

THE COYOTE EXPRESS

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Newsletter #8 - 27th July 2009



RACING NEWS & REVIEWS

Weekend Results

Ipswich Interclub

Thanks to Brett, we have a few details of the interclub race. The A&B race was combined. Its rumoured that the A grade guys were generous enough to let the B grade guys do their share of the work and therefore the group remained mostly together throughout the race.

Brett finished well and was given third until someone else contested that finding so he ended up fourth in B grade and about seventh overall. Well done mate – another entry on the Honour Board. Kyle was close behind Brett and believe it or not our new bionic man Frankie raced in D grade and led out until the final uphill before the sprint when he “gracefully” sat up to let the others through to the finish. He said he felt good enough to race C grade next race.

Christchurch

Scott had his first race of the season in a 64km race around a 16km circuit and decided he'd test out the legs by entering in C grade. After a pretty uneventful first 58km he attacked and held on for the win by 10 seconds (I'll bet that 6km hurt!). They covered the 64km in 1hr 46 which on NZ roads in pretty good going. Scott makes our honour board for the first time. I'll bet it ranks right up there with winning Hawaii (and another 100 or so international titles).

Rockhampton

Pete's surprise party took place in Rocky on the weekend. Coyotes in attendance on the road trip included Charlesy, Kiwi, Parko, Colby, Dave and Pete. Great job by Colby in organising the weekend and we're extremely appreciative of all the effort he went to. Apart from telling you that the first beers were started at 6am Saturday, and that it was great to travel up there for a great guy like Pete, all other details remain classified under the timeless rule that “what goes on tour, stays on tour”...

Future Event – Grafton to Inverell – September 12

Thanks to the suggestion of Cam Watt a few of us have decided we are going to race at Grafton in Division 2. There is a teams event which enables us to enter teams of up to six riders with the first 3 riders in each team counting in the team's result.

The weekend also happens to coincide with the world triathlon championships on the Gold Coast. We are therefore planning on having a 3 day Coyote road trip which, in addition to competing at Grafton, will also involve getting to watch the under 23 world championships on the Gold Coast on the Friday and the Womens ITU world champs on the Sunday afternoon.

We need to organise accommodation and the size of the bus asap so would all those interested please send Charlesy an email by Thursday this week so we can start making arrangements. Please don't be daunted by the length of the race at 238km. Just like events such at Paris/Roubaix every team member will have a job and it might not include finishing (or at least finishing in a good time). Charlesy and Dave for example intend to ride the first 70km hard on the front to protect Cam, Scott, Gary and perhaps Clive if he comes over. They intend to drool all over themselves if they have to to make sure the other 4 guys don't have to do too much work before the climb (profile of the race attached).

If nothing else it will be a great bonding weekend. Even if you only want to come along to support feel free to let us know. Entering an event like this will give you a great short term goal to increase your strength/fitness.

Next Weekend

Next weekend there are a couple of races including:

Saturday – 7.30 am – B grade – Murrarie

Saturday – HPRW ITT at Closeburn – 8am

Saturday – Cunningham Classic

For everyone who's planning on racing one of these races can you send Charlesy an email so he can send around an update later in the week so you'll know who to look out for at each race. We know that at least Mick, Robbo, Charlesy, Kiwi and Dave will be racing out at Murrarie. It would be an awesome sight if we got a heap of guys to the Murrarie race on Saturday (and its more fun than a TT).

TRAINING

Second week of the three week training block this week. Pasted below are the Tues and Thursday sessions to save you looking them up elsewhere. No excuses this week boys/girls. On the windtrainer and get them done!! There is a \$1000 fine if you don't do them (or you can just lie to me and tell me you did them to avoid the fine – the choice is yours).

The Den is open for business this week (unless the settlement falls over on Wednesday) so its planned to do a group ride for anyone who is keen on Sunday morning leaving at 6.15 sharp and riding the Zupps loop (and staying in front of the Zupps pack - without going hard Clive – we promise – that includes you Parko !!)

Training Sets -Tuesday 28 July

warm up -10min progressive warm up
3min of 4sec on 4 sec off (3 gears under tt gear)
1min easy

main set 1 -4 *8min as 5min 30 big gear 60-65rpm 30sec TT pace

2m easy ;
6MIN AS 30 SECS BIG GEAR 60-65RPM 30 SEC TT PACE
2MIN EASY;
6MIN AS3*90 SEC BIG GEAR 60-65RPM 30 SEC STANDING
2MIN EASY
5MIN 30 SEC BIG GEAR 60-65RPM 30 SEC 1K OVER TT PACE

2MIN EASY

MAIN SET 2 - 5(2min big gear 60-65rpm, 30 sec isometric squats 30 secs easy)
after 5th 1min easy

main set 3 - 8min big gear 60-65 rpm accelerate to 75 rpm for 15 secs
on 3 and 6 min
2min easy
8min tt pace

5min easy
85min

Thursday 30 July - Build Strength 3

Warm up set

10min progressive warm up as above

On 1 min 10,12,14,16,18sec spin

Main set 1 -1,2,3,4,5,5,4,3,2,1 half of work interval for rest
2min easy

Main set 2 -25min simulate climbing (Richter is a good course on the computrainer for this)
Use gears to change cadence -3min 90, 1min 95, 5min 60rpm , 30sec95 ,6min 70rpm
30 sec standing
30sec >100rpm
3min 75 rpm
30sec>100
1min @ 75,1min @70,1min @65 30 sec @60
30 sec standing build sprint

5min easy
90

December Training Camps

There will be two long distance training camps run on the last two weekends before Xmas in December this year. The camps will be based in Brisbane. There will be a number of professional triathletes who will lead the camps. The camps will be intensive in nature for those who wish to participate in a points system for the various sessions. Those wishing to "cruise" the sessions are more than welcome to do so. The rides will include various KOM's and sprint points and there will be separate leaders jerseys for overall leader, over 40's leader, KOM leader and sprint points leader.

Any member of coyote racing is welcome to attend the bike ride sessions only if they want to but you are encouraged to take part in as many sessions as you think you can handle. The camps are designed to provide a good mixture of aerobic and strength benefit with 4 days rest/recovery in the middle such that all 6 days can be undertaken at reasonable intensity and maximum benefit can be retained with no significant period of rest required after the two weekends (ie you can have Xmas day off !!). The structure of the camps will be along the lines set out below. There will be a support vehicle which will follow the rides and provide mechanical support for anybody who may require it. That support vehicle will also carry nutrition/fluid for the rides and aquathon sessions. Meals in a buffet format will be provided on Friday/Saturday nights. The cost of the camps will be provided once final numbers are known. The cost will only be what is required to cover the costs of food etc and the costs of the professionals.

Training Camp One - 11/12/13 Dec 09 - Brisbane

Fri 11 Dec

5pm - Session 1 - Aquathon - 7km/2km/7km
Session 2 - Dinner and panel discussion night

Sat 12 December

5.30am - Session 3- Swim - 3km
Session 4 - Run - 1h
Session 5 - Bike 240km - (followed by light meal/chill out forum)

Sun 13 December

5.30am - Session 6 - Bike 200km
Session 7 - Timed Forest Run (1hr 30mins)

Training Camp Two - 18/19/20 Dec 09 - Brisbane

Fri 18 Dec

5pm - Session 1 - Aquathon - 7km/2km/7km
Session 2 - Dinner and panel discussion night

Sat 19 Dec

5.30am - Session 3 - Ride 230km
Session 4 - Timed 12km run (followed by light meal/chill out forum)

Sun 20 Dec

5.30am - Session 5 - Ride 210km (with separate timed mountain TT during ride)
Session 6 - 3hr Mixed Road/Forest Run race

Thoughts

During my time involved in bike racing/triathlon I've received all sorts of advice from different people about what would make me faster. In the end there are a few things that resonate with me – (1) What works for one person will not necessarily work for another; (2) The friendships I make in being involved in Bike Racing and Triathlon are more important to me than any race result.

One thing I have noticed over the years is that some athletes believe that because they have had a fast race that they have trained correctly. Athletes who come from a good gene pool have the significant advantage of being able to race relatively fast with any reasonable training base. In my book, racing fast does not necessarily mean that the athlete has succeeded. I personally would tend to judge success more in terms of:

1. Did their training/recovery/nutrition enable them to go as fast as they were genetically capable of; and
2. Were they able to achieve their level of fitness whilst at the same time:
 - a. enjoying the training.
 - b. Not sacrificing their health
 - c. Enhancing their relationships with family and friends

If every person who joined our team succeeded in achieving the above then I would be a happy man.



<http://www.coyote-racing.com/>