



Longest Day Training Guide



GET READY
Follow Team CP's training guide to be awesome on race day

GETTING STRONG
4 Key Methods to get strong in the kayak, run and bike
PLAYING THE LONG GAME
How to pace yourself over your race

Phase 1 - Foundation Phase

Objectives of your foundation phase

Preparing your body to train - If you build a good foundation now you are more likely to avoid injury throughout your race preparation, as well during the event itself.

Develop your skills to be able to complete the race - The Coast to Coast is a true adventure, and you will be tackling a variety of terrain. Ensure that you can enjoy the bunch riding, run over rocks and tree roots and paddle grade 2 + rivers with a smile on your face.

Repeat this phase up until the final 6 months/26 weeks of the event

This is a generic programme and will get you there but if you want to make the most of your training time, complete the event in style, or take your performance to the next level you need to work with a Team CP Coach

Weeks	Mid Week (Important session)	Mid Week (Important session)	Mid Week (Good to do session)	Mid Week (Bonus Session)	Weekend (Important session)	Weekend (Important session)	Weekend (Good to do)	Weekend (Bonus session)
Week 1	Run - Offroad - 50min Body weight strength 15mins Stretch 5min - when you are finished	Kayak 50mins Focus on technique at the start middle and end of your paddle	Cycle or indoor 50min Strength 15mins Stretch 5min - when you are finished	Kayak or Run 45mins Stretch 5min - when you are finished	Run/walk hill adventure 1:15hr Warm Up - Start slow and build into it Stretch 5min - when you are finished	Kayak 1hr Focus on technique at the start middle and end of your paddle	Cycle - 1:15hr Warm Up - Start slow and build into it Stretch 5min - when you are finished	Run or Kayak or Cycle 1hr
Week 2	Run - Offroad - 60min	Kayak 60mins	Cycle or indoor trainer 50min	Kayak or Run 45mins	Run/walk 1:30hr	Kayak 1hr	Cycle - 1:30hr	Run or Kayak or Cycle 1hr
Week 3 Recovery/Catch your breath week	Run - Offroad - 35min	Kayak 40mins	Cycle or indoor trainer 50min	Kayak or Run 30mins	Run/walk 1hr	Kayak 1hr	Cycle - 1hr	Run or Kayak or Cycle 1hr
Week 1	Run - Offroad - 50min	Kayak 50mins	Cycle or indoor trainer 50min	Kayak or Run 45mins	Run/walk 1:15hr	Kayak 1hr	Cycle - 1:15hr	Run or Kayak or Cycle 1hr
Week 2	Run - Offroad - 60min	Kayak 60mins	Cycle or indoor trainer 50min	Kayak or Run 45mins	Run/walk 1:30hr	Kayak 1hr	Cycle - 1:30hr	Run or Kayak or Cycle 1hr
Week 3 Recovery/Catch your breath week	Run - Offroad - 35min	Kayak 40mins	Cycle or indoor trainer 50min	Kayak or Run 30mins	Run/walk 1hr	Kayak 1hr	Cycle - 1hr	Run or Kayak or Cycle 1hr

"Working with Team CP set the foundation for my success. Through the support, knowledge and guidance I was able to take the first steps of my professional career and achieve my breakthrough wins in the Longest Day Coast to Coast."

Braden Currie

Phase 2 - General Preparation

14 weeks

Objectives of your general prep phase

Slowly increase the duration of your training and keep it steady

Do one speed session a week

Keep the balance between work family and your training.

Be flexible with your dates by being aware of weather and river conditions to keep yourself safe.

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Weeks	Mid Week (Important session)	Mid Week (Important session)	Mid Week (Good to do session)	Mid Week (Bonus Session)	Weekend (Important session)	Weekend (Important session)	Weekend (Good to do)	Weekend (Bonus session)
Week 26	Run - Offroad - 60min Body weight strength 15mins Stretch 5min - when you are finished	Kayak 60mins Focus on technique at the start middle and end of your paddle	Cycle or indoor 60min Strength 15mins Stretch 5min - when you are finished	Kayak or Run 45mins Stretch 5min - when you are finished	Run/walk hill adventure 1:30hr Warm Up - Start slow and build into it Stretch 5min - when you are finished	Kayak 1hr Focus on technique at the start middle and end of your paddle	Cycle - 1:15hr Warm Up - Start slow and build into it Stretch 5min - when you are finished	Run or Kayak or Cycle 1hr
Week 25	Run - Offroad - 60min	Kayak 60mins	Cycle or indoor trainer 60min	Kayak or Run 45mins	Run 1:45hr	Kayak 1:15hr	Cycle - 1:30hr	Run or Kayak or Cycle 1hr
Week 24 Recovery/Catch your breath week	Run - Offroad - 40min	Kayak 40mins	Cycle or indoor trainer 60min	Kayak or Run 30mins	Run 1hr	Kayak 1hr	Cycle - 1hr	Rest or Yoga or Swim
Week 23	Run - Offroad - 60min	Kayak 60mins	Cycle or indoor trainer 60min	Kayak or Run 45mins	Run 2hr	Kayak 1:15hr	Cycle - 1:30hr	Run or Kayak or Cycle 1hr
Week 22	Run - Offroad - 60min	Kayak 60mins Warm Up	Cycle or indoor trainer 60min	Kayak or Run 45mins	Run 2:30hr	Kayak 1:30hr	Cycle - 1:45hr	Run or Kayak or Cycle 1hr
Week 21 Recovery/Catch your breath week	Run - Offroad - 40min	Kayak 40mins	Cycle or indoor trainer 60min	Kayak or Run 30mins	Run 1hr	Kayak 1hr	Cycle - 1hr	Rest or Yoga or Swim
Week 20	Run - Offroad - 60min	Kayak 60mins	Cycle or indoor trainer 60min	Kayak or Run 45mins	Run 2hr	Kayak 1:30hr	Cycle - 1:45hr	Run or Kayak or Cycle 1hr
Week 19	Run - Offroad - 60min	Kayak 60mins Warm Up	Cycle or indoor trainer 60min	Kayak or Run 45mins	Run 3hr	Kayak 1:45hr	Cycle - 2hr	Run or Kayak or Cycle 1hr
Week 18 Recovery/Catch your breath week	Run - Offroad - 40min	Kayak 40mins	Cycle or indoor trainer 60min	Kayak or Run 30mins	Run 1hr	Kayak 1hr	Cycle - 1hr	Rest or Yoga or Swim
Week 17	Run - Offroad - 60min	Kayak 60mins	Cycle or indoor trainer 60min	Kayak or Run 45mins	Run 2hr	Kayak 1:45hr	Cycle - 2hr	Run or Kayak or Cycle 1hr
Week 16	Run - Offroad - 60min	Kayak 60mins	Cycle or indoor trainer 60min	Kayak or Run 45mins	Run 3:30hr	Kayak 2hr	Cycle - 2:15hr	Run or Kayak or Cycle 1hr
Week 15 Recovery/Catch your breath week	Run - Offroad - 40min	Kayak 40mins	Cycle or indoor trainer 60min	Kayak or Run 30mins	Run 1hr	Kayak 1hr	Cycle - 1hr	Rest or Yoga or Swim
Week 14 Simulation Week to finish phase 2	Run - Offroad - 60min	Kayak 60mins	Cycle or indoor trainer 60min	Kayak or Run 45mins	Cycle - 1hr Run 2hr Kayak 2:30hr	Cycle - 2:15hr	Rest	Rest or Yoga or Swim
Week 13 Recovery/Catch your breath week	Run - Offroad - 60min	Kayak 60mins	Rest or Yoga or Swim	Rest	Run 1hr	Kayak 1hr	Cycle - 1hr	Rest

"For me the planning element that Team CP offers is really important to help me to achieve my goals, but more importantly is the regular communication to adjust it around work and other pressures so I am able to keep focused and moving forward."

Todd Kraiger

Phase 3 - Strength & Event Specific

8 weeks

Objectives of your strength & event specific phase

Aim to build up to the duration you will be on course.

Specific strength focus.

Simulate the event with a training camp or a trip over the course.

Be flexible with your dates by being aware of weather and river conditions to keep yourself safe.

Practice your event nutrition.

Do some practice races.

Life Balance - keep it real.

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Weeks	Mid Week (Important session)	Mid Week (Important session)	Mid Week (Good to do session)	Mid Week (Bonus Session)	Weekend (Important session)	Weekend (Important session)	Weekend (Good to do)	Weekend (Bonus session)
Week 12	Run - Offroad - 60min Body weight strength 15mins Stretch 5min - when you are finished	Kayak 60mins Focus on technique at the start middle and end of your paddle	Cycle 1:30hr Strength 15mins Stretch 5min - when you are finished	Kayak and/or Run 45mins Stretch 5min - when you are finished	Run/walk hill adventure 2:30hr Warm Up - Start slow and build into it Stretch 5min - when you are finished	Kayak 2hr Focus on technique at the start middle and end of your paddle	Cycle - 1:40hr Run - 20mins Start slow and build into it Stretch 5min - when you are finished	Run or Kayak or Cycle 1hr
Week 11	Run - Offroad - 60min	Kayak 60mins	Cycle 1:30hr	Kayak and/or Run 45mins	Cycle - 1:15hr Run 3hr	Kayak 2:30hr	Cycle - 2:15hr Run - 20mins	Run or Kayak or Cycle 1hr
Week 10 Recovery/Catch your breath week	Run - Offroad - 40min	Kayak 40mins	Cycle 1hr	Kayak or Run 30mins	Run 1hr	Kayak 1hr	Cycle - 1hr Run - 20mins	Rest or Yoga or Swim
Week 9 - Simulation session	Run - Offroad - 60min	Kayak 60mins	Cycle 1:30hr	Kayak and/or Run 45mins	Cycle - 1:30hr Run 5hr Kayak 5hr	Cycle - 2hr	Rest	Rest or Yoga or Swim
Week 8 Recovery/Catch your breath week	Run - Offroad - 40min	Kayak 40mins	Cycle 1hr	Kayak or Run 30mins	Run 1hr	Kayak 1hr	Cycle - 1hr Run - 20mins	Rest or Yoga or Swim
Week 7	Run - Offroad - 60min	Kayak 60mins	Cycle 1:30hr	Kayak and/or Run 45mins	Run 2hr	Kayak 1:45hr	Cycle - 2hr Run - 20mins	Run or Kayak or Cycle 1hr
Week 6	Run - Offroad - 60min	Kayak 60mins	Cycle 1:30hr	Kayak and/or Run 45mins	Run 3:30hr	Kayak 2hr	Cycle - 2:15hr Run - 20mins	Run or Kayak or Cycle 1hr
Week 5 - Simulation session	Run - Offroad - 60min	Kayak 60mins	Cycle 1:30hr	Kayak and/or Run 45mins	Run - 15mins Cycle - 1:30hr Run 4hr Cycle 30mins Kayak 5hr	Cycle - 2hr	Rest	Rest or Yoga or Swim

"Team CP is great at helping me keep my eyes on the goal. They keep me motivated, supportive but most importantly makes training fun!! "

Millie Smith

Phase 4 - Speed and Taper 4 weeks

Objectives of your speed & taper phase

- Get ready for the intensity and excitement of the event
- Planning - develop your race plan
- Get gear organised and your equipment is in good shape
- Prep your support crew
- Taper – less is more

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Weeks	Mid Week (Important session)	Mid Week (Important session)	Mid Week (Good to do session)	Mid Week (Bonus Session)	Weekend (Important session)	Weekend (Important session)	Weekend (Good to do)	Weekend (Bonus session)
Week 4	Run - Offroad - 60min Body weight strength 15mins Stretch 5min - when you are finished	Kayak 40mins Focus on technique at the start middle and end of your paddle	Cycle 1hr Run - 10mins Strength 15mins Stretch 5min - when you are finished	Kayak or Run 30min Stretch 5min - when you are finished	Cycle - 2:15hr Run/walk 3hr	Kayak 3hr Focus on technique at the start middle and end of your paddle	Cycle - 2hr	Rest or Yoga or Swim
Week 3	Run - Offroad - 60min	Kayak 60mins	Cycle 1:30hr Run - 10mins Kayak 60mins	Kayak or Run 45mins	Run/walk 1:30hr	Kayak 5hrs	Cycle - 1:30hr	Rest
Week 2 Taper week	Rest	Run - 60min	Kayak 60mins	Cycle 1hr	Rest	Rest	Cycle - 50min Run 30min	Kayak 1hr
Week 1 - Taper, RACE WEEK	Kayak 30min	Run - 30min	Cycle 30min	Rest	Rest	Coast to Coast LONGEST DAY	Rest	Rest or Yoga or Swim

"One of the best things about Team CP is the community they have built. To be able to share stories, tips, techniques and find training buddies is as important as the coaching, teaching and mentoring on offer."

Richard Fry



Training Programme Notes

- Complete the weekend sessions as back to back training if time and your current fitness level allows.
- If you get the important sessions each week done then you have done well.
- Treat the other sessions as a bonus and do these if you are feeling great and time allows.
- Your intensity should be steady for most of your training – You are breathing heavier but you can hold a conversation.
- Aim to start at the intensity that you can sustain for the whole session.
- Bodyweight Strength Circuit: 10-20 reps of each exercise: Squats, press ups, side plank (both sides) mountain climbers, step ups. This short strength workout will help you move better and decrease the chance of injuries. Contact Team CP or your local PT/physio if you would like help with this..
- The programme works over a 3-week cycle with endurance building up each week, with a shorter recovery week to bounce back physically and mentally
- The key to training for an event is consistency.
- Ensure you listen to your body and rest early if you are tired or getting sick.
- Stay safe while out riding, running and kayaking by wearing the correct clothing for the conditions, your gear is in good nick.
- Ride/run/kayak to your ability, tell someone where you are going, carry a phone or PLB, get a weather forecast and always think “what if”.
- If this is the first exercise that you have done for a while consult your health professional to make sure that you are ready for it.
- Keep it FUN! Train with friends and family.

Playing the long game



Three key tips to get you over the finish line.

If this is your first time at this event you maybe unsure if you can actually complete it. While this is a great motivator for training it is not very helpful to help you sleep at night. So here are 3 key strategies that you can use to make the most of your day.

Tip 1. Getting through the tough times

When you are struggling focus on those things that you have control over - the process - what's my technique like? Have I had anything to eat or drink recently?

The harder it gets the smaller that your goals need to become. You may not think that you can get to the top of the climb so set yourself a target to get to the next bush, rock or tree. Once your make it there pick the next spot and slowly but surely you will get there. Success builds confidence.

Tip 2. It's really a nutrition race

You might be the fastest athlete in the field but if you don't fuel your body properly then you are not going to finish first. Make sure that you have a nutrition plan that has a variety of options so if you don't feel like option A then you can have option B or C.

Tip 3. Make hay while the sun shines

Completing an endurance event can be a roller coaster.

Sometimes you will be feeling great and others you will be doing all you can to just keep putting one foot in front of the other. When you are feeling good make sure that you let yourself go well, pat yourself on the back, ride the wave and get a few kilometres done.

Get out. Explore. Push your limits. Find new norms and have fun!



GETTING IT RIGHT

YOUR TRAINING

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 CP if you would like specific Nutrition advice.

Hydration

The first thing that is going to slow you down on your ride is dehydration. So anything longer than an hour make sure that you have some water with you. On key weekend rides or an event consider taking some sports drink or gels.

Tracking your progress

Keep a track of what you do, review it every week or two and reflect on how far you have come. Using apps like Strava is a good way of doing this.

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

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 into 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.



Where to train?

Head for the hills! This event is a true adventure and a test of body and mind. Training is about spending time on your bike, feet and in your boat and getting used to the type of terrain you will be covering. Tramping, sea kayaking or a cycle tour is a great way to get fit and strong whilst having adventure at the same time. Challenge yourself to get out and explore but make sure that you always keep yourself safe while out training.

Bodyweight Strength Circuit

A short bodyweight strength workout will help you move better and decrease the chance of injuries. We recommend working with your local Physio or PT to ensure you do the do the right exercises for you but here is an example to get you started.

5 minute workout - including 10-20 of each exercise with good technique: Press ups, Step Ups, Lunges, Mountain Climber, Skydiver, Lying Side Raise.

Goal setting

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

"There is more to riding, running and kayaking than just putting your gear on and heading out the door."

Technique

"There is more to riding, running and kayaking than just putting your gear on and heading out the door."

How you move will have a big influence on your efficiency as well as speed, therefore how much you enjoy your training and the event.

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

GETTING STRONG

Time to get strong and improve your performance.

There are 4 key ways that you can improve your strength on the bike, in the boat or while running.

The first is to simply ride, kayak or run more. The more time that you spend training the stronger you will get. Think of the commuting, long sessions and adventuring in the form of tramping, cycling touring or sea kayaking it all counts. The harder that you push coupled with enough recovery will improve your strength.

Hills, Hills, Hills there is no better way of getting stronger than to challenge yourself by riding and running hills. This is best illustrated at the start of the season on your first climb when the hill somehow feels steeper than it used to be.

If you don't have access to lots of hills or are tight on time then your next options is completing big gear intervals on the bike, carrying some extra weight in your pack or putting a bungy cord around your boat to increase the resistance. Aim to keep your technique smooth for 2, 4, 6 or 8 mins. Give yourself a short break and repeat.

The most time efficient way of becoming stronger that most people neglect is your technique. Focus on pedalling in circles, using your legs and torso in the boat and gluts while running.



If you can ask other muscles to do some of the work then you will be more efficient and your power output will increase.

The final thing that you need to do is test yourself to see if you are improving. If you have a power metre then it is easy. If not a time trial is still effective (aim for a course about 10-20mins long).

Like any training that you do the amount of effort that you put in combined with the amount of recovery that you give yourself will have a direct effect on how the strength improvements that you make.

See www.teamcp.co.nz for more details on Coaching and improving your performance.

“Team CP got me to start line and helped to get me to the finish line. I couldn't have done it without them. And the high fives were great!”
Nathan Wilson

