

RAT RACE TRAINING PROGRAMME

ICELAND COAST TO COAST

Consistent training is the key to your best performance in Iceland. To be able to enjoy Iceland to the maximum you should plan to be as fit possible before you arrive. The keys to consistency are structured training, moderation and rest.



Abbi Naylor
HEAD OF EXPEDITIONS

Abbi is a highly trained, experienced Expeditions Manager with more than 10 years of exploring under her belt. She leads our small group trips around the world and if you've signed up to a journey that tips the mercury below zero she's guaranteed to be standing right there next to you. She **LOVES** the cold stuff.

KEY TRAINING ELEMENTS FOR ICELAND COAST TO COAST

REGULAR RIDES

Getting on your bike for regular training rides is crucial, if you can also use your bike as a form of transport it is a win win.

REGULAR WALKS

If you live near the countryside or hills, do most of your walks and training there.

! Start using poles, it increases your workout and gives you overall strength. They are highly recommended on your hiking day in Iceland.

If you don't live in the hills, there are solutions: Use the cross trainer in the gym or the Stairmaster, never take a lift or escalator, always climb the stairs.

SKILLS DEVELOPMENT

Gradually start riding on various terrain, go from a blue trail to a red trail if mountain biking at a centre, change your regular routes and go and explore. Don't push yourself beyond what you are confident in doing but gradually increase your skills. A skills development day/ weekend is recommended to gain more knowledge and skills.

STRENGTH AND CONDITIONING

This will keep you injury free, help you on the paddling day and make you more capable and robust. Example; lunges, box step-ups, kettlebell swings, core exercises. Do not worry if you don't have a gym membership many free classes can be found through YouTube.

TIME IN THE SADDLE

Lots and lots of time. Go and explore, spend time on your bike, get use to the saddle.

RIDING IN A VARIETY OF WEATHER CONDITIONS

Iceland's weather is extremely variable; you will encounter everything. Instead of avoiding the wet and rainy days, get out riding in them and test out your gear.

TRAIL RUNNING

If you are already a runner and plan to run some of the foot stage in Iceland please incorporate this into your plan. When it states a walk or hike feel free to trail run/jog/walk.

REST

It is very important to incorporate rest days into your training. Workouts break the body down, rest builds it back up.

If you begin to feel fatigued, it is a great idea to take an extra rest day or cut a workout short so you don't get injured or over-trained, or to simply allow your body to adjust to more time spent in the saddle. This plan is meant to be a guideline. Feel free to rearrange the plan to work for you but be sure to spread the rest days throughout the week. I have also created the plan in minutes and hours rather than miles. This trip is all about time in the saddle and on your feet. Each day is Iceland is big but incredible and achievable with training.

INTENSITY

Don't just go all out! Speed will vary for different intensities for different people! And that's OK. Embrace where you are! Find your pace and be consistent. Times will improve with, well, time.

LOW INTENSITY

Shoot for about 30% of what you think your top speed will feel like. Think about your breathing, could you sing? You are at a mild intensity.

MODERATE INTENSITY

Once again, moderate intensity. Shoot for about 50% of what you think your top speed will feel like. Think about your breathing, could you talk in short sentences before needing to take a breath? If so, you're at a moderate intensity.

HIGH INTENSITY

Shoot for about 80% of what you think your top speed will feel like. You won't be talking to anyone at this pace!

WEEK	TOTAL HOURS	NO. OF ACTIVITY	PRIMARY FOCUS	SUPPLEMENTARY TRAINING
1	3hrs 30mins	3	2 x bike rides, 1 x easy hike/run	1 x Strength and Conditioning (15mins), 1 x core (15mins)
2	3hrs 30mins	3	2 x bike rides, 1 x easy hike/run	1 x Strength and Conditioning (15mins), 1 x core (15mins)
3	4hr 30mins	4	2 x bike ride, 1 x MEDIUM INTENSITY bike ride, 1 x run/hike	1 x Strength and Conditioning (15mins), 1 x core (15mins)
4	4hr 35mins	4	2 x bike ride, 1 x MEDIUM INTENSITY bike ride, 1 x run/hike	1 x Strength and Conditioning (20mins), 1 x core (15mins)
5	6hrs 35mins	5	2 x rides at MEDIUM INTENSITY , 1 x ride at HIGH INTENSITY , 2 x hike/run	1 x Strength and Conditioning (20mins), 1 x core (15mins)
6	11hrs 20mins	6	B2B ride, 1 x LOW INTENSITY ride, 1 x hike/run	1 x Strength and Conditioning (30mins), 1 x Core (20mins), 1 x Cross training (30mins)
7	11hrs 50mins	6	B2B ride, 1 x LOW INTENSITY ride, 1 x hike/run	1 x Strength and Conditioning (30mins), 1 x Core (20mins), 1 x Cross training (1hr)
8	16hrs 50mins	5	B2B ride, 1 x Long ride 6hrs +, 1 x hike/run	1 x Strength and Conditioning (30mins), 1 x Core (20mins), 1 x Cross training (1hr)
9	16hrs 50mins	5	B2B ride, 1 x Long ride 6hrs +, 1 x hike/run	1 x Strength and Conditioning (30mins), 1 x Core (20mins), 1 x Cross training (1hr)
10	15hrs 30mins	4	2 x ride at MEDIUM INTENSITY , 1 x long ride 8hrs +, 1 x hike/run	1 x Strength and Conditioning (15mins), 1 x core (15mins)
11	6 hrs 30mins	4	3 x ride at MEDIUM INTENSITY	1 x Strength and Conditioning (15mins), 1 x core (15mins)
12	3hrs 45mins	3	2 x rides at LOW INTENSITY ,	3 x Stretch sessions (15 mins), 1 x hike/run
ICELAND COAST TO COAST BEGINS!		Many!	5 X RIDES 1 X HIKE 1 X PACKRAFT	DRINK PLENTY OF ELECTROLYTES!

FURTHER COMMENTS

Core workouts can be completed on the same day as another activity.

B2B = two days riding one after the other. Approx 4 hours per ride.

Really think about clothing, hydration and nutrition on these long rides

Find useful stretch session for biking to follow on YouTube

Enjoy the ever-changing scenery and weather!