



## Department of Cycling Under 5hr Training Group

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### What is it?

We believe there is a large number of cyclists with the ability and the desire to complete the lake Taupo Challenge in under 5 hours. We also believe that by getting these cyclists together, arming them with information and training as a group that there is a greater chance of achieving this goal.

The under 5hr training group is fundamentally a training resource for anyone who is aiming to complete the Lake Taupo Challenge in under 5 hours. Adequate fitness is only half the battle, the training group will help fill in the other important details as well by making available training tips, nutritional advice, skills and technique seminars, a 16 week training program and targeted group rides.

### Why take part?

Adequate fitness is only half the equation, knowing how to ride in a bunch, understanding your bodies nutritional needs and preparing yourself for the required endurance and intensity are vital to achieving the goal.

### Who can take part?

This group is available to anyone who thinks they have what it takes to go under 5hrs. You will need to have a good cycling base and be prepared to do the training. If you're not sure come along and try, alternatively contact [jeff@avantipluscycles.co.nz](mailto:jeff@avantipluscycles.co.nz) to discuss. The group is expected to progress towards the goal so won't be going at under 5 hr pace initially.

### How will it work?

With the help of Karyn Palmer (DoC road coach) we have prepared a training calendar with Under 5hr group training events/rides starting from July 4<sup>th</sup>. This calendar includes all the popular events, information evenings and scheduled group rides specifically designed to build towards an under 5hr time. The training program will start 16 weeks out from Taupo and offer both a 12wk K1/K2 program and a 16 wk Taupo program, you can choose to do your own training and just join in the group rides or follow the program provided. Each fortnight Karyn will provide an outline of how to execute the weeks training via the DoC website (you will need to register to view this info)

N.B. The group program will be of a generic nature. If you wish you can contact Karyn by email to get a personalised program [karyn@kiwitalent.co.nz](mailto:karyn@kiwitalent.co.nz)

### When are the group rides?

The rides are scheduled in the calendar but not occur on a strictly regular basis. On the weeks that there is a group ride these will leave from Avantiplus Waitakere at 12:30pm on Saturday afternoon.

### How much does it cost?

Nothing, the training group is free.

### Why are the group rides so important?

The average speed for a 5 hr time round Taupo is 32kph, ever tried to do that on your own for 5 hours over hilly terrain. It is always faster to ride in a group and practice makes perfect.

### How about riders with goal times over 5 hours?

While this group is quite goal specific there are a number of bunch rides leaving from Avantiplus Waitakere that suit a wide range of abilities. All of the additional information evenings are open to all cyclists and these will be advertised in store at Avantiplus Waitakere.

### How do I join?

Simply register your interest by reply email to [jeff@avantipluscycles.co.nz](mailto:jeff@avantipluscycles.co.nz) or subscribe to the under 5 hr group on the DoC website [www.deptofcycling.com](http://www.deptofcycling.com) Once registered you will be sent the calendar, essential tips info via email and be able to access training information.