



LW Coaching 7-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
18:45	Strength 0:45	Bike 2:00	Bike 2:00	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
19:15	Strength 1:00	Bike 1:30	MTB 1:30	Bike 2:00	Bike 1:00	MTB 6:00	Bike 4:00
		Regen 0:15	Strength 0:45	Regen 0:15	Strength 0:45		Regen 0:15

Welcome to week # 1 of the LW Coaching 7-Day Mountain Bike Stage Race Personal Record 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: 0:45		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. Follow this link for exercise descriptions: http://lwcoaching.com/?p=210							
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 2							
Workout 1: Bike				Duration: 2:00		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: 2:00		notes	
Road bike or off-road on a non-technical dirt road. Nice steady pace in heart rate zone 2 or power level 2 for most of the ride time. Keep cadence on the high side of your comfortable range.							
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. Follow this link for exercise suggestions: http://lwcoaching.com/?p=210							
Daily stats	Duration:	Distance:	PE:	TSS:	IF:		



Week 1, day 4							
Workout 1: Bike				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>							
Workout 2: Regen				Duration: 0:15			
<p>Use a combination of rolling on the foam roller and stretching to work out your hot spots.</p>							
<i>Daily stats</i>	Duration:	Distance:	PE:	TSS:	IF:		

Week 1, day 5							
Workout 1: Bike				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>							
Workout 2: Strength				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>							
<i>Daily stats</i>	Duration:	Distance:	PE:	TSS:	IF:		

Week 1, day 6							
Workout 1: MTB				Duration: 5:00		notes	
<p>Choose a route with long steep climbs. 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. Some hike-a-biking is good if you will have it in your goal race. If your goal race is Trans Rockies or Breck Epic then you must practice hike-a-biking. Will you carry or push your bike? Which is fastest for you? How will you pick up and put down your bike with the least effort? Give some thought to the most efficient way to pick up, carry and put down your bike. This is a skill you need dialed.</p>							
<i>Daily stats</i>	Duration:	Distance:	PE:	TSS:	IF:		



Week 1, day 7							
Workout 1: Bike				Duration: 4:00		notes	
Road bike. Long power level 2 or heart rate zone 2 ride over varied terrain. Nice steady pace. Limit stops.							
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. LW Coaching 7-Day Mountain Bike Stage Race Personal Record Training Plan.

Week 2, day 1							
Workout 1: Strength				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: http://lwcoaching.com/?p=210							
Daily stats	Duration:	Distance:	PE:	TSS:	IF:		

Week 2, day 2							
Workout 1: Bike				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.							
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 3							
Workout 1: MTB				Duration: 1:30		<i>notes</i>	
Choose a trail with long gradual climbs that you are able to ride keeping heart rate and power within zone 2. Keep cadence high - the goal is to minimize force requirements so that you are fresh for tomorrow. When you get to descents, rage "em! Work on technical skills, roots, rocks, steep drops, carrying speed in corners...This workout should be easy and leave you refreshed. Keep that goal in mind too.							
Workout 2: Strength				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.							
<i>Daily stats</i>	Duration:	Distance:	PE:	TSS:	IF:		

Week 2, day 4							
Workout 1: Bike				Duration: 2:00		<i>notes</i>	
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.							
Workout 2: Regen				Duration: 0:15			
Use a combination of rolling on the foam roller and stretching to work out your hot spots.							
<i>Daily stats</i>	Duration:	Distance:	PE:	TSS:	IF:		

Week 2, day 5							
Workout 1: Bike				Duration: 1:00		<i>notes</i>	
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.							
Workout 2: Strength				Duration: 0:45			
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.							
<i>Daily stats</i>	Duration:	Distance:	PE:	TSS:	IF:		



Week 2, day 6								
Workout 1: MTB				Duration: 6:00				<i>notes</i>
Choose a route with long steep climbs. Some hike-a-biking is good if your goal race has hike-a-bike portions. 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 has a significant amount of hike-a-biking.								
<i>Daily stats</i>	Duration:		Distance:		PE:		TSS:	IF:

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

