



Kieser Training and Strengthening Tips for the Bobbo 2022

Training

How do you best prepare yourself physically for the Bobbo?

Whether you are completing the 27km ride, or the more gruelling 104km, preparation and training are essential. If you are time poor, shorter sharper intervals can give the edge to achieve the best results. This can be done for any of the Bobbo ride distances.

Evidence shows that huge improvements in the maximum rate of oxygen your body is able to use (VO₂) can be made with high intensity interval training (HIIT). For example 20 seconds at maximum power then 60 seconds recovery repeated 6-12 times, two to four times per week depending on fitness level. Easily done on an indoor trainer, on the velodrome or on appropriate roads.

For the longer rides, include some more time in the saddle at moderate intensity to help your body learn to spare its fuel sources (carbohydrate sparing). This will help you get to the 104km finish line without feeling like you've hit the wall and allow you continue cycling hard all the way.

The ideal training distance is a ride slightly longer than the event. For example 120 km training rides for the 104 km distance, or 100km for the 80. Three or four of these longer rides are recommended in the month leading up to the event. If you have more time add some moderate distance rides (40-60 km). These allow you to ride at a higher intensity closer to your lactate threshold allowing the body to produce energy more efficiently at those intensities for longer.

Strengthening

The most important element in any good training program is targeted strength training. Isolated leg and core exercises are a great place to start. These ensure you have the strength to power up the hills without spending hours in the saddle doing hill repeats. They let you stay comfortable and stable on your bike for the duration of the ride.

Added benefits of strength training are reduced injury risk and improved body composition (think power to weight ratio). Some key muscle groups to target with strength training are, quadriceps, hamstrings, calves, gluteal, abdominals and lower back.

In the theme of efficiency, single set training can save hours in the gym and maximise time under tension emulating the fatigue of ride training. Targeted slow repetitions until you can no longer complete a full rep correctly, should be done only once. This method ensures you train all of the contractions of a muscle evenly including the *Eccentric* phase, critical for injury prevention and the *Concentric* phase, essential for generating power on those climbs.

Finally, the single most important factor to complete a training program is recovery. Recovery time allows your body to consolidate your training and get fitter and stronger. Include at least one to two days of recovery per week plus adequate sleep and nutrition to ensure you get the most out of your training program.

Good luck! If you would like more information, please contact us at Kieser on 9170 9944. We can assist with a performance assessment, injury prevention and strength training programs tailored for your ride.