

Training programme for Iceland Coast 2 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.

Key training elements for Iceland Coast 2 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.

Cross-training: Mix things up a little, do some swimming, yoga, Pilates, or go and have a good dance. All great for the cardiovascular system.

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 in 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 wont be talking to anyone at this pace!

Weeks	Total Hours	No rides/hikes	Primary Focus	Supplementary training	Further comments
1	3hrs 30mins	3	2 x bike rides, 1 x easy hike/run	1 x Strength and Conditioning (15mins), 1 x core (15mins)	Core workouts can be completed on the same day as another activity.
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 moderate 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 moderate 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	B2B = two days riding one after

				(30mins), 1 x Core (20mins), 1 x Cross training (30mins)	the other. Approximately 4 hours per ride.
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)	Really think about clothing, hydration and nutrition on these long rides
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, 1 x hike/run	3 x Stretch sessions (15 mins)	Find useful stretch session for biking to follow on YouTube
Iceland Coast 2Coast!	Many!	5 x rides 1 x hike 1 x packraft		Drink plenty of electrolytes!	Enjoy the ever-changing scenery and weather!

