

Opperman Record Preparations

by Ken Ward



1933 WA Schoolboys, Heat 1, started by Hubert Opperman

On 8 September 1933 Hubert Opperman established the record Kalgoorlie to Perth Western Australia covering 378 miles (608km) in 25 hours 23 minutes at 24km/h.

A journalist interviewed 'Oppy' after the ride where he revealed his two months training preparations for the ride.

After spending some six months in Western Australia representing Malvern Star he organised the Western Australian Schoolboy Championships.

He then set out his training schedule as follows:-

July 2 a 25 mile (40km) ride and then each day he covered from 40 miles (63km) to 60 miles (96km) using a 78 inch gear. Always using a fixed gear. He then lowered his gear to 72 inch for a better ride. He gave the opinion that it is better to cover say 300 miles (483km) a week in six consecutive rides each of 50 miles (80km) than to do three 100 miles (161km).

In the shorter distances each day the legs and system have a better chance of freshening up overnight.

On July 23 he commenced longer rides with a 100 mile (161km) trial to Mandurah and return. With 45 minutes off for lunch he averaged 16 mph (26km/h).

He strongly advises keeping in the saddle as much as possible. In short, a training ride should be such that it will fit a cyclist for actual competition riding.

In eight days he covered 100 miles (161km) six times and as this brought on slight soreness in the legs he engaged the services of a competent masseur.

Since he commenced his preparation 'Oppy' lost 6 pounds (2.7kg) and his weight reduced to 10st 2lbs (64kg). He

generally rides at 10st (63.5kg) but will probably reach 9st 12lbs (62.6kg) in the few days respite from training.

Immediately prior to September 8 will gain a few pounds to reach his normal weight.

Advance Notice

The Great Southern Randonnée

October 1998

Distances of 300, 400, 600, 1000, and 1200km along Victoria's Great Ocean Road, then up into the Grampian Mountains (Gariwerd), and return.

Assistance required in all aspects of organisation over the next 15 months. If anyone has a holiday house along the Coast, or in the Grampians, we would particularly like to hear from you.

To go on the mailing list for riding, but especially to offer help, contact;

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