

# Cape Epic Basics Dcs Daisyway Coaching Systems

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[training for cape epic comparing pro and amateur preparation](#)

set in south africa s stunningly rugged interior just east of cape town the absa cape epic is the world s elite annual mountain bike race pros and amateurs alike face off in teams of two in an epic eight day stage race that covers about 700 kilometers of riding and up to 17 250 meters of climbing in march

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epic mountain bike training plan a complete plan including distance multi day rides and lots of climbing will get you through heart rate training program this is the core to your training plan and is like having your own personal coach heart rate training basics understand the basics of

heart rate based training and design your

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### **what does it take to complete the cape epic researchgate**

abstract and figures this study aimed to describe the racing and training demands of the cape epic six male mountain bike riders age 39 7 years height 181 3 cm body mass 78 7 8 1 kg

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*cape epic stage race plan 15 weeks full time work week 15hrs*

plan for a couple extended weekend training blocks and a 5 day long weekend in week 8 it is ideal to do an occasional training race in the last 6 weeks this plan accommodates c level preparation races to hone races skills and speed

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providing a new jersey add adhd directory of coaches and adhd practitioners who provide coaching such as doctors therapists psychologists neuro psychologists psychiatrists mental health and medical professionals clinical providers and variety of practitioners in new jersey state for the cities of mount laurel old bridge paramus millburn montclair morris plains morristown and

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you may have noticed that we re not listed on absa cape epic s website with our popular generic training plans the reason for this is that the new owners have enlisted the help of one of their new partners we have been able to track the number of unique users of our programs over the

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