



LW Coaching 7-Day Mountain Bike Stage Race Finisher Training Plan

Week 1	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
12:10	Strength 0:30	Bike 1:30	Bike 1:10	Bike 1:30	Strength 0:30	Bike 2:00	Bike 4:00
			Strength 0:30	Regen 0:15			Regen 0:15

Week 2	Day 1	Day 2	1:00	Day 4	Day 5	Day 6	Day 7
13:10	Strength 0:30	Bike 1:30	Bike 1:10	Bike 1:30	Strength 0:30	Bike 2:30	Bike 4:30
			Strength 0:30	Regen 0:15			Regen 0:15

Welcome to Week One of the LW Coaching 7-Day Mountain Bike Stage Race - Finisher Training Plan. Please take a minute to register at the LW Coaching Forum http://www.lwcoaching.com/?page_id=311 Here you can get training plan and racing questions answered.

Week 1, day 1								
Workout 1: Strength						Duration: 0:30		notes
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 exercise suggestions: http://lwcoaching.com/?p=210								
Daily stats	Duration:		Distance:		PE:		TSS:	IF:

Week 1, day 2								
Workout 1: Bike						Duration: 1:30		notes
Heart rate, Power and Performance Field Test. 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 power, average heart rate and distance covered in the 20 minutes. Finish ride time with long easy cool down. Use the LW Coaching Heart Rate Zone and Power Training level Calculator at this link to calculate your training zones/levels: http://lwcoaching.com/trainingplans/levelCalcs.htm . Prior to conducting this test review the Testing Guidelines doc found at this link: http://lwcoaching.com/?p=138								
Daily stats	Duration:		Distance:		PE:		TSS:	IF:

Week 1, day 3								
Workout 1: Bike						Duration: 1:10		notes
Warm up for 10 minutes with easy spinning. Max Cadence Set: 10 X 1 minutes as 10 seconds max cadence and 50 seconds easy spin recovery. Heart rate stays zone 2 and below at all times. Spin-Up Set: 8 X 2 minutes as 1 minute high cadence, 1 minute easy spin. HR stays zone 2 and below at all times. One Leg Pedaling Set: 8 X 3 minutes as 1 minute right leg only at 60 rpm, 1 minute left leg only at 60 rpm, 1 minute both legs at 95 rpm. HR stays zone 2 and below at all times. 10 minutes easy cool down.								
Workout 2: Strength						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.								
Daily stats	Duration:		Distance:		PE:		TSS:	IF:



Week 1, day 4							
Workout 1: Bike				Duration: 1:30		notes	
Tempo intervals. Ride on the road or trainer. Warm up then ride 4 x 6 minutes in heart rate zone 3 or power level 3 with 2 minute recoveries between in heart rate zone 1 or power level 1. Relax! Smooth pedaling. 80-90 rpm. Finish the ride time in heart rate zone 1 or power L1.							
Workout 2: Regen				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 5							
Workout 1: Strength				Duration: 0:30		notes	
Core training. Do a variety of exercises for your hip, abdominal and lower back muscles. Examples are bridging, pillar exercises, crunches, back extensions, Pilates.							
Daily stats	Duration:	Distance:	PE:	TSS:	IF:		

Week 1, day 6							
Workout 1: Bike				Duration: 2:00		notes	
Choose a hilly course with long climbs today. Stay in the heart rate zones 2-4 or power L2-4 on the uphills. No anaerobic. Do not force the effort on hills. Hold back some on climbs. Mostly seated on climbs.							
Daily stats	Duration:	Distance:	PE:	TSS:	IF:		

Week 1, day 7							
Workout 1: Bike				Duration: 4:00		notes	
Ride a flat to gently rolling course on the road or off-road, ride on a course with few technical obstacles and up to half of the ride on paved or dirt roads. Get at least 50% of ride time in heart rate zone 2 or power L2. Avoid 3-5 zones/levels. Keep the 2-zone effort steady and continuous to build your aerobic endurance. Start working on your race day fueling plan by counting your calories, fluid and electrolyte consumption on this ride. Aim for two calories per pound of body weight per hour during your ride sourced mostly from carbohydrate. Fluid and electrolyte replacement amounts are dependent on the days heat and humidity. A moderate starting point for everybody is 20 oz of fluid and 400 mg of sodium per hour. If it is hot and humid you may need more. Weigh yourself before and after your ride. For every pound of body weight lost rehydrate with 24 oz of an electrolyte containing sports drink.							
Workout 2: Regen				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 Two of the LW Coaching 7-Day Mountain Bike Stage Race - Finisher Training Plan.

Week 2, day 1								
Workout 1: Strength						Duration: 0:30		notes
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.								
Daily stats	Duration:		Distance:		PE:		TSS:	IF:

Week 2, day 2								
Workout 1: Bike						Duration: 1:30		notes
Ride in 1-2 zone, mostly 1 zone. Flat course. Low effort--light on pedals. Comfortably high rpm.								
Daily stats	Duration:		Distance:		PE:		TSS:	IF:

Week 2, day 3								
Workout 1: Bike						Duration: 1:10		notes
Warm up for 10 minutes with easy spinning. Max Cadence Set: 10 X 1 minutes as 10 seconds max cadence and 50 seconds easy spin recovery. Heart rate stays zone 2 and below at all times. Spin-Up Set: 8 X 2 minutes as 1 minute high cadence, 1 minute easy spin. HR stays zone 2 and below at all times. One Leg Pedaling Set: 8 X 3 minutes as 1 minute right leg only at 60 rpm, 1 minute left leg only at 60 rpm, 1 minute both legs at 95 rpm. HR stays zone 2 and below at all times. 10 minutes easy cool down.								
Workout 2: Strength						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.								
Daily stats	Duration:		Distance:		PE:		TSS:	IF:

Week 2, day 4								
Workout 1: Bike						Duration: 1:30		notes
Tempo intervals. Ride on the road or trainer. Warm up then ride 5 x 6 minutes in heart rate zone 3 or power level 3 with 2 minute recoveries between in heart rate zone 1 or power level 1. Relax! Smooth pedaling. 80-90 rpm. Finish the ride time in heart rate zone 1 or power L1.								
Workout 2: Regen						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 2, day 5								
Workout 1: Strength					Duration: 0:30		notes	
Core training. Do a variety of exercises for your hip, abdominal and lower back muscles. Examples are bridging, pillar exercises, crunches, back extensions, Pilates.								
Daily stats	Duration:		Distance:		PE:		TSS:	

Week 2, day 6								
Workout 1: Bike					Duration: 2:30		notes	
Off-Road ride a hilly course with long climbs. Stay in the heart rate 2-4 zones or power level 2-4 on the uphills. No anaerobic. Do not force the effort on hills. Hold back some on climbs. Mostly seated on climbs.								
Daily stats	Duration:		Distance:		PE:		TSS:	

Week 2, day 7								
Workout 1: Bike					Duration: 4:30		notes	
Ride a flat to gently rolling course on the road or off-road, ride on a course with few technical obstacles and up to half of the ride on paved or dirt roads. Get at least 50% of ride time in heart rate zone 2 or power L2. Avoid 3-5 zones. Keep the 2-zone effort steady and continuous to build your aerobic endurance. Continue to optimize your fueling plan. Do you need more calories, electrolytes and fluids than last week? A good electrolyte supplement is Endurolyte salt capsules which can be purchased from www.hammernutrition.com .								
Workout 2: Regen					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:	

