



FEDHEALTH TOUR DE TULI 2012 - NEWSLETTER 2: TRAINING OVERVIEW AND VISA REQUIREMENTS

TRAINING PLAN

A personal message from Andrew McLean from Cycle Lab:

"I am really looking forward to spending a few days with all of you at the Fedhealth Tour De Tuli in the bush and enjoying Africa at its best from the saddle of our bicycles. Having been lucky enough to do a few Tour De Tuli trips I would like to give you two bits of advice:

Tyres:

A Tubeless conversion is a must and a requirement for the tour! This means like your car tyres, you do not have an inner tube. You have a tubeless tyre with a special sealant inside the tyres. This system works unbelievably well and especially when there are lots of long thorns which you will experience in the area we are going to ride in. This is the only system that really works in this terrain, sealant inside inner tubes and tyre liners do not work adequately. Please remember we will be in the wild and therefore when one person punctures your entire group will stop while that person fixes their puncture. It is unfair to arrive on the tour with anything but a proper tubeless conversion!

Pop in at your nearest Cycle Lab we will gladly do a tubeless conversion and as a Fedhealth Tour De Tuli participant we will give you a discount just bring along your Registration Confirmation. Cycle Lab mechanical team will also be on the trip to make sure that you have a mechanical free ride. (Tubeless conversion must be done prior to arriving on the Tour).

Training:

As I mentioned above, this is the wild African bush we will be riding in and you need to be fit and ready for this ride of a life time. It is unfair on the rest of your group and yourself to arrive without doing the necessary training.

I have prepared a Novice and Intermediate training programme for you. These and more programmes are available on my training website www.fittrack.co.za under Tour De Tuli. I would not dare arrive on the Tour de Tuli untrained and I really don't recommend you should, besides enjoying the entire experience a lot more when you are fit and not under pressure to keep up with your group it also means you will be back for an ice cold [brown] Fanta a lot quicker. If you have any questions please feel free to mail me; andrew@cyclelab.com"

FEDHEALTH TOUR DE TULI - FITTRACK INTERMEDIATE TRAINING PLAN - 8 WEEKS

WEEK	SESSION	DURATION	INTENSITY	COMMENT
1	1	2:00	75	Endurance Ride. Tempo 3x 20min. RBI – 10mins.
1	2	2:00	70	Endurance Ride. Technical.
1	3	4:30	75	Group Ride. 3x hill threshold climbs (duration of aprox 2 to 3km).
1	4	3:30	75	Group Ride. Tempo 1x30min
2	1	1:00	65	Recovery Ride.
2	2	2:30	80	Endurance Ride. Tempo 3 x 20min. RBI – 10min.
2	3	3:30	75	Group Ride. 4x hill threshold climbs (duration of aprox 2 to 3km).
2	4	3:30	70	Group Ride. Technical.
3	1	2:00	80	Endurance Ride. Tempo 2 x 20min. RBI – 10min.
3	2	2:00	75	Endurance Ride.
3	3	4:30	75	Group Ride. 4x hill threshold climbs (duration of aprox 2 to 3km).
3	4	3:30	75	Group Ride. Technical.
4	1	2:00	75	Endurance Ride. Tempo 2 x 20min. RBI – 10min.
4	2	2:00	65	Recovery Ride. FPD's 4x1min. RBI – 2min.
4	3	2:00	75	Group Ride.
4	4	2:00	75	Group Ride.
5	1	2:00	75	Endurance Ride. FPD's 4x1min. RBI – 2min.
5	2	2:00	70	Endurance Ride. Technical.
5	3	3:30	80	Group Ride. HA repeats – 3x shorter hill attack (duration of aprox 1km).
5	4	3:30	75	Group Ride.
6	1	2:00	70	Endurance Ride. FPD's 6x1min. RBI – 2min.
6	2	3:00	75	Endurance Ride. Technical.
6	3	2:00	80	Group Ride. HA repeats – 2x shorter hill attack (duration of aprox 1km).
6	4	3:00	75	Group Ride. Tempo 2 x 30min. RBI – 10min.
7	1	1:00	65	Recovery Ride.
7	2	1:30	70	Endurance Ride. Technical.
7	3	3:00	75	Group Ride. HA repeats – 1x shorter hill attack (duration of aprox 1km).
7	4	1:00	75	Group Ride. Tempo 1 x 20min. RBI – 10mins
8	1	1:00	65	Recovery Ride. FPD's 4x1min. RBI – 2min.
8	3	0:45	65	Pre-Race Ride.
8	4	4:30	80	Tour de Tuli BEGINS!

FEDHEALTH TOUR DE TULI - FITTRACK NOVICE TRAINING PLAN - 8 WEEKS

WEEK	SESSION	DURATION	INTENSITY	COMMENT
1	1	1:00	70	Endurance Ride.
1	2	2:00	80	Group Ride. 1x hill threshold climb (duration of aprox 2km).
1	3	3:00	75	Group Ride. Tempo 1x15min
2	1	1:00	65	Recovery Ride.
2	2	1:00	75	Endurance Ride.
2	3	2:00	80	Group Ride. Tempo 2x10min
3	1	1:00	70	Endurance Ride.
3	2	2:00	80	Group Ride. 2x hill threshold climb (duration of aprox 2km).
3	3	3:00	75	Group Ride. Technical.
4	1	1:00	70	Endurance Ride. FPD's 6x1min. RBI – 2min.
4	2	2:00	75	Group Ride. Tempo 2 x 15min. RBI – 10min.
4	3	3:00	75	Group Ride. Technical.
5	1	1:00	70	Endurance Ride. FPD's 4x1min. RBI – 2min.
5	2	2:00	80	Group Ride. Tempo 1 x 20min.
5	3	3:00	70	Group Ride. Technical.
6	1	1:00	75	Endurance Ride.
6	2	1:00	70	Endurance Ride. Technical.
6	3	4:00	75	Group Ride. Tempo 2 x 20min. RBI – 10min.
7	1	1:00	65	Recovery Ride.
7	2	1:00	70	Endurance Ride. Technical.
7	3	2:00	75	Group Ride. FPD's 4x1min. RBI – 2min.
8	2	0:30	55	Pre-Race Ride.
8	3	4:30	80	Tour de Tuli BEGINS!

NB – PLEASE NOTE:

Our recce team have just arrived back from the final route recce, and a warning! The route is challenging and conditions on the ground are very dry and dusty due to the drought. We urge you to do as much training as possible in the next couple of weeks to ensure you have an unbelievable experience and enjoy the tour.

RUSSEL'S ADVICE - BRING A SPARE DERAILLEUR HANGER:

“Most bikes have a separate removable derailleur hanger, generally made from aluminum which is bolted to the dropout. These are intended as a cheap replaceable part so that in the event of an accident or mechanical problem that could damage the derailleur or frame, the derailleur hanger breaks or deforms instead. Since there are many different hangers one model is seldom interchangeable with another, please bring a spare hanger for your bicycle.”



SPONSORED CYCLING SHIRTS and BIODEGRADABLE SOAP

Two shirts per cyclist were kindly sponsored by Fedhealth, Nedbank, KFC, Oceaneering and SATIB. Please wear these on first and last day of the event to give sponsors great coverage. In-between you can wear your own branded shirts. To continue our efforts of conservation, we have decided to give all cyclists their own bottle of biodegradable shampoo/soap to use during the tour.

TRANSPORT OPTIONS

If you need the coach option then please ensure that you book and pay online ASAP. Please ensure that all outstanding payments for the event products have been paid.

ZIMBABWE VISAS

Non South African passport holders will have to purchase a Zimbabwe visa on site at the informal border crossing. The costs for the visas are listed below. Please do all possible to bring the exact denomination required as very often there is no change available.

Country	Zimbabwe - Single Entry Visa Costs US\$	Botswana - Single Entry Visa Costs US\$
Angola	\$60.00	\$85.00
Australian	\$60.00	no visa required
Botswana	no visa required	no visa required
Canada	\$65.00	no visa required
Dutch Netherlands	\$60.00	no visa required
France	\$60.00	no visa required
Germany	\$60.00	no visa required
Greek	\$60.00	no visa required
Irish	\$75.00	no visa required
Israel	\$60.00	no visa required
Italian	\$60.00	no visa required
New Zealand	\$60.00	no visa required
Norway	\$60.00	no visa required
Seychelles	\$60.00	no visa required
Singapore	no visa required	no visa required
South Africa	no visa required	no visa required
Spanish	\$60.00	no visa required
Swiss	\$60.00	no visa required
Tanzania	no visa required	no visa required
UK	\$95.00	no visa required
USA	\$60.00	no visa required



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