - Do the same intensity session but decrease the duration by a third.
- Option C - Do a short recovery session with a maximum of 20 minutes and at level 1-2 intensity - do not do the prescribed training.
- Option D - Rest and do nothing making sure that you are eating well just like every other day.

Warming down

All times include the time to warm up but not your warm down - allow 3-5 minutes of easy exercise at the end of your session to warm down.

Get in to the habit of stretching at the end of your session as part of your warm down. This is not included in the session time so please allow this. Lack of stretching can lead to a lack of power, poor technique and an increase chance of injury.

Nutrition

During your training make sure that you practice your race day nutrition. Get used to gels, sports drinks and foods so there are no surprises come race day.

Race day nutrition includes your meal the night before, your pre-race meal, during race energy food/fluid, and post-race food. Contact us if you would like specific Nutrition advice.

Goal setting

Make a habit of writing a goal for yourself each week, achieving these will keep you on track and give you focus.

Intensity

Use the rating of perceived exertion scale when monitoring the intensity of your training

Intensity RPI	Intensity	HR Zones	Description
1	Easy	Recovery (Rec)	Can talk easily e.g. recovery, cool down
2	Steady	Aerobic (A1)	Can talk comfortably but you are breathing more heavily
3	Mod Hard	Aerobic + (A2)	You are really puffing now but can still talk in sentences
4	Hard	Anaerobic (A3)	Don't feel like talking but can talk in single words
5	V Hard	Anaerobic + (A4)	Sucking in all the oxygen you can!
6	Max	Maximal (max)	Sprinting - Giving it everything!!

RPI – Rating of Perceived Intensity

