



LW Coaching Category 1 XC  
Build, Peak, Race Training Plan

Week 1	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
15:35	Strength 0:30	Bike 1:00	Bike 2:00	MTB 1:30	Bike 0:45	Bike 2:30	MTB 2:30
	Strength 0:30	Regen 0:10	Bike 1:30	Regen 0:20	Strength 1:00		Regen 0:20

Strength

Week 2	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
14:05	Strength 0:30	Bike 1:00	Bike 1:30	MTB 2:00	Bike 0:45	Bike 2:30	MTB 2:30
	Strength 0:30	Regen 0:10	Strength 1:00	Regen 0:20	Strength 1:00		Regen 0:20

Welcome to the LW Coaching Cross Country Category 1 Mountain Bike Build, Peak and Race Training Plan. Please take a minute to register at the LW Coaching Forum: [http://lwcoaching.com/?page\\_id=311](http://lwcoaching.com/?page_id=311)  
 Here you can get training plan and racing questions answered.

Week 1, day 1										
<b>Workout 1: Strength</b>				<b>Duration: 0:30</b>				<i>notes</i>		
Do the recommended Stability Exercises for Cyclists at this link: <a href="http://lwcoaching.com/?p=70">http://lwcoaching.com/?p=70</a>										
<b>Workout 2: Strength</b>				<b>Duration: 0:30</b>						
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 <a href="http://lwcoaching.com/?p=210">http://lwcoaching.com/?p=210</a>										
<i>Daily stats</i>	Duration:		Distance:		PE:		TSS:			IF:

Week 1, day 2										
<b>Workout 1: Bike</b>				<b>Duration: 1:00</b>				<i>notes</i>		
Warm up for 10-20 minutes with easy spinning. Max Cadence Set: 4 X 1 minutes as 10 seconds max cadence and 50 seconds easy spin recovery. Heart rate stays less than zone 2 and power level 2 and below. Power Sprint Set: 4 X 12 sec power sprints. Every three minutes shift into a big gear stand and accelerate to 120 rpm over 12 seconds at max effort. Easy spin 2:48 spin between each sprint. The goal is to achieve maximal effort - not mash gears. Experiment with different gears to find the best combination for fast acceleration and top end speed. Spin-Up Set: 4 X 2 minutes as 1 minute high cadence, 1 minute easy spin. Heart rate stays less than zone 2 and power level is 2 and below. One Leg Pedaling Set: 4 X 2 minutes as 30 seconds right leg only at 70-80 rpm, 30 seconds left leg only at 70-80 rpm, 1 minute both legs at 95 rpm. Heart rate stays zone 2 and below and power level 2 and below. 5 minute easy cool down. Review this Training Intensity Guidelines Doc <a href="http://lwcoaching.com/?p=132">http://lwcoaching.com/?p=132</a> to be sure you are training at the correct intensity. Tomorrow you will set training power levels and heart rate training zones with a field test.										
<b>Workout 2: Regeneration</b>				<b>Duration: 0:10</b>						
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:



Today you will choose either the test or the workout. Do not do both! If you are continuing on from the LW Coaching Category 1 Base training plan you did this test last week. There is no need to repeat it this week so choose the interval workout. If you are new to LW Coaching training plans then you should do the test today to set your training heart rate zones and power levels and set a performance benchmark to track.

Week 1, day 3						
<b>Workout 1: Bike</b>		<b>Duration: 2:00</b>			<b>notes</b>	
<p>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: <a href="http://lwcoaching.com/trainingplans/levelCalcs.htm">http://lwcoaching.com/trainingplans/levelCalcs.htm</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></p>						
<b>Workout 2: Bike</b>		<b>Duration: 1:30</b>				
<p>Road bike hill intervals. Warm up well then up a 6-8% hill do two sets of 3 x 4 minutes at power Level 5 or in heart rate zone 5 with 3 minute recoveries in heart rate Z1 or power L1 between intervals and 5 minutes in heart rate Z1 or Power L1 between sets. Record power and heart rates for post workout analysis and comparison with future workouts. Finish the ride in heart rate Z1 or Power L1. Immediately on ending this ride replenish your muscle glycogen stores with a recovery drink containing both carbohydrate and protein such as Ultragen, Recoverite or Endurox or eat real food. Fast recovery after today's session is crucial to be able to put out a quality session tomorrow. Read this Recovery Strategies Doc: <a href="http://lwcoaching.com/?p=137">http://lwcoaching.com/?p=137</a> today and use every recovery method available to you.</p>						
<b>Workout 3: Strength</b>		<b>Duration: 1:00</b>				
<p>Five minute aerobic warm up. 10-15 push-ups, 5 minutes of a variety of abs and back, 10-15 pull-ups or rows, 5 minutes of abs and back, 5 minutes stretching hips and legs. Repeat three times.</p>						
<i>Daily stats</i>	Duration:	Distance:	PE:	TSS:	IF:	



Week 1, day 4										
<b>Workout 1: MTB</b>						Duration: 1:30		notes		
Off-Road: Race start practice. Warm-up well. Then, from a full stop with one foot on the ground, go all out for 1 minute. Pick a good line and practice fast clip into pedal. Without stopping, settle in at heart rate zone 4-5a or power level 4 for 10 minutes. Recover 15 minutes and then repeat one more time. This is best on a course which simulates the start of your next race. This is a great session to do with a competitive group.										
<b>Workout 2: Regeneration</b>						Duration: 0:20				
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										
<b>Workout 1: Bike</b>						Duration: 0:45		notes		
This ride is optional. Skip riding today if you are tired, busy or just don't feel like it. Very easy recovery spin on a flat course. Best on road bike. Small chain ring only.										
<b>Workout 2: Strength</b>						Duration: 1:00				
Five minute aerobic warm up. 10-15 push-ups, 5 minutes of a variety of abs and back, 10-15 pull-ups or rows, 5 minutes of abs and back, 5 minutes stretching hips and legs. Repeat three times.										
Daily stats	Duration:		Distance:		PE:		TSS:		IF:	

Week 1, day 6										
<b>Workout 1: Bike</b>						Duration: 2:30		notes		
Ride on a flat to gently rolling course. Log 50% of ride time in heart rate 2 zone or power level 2 and 50% in heart rate zone 1 or power level 1.										
Daily stats	Duration:		Distance:		PE:		TSS:			IF:

Week 1, day 7										
<b>Workout 1: MTB</b>						Duration: 2:30		notes		
Off-Road ride a hilly course. Warm up for 20-30 minutes then ride climbs hard & fast. Recover between climbs. Maximize heart rate 4-5b zone time or power Level 4+ time. OR do a C Priority race today.										
<b>Workout 2: Regeneration</b>						Duration: 0:20				
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 1										
<b>Workout 1: Strength</b>						Duration: 0:30			notes	
Do the recommended Stability Exercises for Cyclists at this link: <a href="http://lwcoaching.com/?p=70">http://lwcoaching.com/?p=70</a>										
<b>Workout 2: Strength</b>						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 <a href="http://lwcoaching.com/?p=210">http://lwcoaching.com/?p=210</a>										
Daily stats	Duration:		Distance:		PE:		TSS:		IF:	

Week 2, day 2										
<b>Workout 1: Bike</b>						Duration: 1:00			notes	
Warm up for 10-20 minutes with easy spinning. Max Cadence Set: 4 X 1 minutes as 10 seconds max cadence and 50 seconds easy spin recovery. Heart rate stays less than zone 2 and power level 2 and below. Power Sprint Set: 4 X 12 sec power sprints. Every three minutes shift into a big gear stand and accelerate to 120 rpm over 12 seconds at max effort. Easy spin 2:48 spin between each sprint. The goal is to achieve maximal effort - not mash gears. Experiment with different gears to find the best combination for fast acceleration and top end speed. Spin-Up Set: 4 X 2 minutes as 1 minute high cadence, 1 minute easy spin. Heart rate stays less than zone 2 and power level is 2 and below. One Leg Pedaling Set: 4 X 2 minutes as 30 seconds right leg only at 70-80 rpm, 30 seconds left leg only at 70-80 rpm, 1 minute both legs at 95 rpm. Heart rate stays zone 2 and below and power level 2 and below. 5 minute easy cool down.										
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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							
<b>Workout 1: Bike</b>				Duration: 1:30		notes	
<p>Road bike hill intervals. Warm up well then up a 6-8% hill do two sets of 4 x 4 minutes at power Level 5 or in heart rate zone 5 with 3 minute recoveries in heart rate Z1 or power L1 between intervals and 5 minutes in heart rate Z1 or Power L1 between sets. Record power and heart rates for post workout analysis and comparison with future workouts. Finish the ride in heart rate Z1 or Power L1. Immediately on ending this ride replenish your muscle glycogen stores with a recovery drink containing both carbohydrate and protein such as Ultragen, Recoverite or Endurox or eat real food. Fast recovery after today's session is crucial to be able to put out a quality session tomorrow. Read this Recovery Strategies Doc: <a href="http://lwcoaching.com/?p=137">http://lwcoaching.com/?p=137</a> today and use every recovery method available to you.</p>							
<b>Workout 2: Strength</b>				Duration: 1:00			
<p>Five minute aerobic warm up. 10-15 push-ups, 5 minutes of a variety of abs and back, 10-15 pull-ups or rows, 5 minutes of abs and back, 5 minutes stretching hips and legs. Repeat three times.</p>							
Daily stats	Duration:	Distance:	PE:	TSS:	IF:		

Week 2, day 4							
<b>Workout 1: MTB</b>				Duration: 2:00		notes	
<p>Off-Road: Race start practice. Warm-up well. Then, from a full stop with one foot on the ground, ride all out for 1 minute. Pick a good line and practice fast clip into pedal. Without stopping, settle in at heart rate zone 4-5a or power level 4 for 10 more minutes. Recover for about 15 minutes and repeat TWO more times. This is best on a course which simulates the start of your next race. This is a great session to do with a competitive group.</p>							
<b>Workout 2: Regeneration</b>				Duration: 0:20			
<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: 0:45		notes	
<p>This ride is optional. Skip riding today if you are tired, busy or just don't feel like it. Very easy recovery spin on a flat course. Best on road bike. Small chain ring only.</p>							
<b>Workout 2: Strength</b>				Duration: 1:00			
<p>Five minute aerobic warm up. 10-15 push-ups, 5 minutes of a variety of abs and back, 10-15 pull-ups or rows, 5 minutes of abs and back, 5 minutes stretching hips and legs. Repeat three times.</p>							
Daily stats	Duration:	Distance:	PE:	TSS:	IF:		



Week 2, day 6										
<b>Workout 1: Bike</b>					Duration: 2:30					notes
Ride on a flat to gently rolling course. Log 50% of ride time in heart rate 2 zone or power level 2 and 50% in heart rate zone 1 or power level 1.										
Daily stats	Duration:		Distance:		PE:		TSS:		IF:	

Week 2, day 7										
<b>Workout 1: MTB</b>					Duration: 2:30					notes
Off-Road ride a hilly course. Warm up for 20-30 minutes then ride climbs hard & fast. Recover between climbs. Maximize heart rate 4-5b zone time or power Level 4+ time. OR do a C Priority race today.										
<b>Workout 2: Regeneration</b>					Duration: 0:20					
Use a combination of rolling on the foam roller and stretching to work out your hot spots.										
Daily stats	Duration:		Distance:		PE:		TSS:		IF:	

