



LW Coaching Time Crunched Category 1
Cross Country Base Training Plan

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

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

Welcome to the Time Crunched Category 1 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: Strength				Duration: 0:30		notes	
Do the recommended Stability Exercises for Cyclists at this link: http://lwcoaching.com/?p=70 If you are crunched for time today split this up into 2 or 3 ten minute sessions where you can fit them into your day. Any little bit you get done will be great for your body.							
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. On Saturday you will do a field test to calculate your power training levels (if you have power available) and heart rate training zones.

Week 1, day 2							
Workout 1: Bike				Duration: 1:00		notes	
Skill Improvement Day. Do the below trainer ride with your bike on an indoor trainer OR take a 60 minute spin class with a focus on pedaling smoothly and efficiently OR accumulate 60 minutes of bike commuting time today at an aerobic pace and high cadence OR go for a 60 minute technical mountain bike ride. Trainer ride description: Warm up for 5 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. 5 minutes easy cool down.							
Daily stats	Duration:	Distance:	PE:	TSS:	IF:		



Week 1, day 3							
Workout 1: Strength				Duration: 0:30		notes	
Core Training: 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							
Workout 2: Bike				Duration: 0:30			
Ride easy for 30 minutes. This ride is an optional extra bonus session. You are only allowed to do this ride today if your fridge is full of groceries, you can log 8 hours of sleep tonight and you have given the attention to your loved ones you need. You can split this 30 minute session up as 15 mins before core work and 15 mins after core work. Cross training with the elliptical, a swim, row, run, boxing class etc is super also. If you can, do this with a loved one to combine social and workout time. Maximize your time. Be creative. Make it fun.							
<i>Daily stats</i>	Duration:	Distance:	PE:	TSS:	IF:		

Week 1, day 4							
Workout 1: Bike				Duration: 1:00		notes	
This is an optional extra ride for super bonus pat-on-the-back points :) If you are crazy busy and running around all day, take the day off from riding or exercising. If you can ride but are crunched for time today, slash the warm-up and cool-down in half and complete half the number repeats in each set. If you have all of your chores taken care of, have time to get a healthy dinner and sleep 8 hours tonight then you can do the full workout as follows. Warm up 15 mins in heart rate zones 1-2 or power level 1-2. Then 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. Do 7-10 sets with 2-3 minutes 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 or power stays level 1-2 for the entire duration of this workout.							
<i>Daily stats</i>	Duration:	Distance:	PE:	TSS:	IF:		

Week 1, day 5							
Workout 1: Bike				Duration: 1:30		notes	
Spin with an easy effort at the high end of your comfortable range in the small chain ring in the 1-2 heart rate zones or power level 1-2. See the Training Intensity Guidelines Doc: http://lwcoaching.com/?p=132 for heart rate zone and power level information. Allow your feet and legs to relax while spinning. Note and record your average cadence for the ride when done. Casual Friday Option: You can split this ride up into an a.m and p.m. session today if you like and commute to work on your bike. If you don't have time to bike commute or ride today, do the most time efficient exercise available to you for 30 minutes at a happy feel good cruise along aerobic pace.							
<i>Daily stats</i>	Duration:	Distance:	PE:	TSS:	IF:		



Week 1, day 6							
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: Regeneration				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: 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 on the easy side. Stop frequently and assess the skill. Keep effort in heart rate zones 1-2. In the technical sections all power levels will be seen briefly but power should not stay up long enough to raise heart rate past zone 2. If you have a lot of snow, reduce the pressure in your tires to 20 psi and go ride in it. Or forget that and do something fun like ski, snowshoe etc. Just get outside, get moving and stay aerobic.							
Workout 2: Strength				Duration: 0:30			
Riding is the priority today. If you are time crunched skip this session. 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.							
Daily stats	Duration:	Distance:	PE:	TSS:	IF:		

Week 2, day 1							
Workout 1: Strength				Duration: 0:30		notes	
Do the recommended Stability Exercises for Cyclists at this link: http://lwcoaching.com/?p=70 If you are crunched for time today split this up into 2 or 3 ten minute sessions where you can fit them into your day. Any little bit you get done will be great for your body.							
Daily stats	Duration:	Distance:	PE:	TSS:	IF:		



Week 2, day 2							
Workout 1: Bike				Duration: 1:00		notes	
Skill Improvement Day. Do the below trainer ride with your bike on an indoor trainer OR take a 60 minute spin class with a focus on pedaling smoothly and efficiently OR accumulate 60 minutes of bike commuting time today at an aerobic pace and high cadence OR go for a 60 minute technical mountain bike ride. Trainer ride description: Warm up for 5 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. 5 minutes easy cool down.							
Daily stats	Duration:	Distance:	PE:	TSS:	IF:		

Week 2, day 3							
Workout 1: MTB				Duration: 1:00		notes	
Warm-up for 20 minutes gradually raising your heart rate to zone 3 or power to level 3. Then ride at 90 - 100 rpm for 20 minutes in heart rate zone 3 or at power level 3. Finish the ride time in zone 1-2 or power level 1-2. If you are crunched for time today, slash the warm-up and cool-down to 5 minutes each but keep the 20 minutes in zone 3 or power level 3 intact. You can do this ride on the trainer, on a gym bike, on the road or mountain bike.							
Daily stats	Duration:	Distance:	PE:	TSS:	IF:		

Week 2, day 4							
Workout 1: Bike				Duration: 1:00		notes	
This is an optional extra ride for super bonus pat-on-the-back points :-). If you are crazy busy and running around all day, take the day off from riding or exercising. If you can ride but are crunched for time today, slash the warm-up and cool-down in half and complete half the number repeats in each set. If you have all of your chores taken care of, have time to get a healthy dinner and sleep 8 hours tonight then you can do the full workout as follows. Warm up then do 8-10 X 30 second (2 minute recoveries) spin-ups to max cadence of 120 rpm in smallest gear available. On trainer is best, gym bike is ok. 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 120 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 not exceed zone 1 or power level 1.							
Workout 2: Strength				Duration: 0:15			
Move this to another day if you do not get around to it today. Core Training: 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 2, day 5							
Workout 1: Bike				Duration: 1:30		notes	
Spin with an easy effort at the high end of your comfortable range in the small chain ring in the 1-2 heart rate zones or power level 1-2. Allow your feet and legs to relax while spinning. Note and record your average cadence for the ride when done. Casual Friday Option: You can split this ride up into an a.m and p.m. session today if you like and commute to work on your bike. If you don't have time to bike commute or ride today, do the most time efficient exercise available to you for 30 minutes at a happy feel good cruise along aerobic pace.							
<i>Daily stats</i>	Duration:	Distance:	PE:	TSS:	IF:		

Week 2, day 6							
Workout 1: MTB				Duration: 1:00		notes	
Warm-up for 20 minutes gradually raising your heart rate to zone 3 or power to level 3. Then ride at 90 - 100 rpm for 20 minutes in heart rate zone 3 or at power level 3. Finish the ride time in zone 1-2 or power level 1-2. If you are crunched for time today, slash the warm-up and cool-down to 5 minutes each but keep the 20 minutes in zone 3 or power level 3 intact. You can do this ride on the trainer, on a gym bike, on the road or mountain bike.							
Workout 2: Regeneration				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 7							
Workout 1: MTB				Duration: 3:15		notes	
Ride off-road on a technically challenging course. If you are having fun, feeling good and have time available you can make this ride longer. Work on your technical skills, fast descending, clearing objects, cornering, wet roots, etc. Keep effort on the easy side. Stop frequently and assess the skill. Keep effort in heart rate zones 1-2. In the technical sections all power levels will be seen briefly but power should not stay up long enough to raise heart rate past zone 2. If you have a lot of snow, reduce the pressure in your tires to 20 psi and go ride in it. Or forget that and do something fun like ski, snowshoe etc. Just get outside, get moving and stay aerobic.							
Workout 2: Strength				Duration: 0:30			
Riding is the priority today. If you are time crunched skip this session. 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.							
<i>Daily stats</i>	Duration:	Distance:	PE:	TSS:	IF:		

