

# THE COYOTE EXPRESS

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Newsletter #12 – 24 August 2009



### RACING NEWS & REVIEWS

#### Weekend Results

##### Nundah Crit – HPRW

**A Grade –** There were definitely no arm warmers out on Saturday morning and it was a good thing we had the tent for a bit of shade. We had six riders start in A grade – Robbo and Mick (in their return to racing), Dave, Brett, myself and new member Richard Walters.

It was good to see Brett step up to A grade (he is well and truly strong enough to mix it up with these guys). There were about 30 riders all up in the field and it was evident from the start that the Merida boys were the ones to watch. We had the dual option of getting Richard away in a break or alternatively Paul in a bunch sprint. Richard got away in an early break away but that was pulled back a couple of laps later. Just after the Prime he got away again with a Merida rider and Tony Lackey. They worked well to get a gap of about 300m and we and the Merida team blocked reasonably well to allow them to stay at that gap.

Just as we thought however that we were assured of at least a podium spot, three guys including two Merida guys tried to jump across the gap. Dave tried to hang on to them without success. The three in the breakaway slowed up enough that they were caught and now it was down to six in the break with three Merida guys. Realising things were not panning out as planned we starting going to the front to pull the break back in. We ran out of time however and in the sprint the three Merida boys took all the Podium spots. Apart from probably being the strongest riders they rode a great tactical race and deserved to fill the entire podium. We finished up with an average of about 44.5km/hr which included a neutral period of about 3 laps when the two grades were getting tangled up.

We had a couple of bright spots however in the superb effort by Richard to stay in the two breaks and also by Brett to be up there in the sprint. Paul was second in the bunch sprint which gave us 6<sup>th</sup>, 8<sup>th</sup> and 11<sup>th</sup>. Another week and another lesson learned. We should have been more attentive and been closer to the front to tag the Merida boys when they made their bridging move late in the race. That is where guys like Tim were missed as he would have been smart enough to forsee what could have happened. Hopefully we'll have more luck in two weeks at Lakeside.

**B Grade –** Starters were Chris, Garry, Rob, Chilly, Frankie and Colby in his first race. Embarrassingly I don't have any details of how their race panned out as I was too busy focussing on doing my job in A grade. I know that none of the boys finished on the podium but that they all appeared pretty satisfied with their race and finished in

the bunch at the end. Rob was saving his legs for the State Road champs and I hope to have details of that race soon.

### **Sunday Ride**

This was our first reasonable length hitout and we started with Cam, Jonno, Brett, Dave, Chilly and myself. We started at 6am in fantastic morning weather which heated up quite considerably by 10am. It was a good thing my Dad ran support for us as a few km's down Wynn Road I copped a flat. What would normally have been a 10min tire change and a loss of rhythm was instead a simple changing of wheels and a bit of hard time trialling by Jonno and I to catch the other boys.

We rolled the turns over pretty well and kept as a group until the Mt Mee climb where my excess baggage meant that I lost about 3 mins to the boys up the climb. Thankfully Dad was at the top with enough coke to get me firing again. Colby joined us just after Wamuran and we just kept rolling it over back through Clontarf to the Den. We ended up out there for 5hr 20 with about 5hrs of solid riding time. Chilly showed that he has a lot of km's in his legs as at the 4.5hr mark he took over on the front and pulled for about 20mins. The pool back at the Den was as good as an ice bath and a great way to help the legs recover.

### **Next Weekend**

Next weekend's racing is the club road championships at Elimbah at 1.30pm. We have a really good chance of taking out some of the Masters divisions but we are going to have to work hard to support some of our guys.

Sunday ride is a mountains ride (easy climbing ride with the back of Glorious as the last big climb). We will probably time ourselves up the back of Glorious so that we can use it as a yard stick for our wattage/kg in 2 months time to see if we are getting proportionately stronger. The first couple of mountains will be at an easy pace. Any of the bigger boys who haven't ridden the back of Glorious before should think about a 27 tooth cog as its about a 55min climb at around 10% with some parts being steeper.

Don't forget the pre-Grafton hit out in 2 week's time. We need as many guys as possible to turn up to give us the feel of race conditions.

Next 5 weeks Schedule looks like this :

Sat 29 Aug - Elimbah - 1.30pm Club Road Champs (HPRW)

Sun 30 Aug - 5.5hr Hill ride - 6am (the Den) - Mt Cootha - Mt Nebo - Mt Glorious (including back side) - Samford - Den (easy climbing speed)

Sat 5 Sep - Lakeside 8 am

Sun 6 Sep - Pre Grafton Hard Hit Out - leaving Den at 6am - Wynn Rd - Mt Samson Rd - Mt Mee - D'Aguilar - Elimbah (break) - waterfront - Den (hard ride)

Sat 12 Sep - Nundah 8 am (HPRW)

Grafton to Inverell

Sat 19 Sep - Nundah 8 am (HPRW)

Sun 20 Sep - Mountain Reps - 5.45 (the Den) - Petrie - Dayboro Road - 3 laps of Mt Mee (practice for TT) - Mt Samson Rd - Eatons Crossing Rd - Den

Sat 26 Sep - Mt Mee up hill TT 8 am (HPRW)

Sun 27 Sep - Peacheater Ride - 5.30am (the Den) - Caboolture - Peacheater - Caboolture -  
Waterfront – Den (steady ride)

## **Training**

This week's sessions are set out below. If anyone has any queries about the sets then feel free to email Clive. This is the second of three hard weeks.

Midweek Morning Rides – Monday – River ride (easy); Tuesday – Cootha (easy climbing reps), Friday – River ride (easy). We will be meeting at the Regatta at 5.45 for anyone who is interested. Please email us in advance if you are planning on attending. We will be leaving 5.45 sharp for all of these rides so if you're running late – start chasing !

### **Windtrainer Sessions : Tuesday 25<sup>th</sup> September**

10min warm up  
3\*30sec hard 30 sec off

Main set 1  
5\*1 min maximal effort 1min off  
3\*30 sec cad>120 15 sec off  
45sec easy

Main set 2  
5min tt pace 1min easy  
4min  
3min  
2min  
1min ( 46min)

Main set 3  
10min fartlek at tt pace changing cad throughout  
30sec@90rpm  
30sec@105rpm  
30sec@90rpm  
30sec@85rpm  
30sec@90rpm  
1min standing  
30sec@90rpm  
1min@85rpm  
30sec@90rpm  
1min standing  
30sec@90rpm  
30sec@120+rpm  
30sec@90rpm  
1min@85rpm  
30sec@90rpm  
30 sec 3k over tt pace

2min easy (58 mins)

Main set 4

4\*5min with 1 min rest done as

1min 75 rpm

30 sec standing

1min 70 rpm

30 sec 65 rpm

1min 60 rpm

1min tt+2kph (82 mins)

Main set 5

Small chain ring spin set odd effort seated even standing

12\*20sec on 10 sec off (88 mins)

Warm down at least 5min

**Thursday 27<sup>th</sup>**

Warm up

5min progressive spin

3\*30sec hard 30 sec recovery

1min easy

5\*1min hard 30 sec rest

2min rest

2min cad >120 10 sec on 10sec off

Main set

4\*15min as should be done at or around LT

Rep 1 cad>100

2min rest

Rep 2 cad 90-95

2min rest

Rep3 cad 90-95 for 10min

Then straight into 5min 60-65 remaining at LT

REP 4

CAD 90-95 1KPH OVER TT PACE

5MIN EASY

**New Members**

Newest member to our fold is Richard Walters. Some of you will remember Richard as the poor guy who tried to stay away with Tim in the breakaway at Murrarie a few weeks ago and ended up finishing a good 4<sup>th</sup>. He also won A grade at Elimbah back in June – so the boy can move ! Welcome to the Coyotes mate.

**General Stuff**

We are looking at running two IM Port Macquarie focussed long weekend training camps in February if there is sufficient interest. These camps are not restricted to Coyote members but Coyote members get in first. They will be lead by Gordo Byrn. Cost will probably be the same as the December camps. Could anyone interested let me know.

You don't have to be a swimmer/runner to enjoy the camps as you'll get enough benefit out of the bike riding/discussion nights.

Behave...

Charley



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