



LW Coaching Category 2 Sport XC
Base Training Plan

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

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

Welcome to the LW Coaching Category 2 Sport Cross Country Base Training Plan. Please take a minute to register at the LW Coaching Forum: http://lwcoaching.com/?page_id=311 Here you can get training plan and racing questions answered.

Week 1, day 1							
Workout 1: Regen					Duration: 0:15		notes
Use a combination of rolling on the foam roller and stretching to work out your hot spots. Scroll down to the bottom of this Stability Exercises for Cyclists page to see a photo of a foam roller and how to use it: http://lwcoaching.com/?p=70							
Daily stats	Duration:		Distance:		PE:		TSS:

Today read through the Training Intensity Guidelines Doc: <http://lwcoaching.com/?p=132> Follow the training intensity guidelines during every workout to ensure you are riding at the correct intensity during each workout.

Week 1, day 2							
Workout 1: Bike					Duration: 0:30		notes
Warm up by riding easy for 10 minutes then do 5 X 30 seconds spin-up drills to a cadence of 110 rpm. Spin-up Drill: From a comfortable cadence, staying in a very easy gear, increase cadence to 110 rpm for 30 seconds. Focus on being smooth and relaxed with no bouncing around in the saddle or clunking the pedals. Quiet and strong upper body. If you have to bounce or bob, back off the cadence until you are smooth and gradually bring it back up staying smooth and quiet. Between each 30 second spin-up drill, ride 2.5 minutes easy at any comfortable cadence. On trainer or road is best. Relax every muscle which is not contributing to pedaling during the spin-ups. Experiment with muscle groups to see how relaxed you can be while at 110 rpm. The goal of this workout is to fire your neuromuscular pathways quickly but not to cause any muscular fatigue or cardiovascular work. When doing this session correctly your heart rate will stay low.							
Daily stats	Duration:		Distance:		PE:		TSS:

Week 1, day 3							
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 Core Training for Mountain Bikers link: http://lwcoaching.com/?p=210							
Daily stats	Duration:		Distance:		PE:		TSS:



Week 1, day 4							
Workout 1: Bike				Duration: 1:00		notes	
Ride on a rolling course with a mix of flats, climbs and descents at an easy to moderate pace. Read through the Training Intensity Guidelines Doc: http://lwcoaching.com/?p=132 to hone in on what an easy to moderate pace should feel like.							
Daily stats	Duration:	Distance:	PE:	TSS:	IF:		

Week 1, day 5							
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 Core Training for Mountain Bikers link: http://lwcoaching.com/?p=210							
Daily stats	Duration:	Distance:	PE:	TSS:	IF:		

Week 1, day 6							
Workout 1: Bike				Duration: 1:00		notes	
Ride on a rolling course with a mix of flats, climbs and descents at an easy to moderate pace. Ride on the road or on a non-technical trail. Focus on cadence and keep it above 80 rpm for most of the ride. Read through the Training Intensity Guidelines Doc: http://lwcoaching.com/?p=132 to hone in on what an easy to moderate pace should feel like.							
Daily stats	Duration:	Distance:	PE:	TSS:	IF:		

Week 1, day 7							
Workout 1: MTB				Duration: 1:15		notes	
Ride off-road today on a technical course with a mix of flats, climbs and descents. Ride mostly at an easy to moderate pace. A few hard efforts to get over challenging obstacles are ok. Read through the Training Intensity Guidelines Doc: http://lwcoaching.com/?p=132 to hone in on what an easy to moderate pace should feel like.							
Daily stats	Duration:	Distance:	PE:	TSS:	IF:		

Week 2, day 1							
Workout 1: Regeneration				Duration: 0:15		notes	
Use a combination of rolling on the foam roller and stretching to work out your hot spots. Scroll down to the bottom of this Stability Exercises for Cyclists page http://lwcoaching.com/?p=70 to see a photo of a foam roller and how to use it.							
Daily stats	Duration:	Distance:	PE:	TSS:	IF:		



Week 2, day 2							
Workout 1: Bike					Duration: 0:30		notes
Warm up by riding easy for 10 mins. Then do five sets of one leg pedaling drills. One Leg Pedaling Drills: Pedal 30 seconds using left leg only, 30 seconds using right leg only then spin for 1 min with both legs. The non-working leg should be unclipped from the pedal. Above equals one set. Work to eliminate any dead spot in your pedal stroke. Finish the ride time with an easy cool down and short stretch.							
Daily stats	Duration:		Distance:		PE:		TSS:

Week 2, day 3							
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 Core Training for Mountain Bikers link: http://lwcoaching.com/?p=210							
Daily stats	Duration:		Distance:		PE:		TSS:

Week 2, day 4							
Workout 1: Bike					Duration: 1:15		notes
Ride on a rolling course with a mix of flats, climbs and descents at an easy to moderate pace. Read through the Training Intensity Guidelines Doc: http://lwcoaching.com/?p=132 to hone in on what an easy to moderate pace should feel like. Today pay attention to cadence. Keep cadence at 85+ rpm for the entire ride.							
Daily stats	Duration:		Distance:		PE:		TSS:

Week 2, day 5							
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 Core Training for Mountain Bikers link: http://lwcoaching.com/?p=210							
Daily stats	Duration:		Distance:		PE:		TSS:

Week 2, day 6							
Workout 1: Bike					Duration: 1:15		notes
Ride on a rolling course with a mix of flats, climbs and descents at an easy to moderate pace. Ride on the road or on a non-technical trail. Focus on cadence and keep it above 80 rpm for most of the ride. Read through the Training Intensity Guidelines Doc: http://lwcoaching.com/?p=132 to hone in on what an easy to moderate pace should feel like. Today ride non-stop. Limit idle time. Idle time is the difference between total trip time and pedaling time.							
Daily stats	Duration:		Distance:		PE:		TSS:



Week 2, day 7								
Workout 1: MTB				Duration: 1:30				notes
<p>Ride off-road today on a technical course with a mix of flats, climbs and descents. Ride mostly at an easy to moderate pace. A few hard efforts to get over challenging obstacles are ok. Read through the Training Intensity Guidelines Doc: http://lwcoaching.com/?p=132 to hone in on what an easy to moderate pace should feel like.</p>								
Daily stats	Duration:	Distance:	PE:	TSS:	IF:			

