



LW Coaching 4 Day Mountain Bike Stage Race  
Personal Record Training Plan

Week 1	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
17:45	Strength 0:45	Bike 2:00	Bike 1:00	Bike 2:00	Bike 1:00	MTB 5:00	Bike 4:00
	Regen 0:15		Strength 0:30	Regen 0:15	Strength 0:45		Regen 0:15

Week 2	Day 1	Day 2	1:00	Day 4	Day 5	Day 6	Day 7
18:30	Strength 1:00	Bike 1:30	Bike 1:00	Bike 2:00	Bike 1:00	MTB 6:00	Bike 4:00
			Strength 0:45	Regen 0:15	Strength 0:45		Regen 0:15

Welcome to the LW Coaching 4-Day Mountain Bike Stage Race Personal Record Training Plan. Please take a minute to register at the LW Coaching Forum at [http://www.lwcoaching.com/?page\\_id=311](http://www.lwcoaching.com/?page_id=311) Here you can get training plan and racing questions answered.

Week 1, day 1							
<b>Workout 1: Strength</b>				Duration: 0:45		notes	
Warm up with 5 minutes of easy aerobic exercise or calisthenics. Then do 10 push-ups, 10 pull-ups, 10 pillar ball twists, 10 psoas crunches to each side, 10 regular crunches, 10 oblique crunches, 10 side lifts to each side, 10 supermans, 10 glute bridges. Repeat 2-3 times through.							
<b>Workout 2: Regen</b>				Duration: 0:15			
Use a combination of rolling on the foam roller and stretching to work out your hot spots.							
Daily stats	Duration:	Distance:	PE:	TSS:	IF:		

Week 1, day 2							
<b>Workout 1: Bike</b>				Duration: 2:00		notes	
Heart rate and Performance Field Test: This test is to set a performance benchmark to track throughout the season and also to set heart rate training zones. Do a long deep warm up prior to the test. Then time trial 20 minutes on a flat out-back course or up a continuous gradual climb. Pace the 20 minutes evenly with a maximal effort. Record average heart rate and distance covered in the 20 minutes. Finish ride time with long easy cool down. Calculate Heart Rate Zones and Power Training Levels using the calculator found at this link: <a href="http://lwcoaching.com/trainingplans/levelCalcs">http://lwcoaching.com/trainingplans/levelCalcs</a> . Prior to conducting this test review the Testing Guidelines doc found at this link: <a href="http://lwcoaching.com/?p=138">http://lwcoaching.com/?p=138</a>							
Daily stats	Duration:	Distance:	PE:	TSS:	IF:		

Week 1, day 3							
<b>Workout 1: Bike</b>				Duration: 1:00		notes	
Warm up for 10 minutes with easy spinning in HR zone 1 or Power level 1. Max Cadence Set: 10 X 1 minute as 10 seconds max cadence and 50 seconds easy spin recovery. HR stays zone 1-2 and below. Spin-Up Set: 8 X 2 minutes as 1 minute high cadence, 1 minute easy spin. HR stays zone 1-2 and below. Finish ride time at a super easy cool down pace with heart rate zone 1 and Power in L1.							
<b>Workout 2: Strength</b>				Duration: 0:30			
Do 15 minutes of core training. Choose a variety of exercises for your hips, abdominals and back. Examples are bridging, pillar exercises, crunches, back extensions, Pilates. Then do 15 minutes of stretching. Focus on your legs and hips. Follow this link for core training exercise suggestions: href= <a href="http://lwcoaching.com/?p=210">http://lwcoaching.com/?p=210</a>							
Daily stats	Duration:	Distance:	PE:	TSS:	IF:		



Week 1, day 4							
<b>Workout 1: Bike</b>				Duration: 2:00		notes	
<p>Warm up with 30 minutes easy spinning then do 12 X 30 seconds at max effort with 4.5 minutes easy spinning between each repeat. Be sure to take the full 4.5 minutes recovery between each repeat. This workout is to stimulate speed and muscle development. The muscular fuel source is Creatine Phosphate (CP). CP is entirely used up in 30 seconds and takes 4.5 mins to regenerate. If you start the next repeat before CP has regenerated the effectiveness of this workout is undermined. I KNOW you will feel ready before 4.5 mins is up. This workout requires patience to reap its magic.</p>							
<b>Workout 2: Regen</b>				Duration: 0:15			
<p>Use a combination of rolling on the foam roller and stretching to work out your hot spots.</p>							
Daily stats	Duration:	Distance:	PE:	TSS:	IF:		

Week 1, day 5							
<b>Workout 1: Bike</b>				Duration: 1:00		notes	
<p>Miss out this ride in favor of passive rest if you are tired or busy today. This is a low priority ride and passive rest may be the better choice today. Be smart. Ride in 1-2 zone, mostly 1 zone. Flat course. Low effort--light on pedals. Comfortably high rpm.</p>							
<b>Workout 2: Strength</b>				Duration: 0:45			
<p>Warm up with 5 minutes of aerobic exercise or calisthenics. Then do 10 bench or chest press with a weight approaching but not reaching failure, 10 lat pull with a weight approaching but not reaching failure, 60 second front pillar, 30 second side pillar to each side, 10 ball pikes, 10 bicep curls with a weight approaching but not reaching failure, tricep dips to failure. Repeat 2-3 times.</p>							
Daily stats	Duration:	Distance:	PE:	TSS:	IF:		

Week 1, day 6							
<b>Workout 1: MTB</b>				Duration: 5:00		notes	
<p>Choose a route with long steep climbs. Some hike-a-biking is good. Ride uphill mostly in heart rate zones 3-4 or power level 3-4. Hold heart rate zone 2 or power level 2 on the flats and recover on the descents. Give some thought to the most efficient way to pick up, carry and put down your bike on hike-a-bikes. This is a skill you need dialed for most stage races and especially so for La Ruta.</p>							
Daily stats	Duration:	Distance:	PE:	TSS:	IF:		



Week 1, day 7							
<b>Workout 1: Bike</b>				Duration: 4:00		notes	
Road bike. Long power level 2 or heart rate zone 2 ride over varied terrain. Nice steady pace. Limit stops.							
<b>Workout 2: Regen</b>				Duration: 0:15			
Use a combination of rolling on the foam roller and stretching to work out your hot spots.							
Daily stats	Duration:		Distance:		PE:		TSS:

Week 2, day 1							
<b>Workout 1: Strength</b>				Duration: 1:00		notes	
Go to a Yoga class, Pilates class, Core class or follow your own program combining stretching, stability work and functional strengthening. For some exercise suggestions click on this link: <a href="http://lwcoaching.com/?p=210">http://lwcoaching.com/?p=210</a>							
Daily stats	Duration:		Distance:		PE:		TSS:

Week 2, day 2							
<b>Workout 1: Bike</b>				Duration: 1:30		notes	
Warm up well. Then on a medium grade uphill do 4 X 2:30 at max effort. Recovery between each repeat is 3 minutes. Recovery is best done descending and/or spinning on flat ground very easily. This is a tough session. You should pace yourself so a 5th interval is impossible. Easy spin cool down.							
Daily stats	Duration:		Distance:		PE:		TSS:

Week 2, day 3							
<b>Workout 1: Bike</b>				Duration: 1:00		notes	
Warm up for 10 minutes with easy spinning in HR zone 1 or Power level 1. Max Cadence Set: 10 X 1 minute as 10 seconds max cadence and 50 seconds easy spin recovery. HR stays zone 1-2 and below. Spin-Up Set: 8 X 2 minutes as 1 minute high cadence, 1 minute easy spin. HR stays zone 1-2 and below. Finish ride time at a super easy cool down pace with heart rate zone 1 and Power in L1.							
<b>Workout 2: Strength</b>				Duration: 0:45			
Warm up with 5 minutes of easy aerobic exercise or calisthenics. Then do 10 push-ups, 10 pull-ups, 10 pillar ball twists, 10 psoas crunches to each side, 10 regular crunches, 10 oblique crunches, 10 side lifts to each side, 10 supermans, 10 glute bridges. Repeat 2-3 times through.							
Daily stats	Duration:		Distance:		PE:		TSS:



Week 2, day 4							
<b>Workout 1: Bike</b>				Duration: 2:00		notes	
<p>Warm up with 30 minutes easy spinning then do 12 X 30 seconds at max effort with 4.5 minutes easy spinning between each repeat. Be sure to take the full 4.5 minutes recovery between each repeat. This workout is to stimulate speed and muscle development. The muscular fuel source is Creatine Phosphate (CP). CP is entirely used up in 30 seconds and takes 4.5 mins to regenerate. If you start the next repeat before CP has regenerated the effectiveness of this workout is undermined. I KNOW you will feel ready before 4.5 mins is up. This workout requires patience to reap its magic.</p>							
<b>Workout 2: Regen</b>				Duration: 0:15			
<p>Use a combination of rolling on the foam roller and stretching to work out your hot spots.</p>							
Daily stats	Duration:	Distance:	PE:	TSS:	IF:		

Week 2, day 5							
<b>Workout 1: Bike</b>				Duration: 1:00		notes	
<p>Miss out this ride in favor of passive rest if you are tired or busy today. Ride in 1-2 zone, mostly 1 zone. Flat course. Low effort--light on pedals. Comfortably high rpm.</p>							
<b>Workout 2: Strength</b>				Duration: 0:45			
<p>Warm up with 5 minutes of aerobic exercise or calisthenics. Then do 10 bench or chest press with a weight approaching but not reaching failure, 10 lat pull with a weight approaching but not reaching failure, 60 second front pillar, 30 second side pillar to each side, 10 ball pikes, 10 bicep curls with a weight approaching but not reaching failure, tricep dips to failure. Repeat 2-3 times.</p>							
Daily stats	Duration:	Distance:	PE:	TSS:	IF:		

Week 2, day 6							
<b>Workout 1: MTB</b>				Duration: 6:00		notes	
<p>Choose a route with long steep climbs. Some hike-a-biking is good. Ride uphill mostly in heart rate zones 3-4 or power level 3-4. Hold heart rate zone 2 or power level 2 on the flats and recover on the descents. Give some thought to the most efficient way to pick up, carry and put down your bike. This is a skill you need dialed if your goal race is La Ruta.</p>							
Daily stats	Duration:	Distance:	PE:	TSS:	IF:		



Week 2, day 7											
<b>Workout 1: Bike</b>					Duration: 4:00			notes			
Road bike. Long power level 2 or heart rate zone 2 ride over varied terrain. Nice steady pace. Limit stops.											
<b>Workout 2: Regen</b>					Duration: 0:15						
Use a combination of rolling on the foam roller and stretching to work out your hot spots.											
Daily stats	Duration:		Distance:		PE:		TSS:		IF:		

