



LW Coaching Category 1 Cross Country
Mountain Bike Base Training Plan

Week 1	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
12:55	Strength 0:30	Bike 1:30	Bike 1:30	Bike 1:00	Strength 1:00	MTB 2:45	Bike 2:15
	Strength 0:30	Regen 0:10	Strength 1:00		Bike 0:30	Regen 0:15	

Week 2	Day 1	Day 2	1:00	Day 4	Day 5	Day 6	Day 7
14:50	Strength 1:00	Strength 1:00	MTB 1:30	Bike 1:30	Strength 1:00	MTB 3:15	Bike 2:30
		Bike 1:10	Regen 0:10		Bike 0:30	Regen 0:15	Strength 1:00

Welcome to Week One of the the LW Coaching Category 1 Cross Country Mountain Bike Base 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 the recommended stability exercises for cyclists at this http://lwcoaching.com/?p=70							
Workout 2: Strength				Duration: 0:30			
Do a variety of exercises for your hip, abdominal and lower back muscles. Examples are bridging, pillar exercises, crunches, back extensions, Pilates. 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							
Workout 2: Regen				Duration: 0:10			
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 3						
Workout 1: Bike				Duration: 1:30		<i>notes</i>
Spin on the high end of your comfortable range in the small chain ring in heart rate zone 1-2 or power Level 1-2 on a flat to gently rolling course, rollers or indoor trainer. Allow your feet and legs to relax while spinning. Note and record your average cadence for the ride when done. You can split this ride up into an a.m and p.m. session today if you like.						
Workout 2: Strength				Duration: 1:00		
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						
<i>Daily stats</i>	Duration:		Distance:		PE:	
					TSS:	
					IF:	

Week 1, day 4						
Workout 1: Bike				Duration: 1:00		<i>notes</i>
Warm up 15 mins in heart rate zones 1-2. Then at 50-60 rpm pedal 30 seconds left leg only, 30 seconds right leg only (opposite foot unclipped), then increase rpm by 5 and spin for 1 min with both legs. Above equals one set. Increase cadence slightly every set with perfect form. If you pedal in squares or hear clunking, drop the cadence until you are smooth . Do 7-10 sets with 2 - 3 minute recovery between each set. Work to eliminate the dead spot in your pedal stroke. This is a technique focused workout. Heart rate stays zones 1-2 and power in L1-2 for the entire duration of this workout.						
<i>Daily stats</i>	Duration:		Distance:		PE:	
					TSS:	
					IF:	

Week 1, day 5						
Workout 1: Strength				Duration: 1:00		<i>notes</i>
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. Follow this link for exercise descriptions http://lwcoaching.com/?p=210						
Workout 2: Bike				Duration: 0:30		
After strength training spin on rollers, stationary bike, or indoor trainer. Heart rate in zone 1 or power level 1. Comfortably high rpm. Stretch after.						
<i>Daily stats</i>	Duration:		Distance:		PE:	
					TSS:	
					IF:	



Week 1, day 6							
Workout 1: MTB				Duration: 2:45		notes	
Ride off-road on a technically challenging course. Work on your technical skills - fast descending, clearing objects, cornering, wet roots, etc. Keep effort in heart rate zone 2 mostly, a little zone 3 on the climbs is ok. Power level should be mostly level 2 but you will briefly see all power levels in technical sections.							
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 7							
Workout 1: Bike				Duration: 2:15		notes	
Warm up for 30 minutes in heart rate zones 1-2 or power level 1-2. Then ride 2 X 10 minute climbs at 50 - 60 rpm up a 5-8% hill. Recover descending and spinning easy for 5-10 minutes between repeats. Stay seated to work on hip and leg strength. Keep upper body quiet and strong. Heart rate should be in zones 2-3 or power in level 3 during the ten minute low cadence reps. The rest of the time spin easy in heart rate zone 1 or power level 1.							
Daily stats	Duration:	Distance:	PE:	TSS:	IF:		

Week Two of the LW Coaching Category 1 Cross Country Mountain Bike Base Training Plan.

Week 2, day 1							
Workout 1: Strength				Duration: 1:00		notes	
Take a yoga class, follow a video or a personal yoga session.							
Daily stats	Duration:	Distance:	PE:	TSS:	IF:		



Week 2, day 2							
Workout 1: Strength				Duration: 1:00		notes	
<p>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</p>							
Workout 2: Bike				Duration: 1:10			
<p>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.</p>							
Daily stats	Duration:	Distance:	PE:	TSS:	IF:		

Week 2, day 3							
Workout 1: MTB				Duration: 1:30		notes	
<p>On a trainer, rollers or flat road. Warm-up well. Then ride 20 minutes at 95-105 rpm in the middle of power Level 3 or heart rate zone 3. If using heart rate start at the bottom of zone 3 and end the 20 minutes near the top of zone 3. Finish with a high cadence cool down in power L1 or HR zone 1.</p>							
Workout 2: Regen				Duration: 0:10			
<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 4							
Workout 1: Bike				Duration: 1:30		notes	
<p>On a flat road or trainer warm up, then do 10 X 30 second spin-ups to max cadence of 110 - 120 rpm in smallest gear available with 2 minute easy spin recoveries. Relax every muscle not contributing to pedaling during the spin-ups. Experiment with muscle groups and see just how relaxed you can be while at 110 rpm. The goal of this workout is to fire your neuromuscular pathways quickly without creating muscular fatigue or doing much cardiovascular work. When doing this session correctly your heart rate will not leave zone 1-2 and power will mostly be L1-2.</p>							
Daily stats	Duration:	Distance:	PE:	TSS:	IF:		



Week 2, day 5							
Workout 1: Strength				Duration: 1:00		notes	
<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. Follow this link for exercise descriptions http://lwcoaching.com/?p=210</p>							
Workout 2: Bike				Duration: 0:30			
<p>After strength training spin on rollers, stationary bike, or indoor trainer. Heart rate in zone 1 or power level 1. Comfortably high rpm. Stretch after.</p>							
Daily stats	Duration:	Distance:	PE:	TSS:	IF:		

Week 2, day 6							
Workout 1: MTB				Duration: 3:15		notes	
<p>Ride off-road on a technically challenging course. Work on your technical skills--fast descending, clearing objects, cornering, wet roots, etc. Keep effort in heart rate zone 2 mostly, a little zone 3 on the climbs is ok. Power level is mostly L2 but in the technical sections all power levels will be seen briefly.</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>							
Daily stats	Duration:	Distance:	PE:	TSS:	IF:		

Week 2, day 7							
Workout 1: Bike				Duration: 2:30		notes	
<p>Warm up for 30 minutes in heart rate zones 1-2 or power level 1-2. Then ride 2 X 15 minute climbs at 50 - 60 rpm up a 5-8% hill. Recover descending and spinning easy for 5-10 minutes between repeats. Stay seated to work on hip and leg strength. Keep upper body quiet and strong. Heart rate should be in zones 2-3 or power in level 3 during the fifteen minute low cadence reps. The rest of the time spin easy in heart rate zone 1 or power level 1.</p>							
Workout 2: Strength				Duration: 1:00			
<p>Do yoga with a focus on stretching.</p>							
Daily stats	Duration:	Distance:	PE:	TSS:	IF:		

