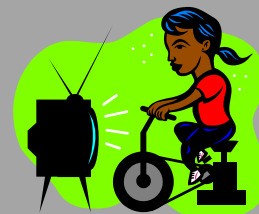


# 4 WEEK TRAINING PLAN

(YOUR PREPARATION FOR AN ENJOYABLE TRIP ON THE RAIL TRAIL)



By Camille O'Connor (BPhEd – Major in Exercise Prescription)

- NZ Institute of Health and Fitness Recruitment and Training Director
- Health and Exercise Consultant

Unfortunately there is no secret recipe to avoid a tender backside after a day's cycling on the rail trail - although a gel seat cover or padded bike shorts will help, there is no substitute for time spent on the seat in your build up to your Rail Trail journey to enhance your enjoyment.

This 4 week exercise plan is a guideline for those of you who are not experienced at riding for 4 days in a row on a comfort bike and covering 150km. It is designed to help you improve your fitness so you can confidently take on the Otago Central Rail Trail experience.

The average speed travelled is a conservative figure of 10km per hour (this will vary depending on your experience and skill riding a bike and your fitness level) and most people ride the trail in 3-4 days which means the greatest distance you will travel in 1 day is 45-60km.

Your bike training can be done on a stationary bike (exercycle or gym bike) or your own mountain/road bike

**Week 1** – 1 x bike 30 minutes, 2 x bike 45-60 minutes (try to have a day rest in between each ride)

**Week 2** – 1 x bike 45 minutes, 2 x bike 1-2 hrs (the longer weekend ride can be broken into 2 sessions or do one big ride)

**Week 3** – 1 x bike 45 minutes, 2 x bike 1-2 hrs, 1 x bike 1 ½ - 2 ½ hrs (can break into 2 shorter sessions or do one big ride)

**Week 4** – 1 x bike 30 minutes, 2 x bike 1-1 ½ hrs, 1 x bike 2 – 2 ½ hrs

Below is an example of a weekly exercise plan for your biking (NB – biking days can be changed to suit your lifestyle and other commitments).

For the first week make sure you have a rest day in between each bike day to allow your legs and backside to recover.

You can split longer biking times into blocks eg for a 1 hour bike ride you can split it into 2 x 30 min rides or over the weekend a 2 hour bike ride can be split into 2 x 1 hour rides.

Have a couple of days rest from riding your bike before you start your Otago Central Rail Trail experience. This will mean you are fully recharged and ready to enjoy this amazing experience!

Spin Classes at the gym are also a great way to exercise and can add variation to your biking plan!

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sun
Week 1	Bike 30 mins		Bike 45 mins			Bike 45-60 mins	
Week 2	Bike 45-60 mins		Bike 1 hour			Bike 1-2 hours	
Week 3	Bike 1 hour		Bike 45-60 mins	Bike 1 hour		Bike 1 ½ -2 ½ hours	
Week 4	Bike 1- 1 ½ hrs		Bike 1 ½ hours	Bike 30 mins		Bike 2- 2 ½ hours	

