



LW Coaching Category 2 Sport XC  
Build, Peak, Race Training Plan

Week 1 8:15	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
	Regen 0:15	Bike 1:00	Strength 1:00	Bike 1:30	Strength 1:00	Bike 1:30	MTB 2:00

Week 2 8:30	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
	Regen 0:15	Bike 1:00	Strength 1:00	Bike 1:30	Strength 1:00	Bike 1:45	MTB 2:00

Welcome to the LW Coaching Sport 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										
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 <a href="http://lwcoaching.com/?p=70">http://lwcoaching.com/?p=70</a> to see a photo of a foam roller and how to use it.										
Daily stats	Duration:		Distance:		PE:		TSS:		IF:	

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: 1:00		notes		
Warm up by riding easy for 10 minutes. Then do 10 X 30 second Spin-Up Drills with 2.5 min easy pedaling recovery between each. Spin-Up Drill: Shift to an easy gear (light resistance). From a comfortable cadence progressively increase cadence until at 110 rpm. Hold it at 110 rpm until the 30 seconds is up. If you start to bounce you are going too fast - back off until you are smooth. You can do this workout on the road, trainer or on a spin bike. Relax every muscle which is 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 but not to cause any muscular fatigue or cardiovascular work. If you feel like you are pushing hard and your heart rate is rising, shift into an easier gear. When doing this session correctly your heart rate and breathing level should remain low at all times. This is a technique session, not a fitness session. You should not feel tired at the end of this ride. Finish the ride time pedaling comfortably at an easy pace.										
Daily stats	Duration:		Distance:		PE:		TSS:		IF:	

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 link <a href="http://lwcoaching.com/?p=210">http://lwcoaching.com/?p=210</a>										
Daily stats	Duration:		Distance:		PE:		TSS:		IF:	



Week 1, day 4							
<b>Workout 1: Bike</b>				Duration: 1:30		notes	
Tempo Training. On road bike or trainer. Warm up then do 2 X 20 minutes at a moderate-fast pace with 10 minutes easy pedaling between. Relax! Smooth pedaling. 90-100 rpm. Read through the Training Intensity Guidelines Doc <a href="http://lwcoaching.com/?p=132">http://lwcoaching.com/?p=132</a> for a reminder of what a mod-fast pace should feel like. Finish the ride time at an easy pace.							
Daily stats	Duration:	Distance:	PE:	TSS:	IF:		

Week 1, day 5							
<b>Workout 1: Strength</b>				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 <a href="http://lwcoaching.com/?p=210">http://lwcoaching.com/?p=210</a>							
Daily stats	Duration:	Distance:	PE:	TSS:	IF:		

Week 1, day 6							
<b>Workout 1: Bike</b>				Duration: 1:30		notes	
Ride on a flat to gently rolling course. Ride the first 15 minutes as an easy warm up then finish the ride at a continuous non-stop moderate pace. 90-100 rpm. Ride the final hour without stopping. Read through the Training Intensity Guidelines Doc <a href="http://lwcoaching.com/?p=132">http://lwcoaching.com/?p=132</a> to hone in on what a moderate pace should feel like.							
Daily stats	Duration:	Distance:	PE:	TSS:	IF:		

Week 1, day 7							
<b>Workout 1: MTB</b>				Duration: 2:00		notes	
Today ride on a course resembling your next race course. The first 30 minutes are easy pedaling. Then increase effort to moderate for 30 minutes, then race pace (moderate-fast) for 20 minutes. Finish the ride with 40 minutes easy pedaling.							
Daily stats	Duration:	Distance:	PE:	TSS:	IF:		

Week 2, day 1							
<b>Workout 1: Regen</b>				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 <a href="http://lwcoaching.com/?p=70">http://lwcoaching.com/?p=70</a> to see a photo of a foam roller and how to use it.							
Daily stats	Duration:	Distance:	PE:	TSS:	IF:		



Week 2, day 2							
<b>Workout 1: Bike</b>				Duration: 1:00		notes	
<p>Warm up by riding easy for 10 mins. Then do 8 sets of One-Leg Pedaling Drills. One-Leg Pedaling Drill: Pedal 30 seconds left leg only, 30 seconds right leg only (opposite leg unclipped from the pedal), then 1 min with both legs. This equals one set. While single leg pedaling, any clunking noises made by your chain signify a dead spot in your pedal stroke. Work to eliminate the dead spot in your pedal stroke. After the one leg drills, finish the ride at an easy pace.</p>							
Daily stats	Duration:	Distance:	PE:	TSS:	IF:		

Week 2, day 3							
<b>Workout 1: Strength</b>				Duration: 1:00		notes	
<p>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 <a href="http://lwcoaching.com/?p=210">http://lwcoaching.com/?p=210</a></p>							
Daily stats	Duration:	Distance:	PE:	TSS:	IF:		

Week 2, day 4							
<b>Workout 1: Bike</b>				Duration: 1:30		notes	
<p>Tempo Training. On road bike or trainer. Warm up then do 2 X 20 minutes at a moderate-fast pace with 10 minutes easy pedaling between. Relax! Smooth pedaling. 90-100 rpm. Read through the Training Intensity Guidelines Doc <a href="http://lwcoaching.com/?p=132">http://lwcoaching.com/?p=132</a> for a reminder of what a mod-fast pace should feel like. Finish the ride time at an easy pace.</p>							
Daily stats	Duration:	Distance:	PE:	TSS:	IF:		

Week 2, day 5							
<b>Workout 1: Strength</b>				Duration: 1:00		notes	
<p>Go to a Yoga class, Pilates class, Core class or follow your own program combining stretching, stability work and functional strengthening.</p>							
Daily stats	Duration:	Distance:	PE:	TSS:	IF:		

Week 2, day 6							
<b>Workout 1: Bike</b>				Duration: 1:45		notes	
<p>Ride on a flat to gently rolling course. Ride the first 15 minutes as an easy warm up then finish the ride at a continuous non-stop moderate pace. 90-100 rpm. Ride the final hour without stopping. Read through the Training Intensity Guidelines Doc <a href="http://lwcoaching.com/?p=132">http://lwcoaching.com/?p=132</a> to hone in on what a moderate pace should feel like.</p>							
Daily stats	Duration:	Distance:	PE:	TSS:	IF:		



Week 2, day 7										
<b>Workout 1: MTB</b>				Duration: 2:00						
Ride on a course resembling your next race course. After a 30 minute easy pedaling warm up ride 30 minutes at a moderate pace, then 30 minutes at race-pace (moderate-fast). Finish with a 30 minute easy pace cool down. During the moderate and race pace efforts sip on a sports drink or eat a gel plus water to keep your energy levels high. Aim to take in about 200 calories of carbohydrate during this hour.							notes			
Daily stats	Duration:		Distance:		PE:		TSS:		IF:	

