



LW Coaching Time Crunched Category 1  
Build, Peak, Race Training Plan

Week 1	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
9:55	Strength 0:30	Bike 1:15	Strength 0:20	MTB 1:00	Bike 1:30	Bike 1:30	MTB 2:30
		Regen 0:10	Bike 0:45	Regen 0:10			Regen 0:15

Week 2	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
9:40	Strength 0:30	Bike 1:15	Strength 0:20	MTB 1:00	Bike 1:30	Bike 1:15	MTB 2:30
		Regen 0:10	Bike 0:45	Regen 0:10			Regen 0:15

Welcome to the LW Coaching Time Crunched Category 1 Cross Country 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>					Duration: 0:30			notes		
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> If you are time crunched today you can split this up into 2-3 ten minute sessions and fit them into your schedule wherever possible.										
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										
<b>Workout 1: Bike</b>					Duration: 1:15			notes		
Road bike hill intervals. Warm up well then up a 6-8% hill do 5 x 4 minutes at power Level 5 or building to heart rate zone 5 with 3 minute recoveries in heart rate Z1 or power L1 between each interval. Record power and heart rates for post workout analysis and comparison with future workouts. Finish the ride in HR Z1 or Power L1. Abbreviations: HR Z1 = heart rate zone 1. Power L5 = Power Level 5. 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.										
<b>Workout 2: Regen</b>					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										
<b>Workout 1: Strength</b>				Duration: 0:20		notes				
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.										
<b>Workout 2: Bike</b>				Duration: 0:45						
This is an extra bonus points workout. You may only do this workout if you have a fridge full of healthy groceries, can sleep 8+ hours tonight and have given time and attention to all of your loved ones. If you have the time and energy, warm up for 15 minutes spinning easily and then do 5 X 30 second spin-ups to max cadence of 110 rpm in smallest gear available with 2 minute recoveries. On trainer, gym bike or mountain bike is fine. 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. When doing this session correctly power and heart rate stay low.										
Daily stats	Duration:		Distance:		PE:		TSS:		IF:	

Week 1, day 4										
<b>Workout 1: MTB</b>				Duration: 1:00		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 power level 4 or heart rate zone 4 for 10 minutes. 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. If you do not have time for this workout today then miss it out and do not make it up another day. Move on with the schedule as is. You will be generating heart rate zone and power training levels (if you have power available) on Saturday with a field test. Today review this Training Intensity Guidelines Doc <a href="http://lwcoaching.com/?p=132">http://lwcoaching.com/?p=132</a> to check in you are training at the correct intensity.										
<b>Workout 2: Regen</b>				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 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 heart rate zones 1-2 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. It is ok if it takes you longer than scheduled. The important part is to keep it in heart rate zone 1-2 or power level 1-2 and no higher. 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.								
Daily stats	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: <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>								
Daily stats	Duration:		Distance:		PE:		TSS:	IF:

Week 1, day 7								
Workout 1: MTB						Duration: 2:30		notes
Off-Road Ride a hilly course. Ride climbs hard & fast. Recover between climbs. Maximize heart rate 4-5b zone and power levels 4-5 time. OR Do a C Priority race today.								
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 2, day 1								
Workout 1: Strength						Duration: 0:30		notes
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> If you are time crunched today you can split this up into 2-3 ten minute sessions and fit them into your schedule wherever possible.								
Daily stats	Duration:		Distance:		PE:		TSS:	IF:



Week 2, day 2								
<b>Workout 1: Bike</b>			Duration: 1:15			notes		
<p>Road bike hill intervals. Warm up well then up a 6-8% hill do 5 x 4 minutes at power Level 5 or building to heart rate zone 5 with 3 minute recoveries in heart rate Z1 or power L1 between each interval. Record power and heart rates for post workout analysis and comparison with future workouts. Finish the ride in HR Z1 or Power L1. Abbreviations: HR Z1 = heart rate zone 1. Power L5 = Power Level 5. Immediately on ending this ride replenish your muscle glycogen stores with a recovery drink containing both carbohydrate and protein such as 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: Regen</b>			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 2, day 3								
<b>Workout 1: Strength</b>			Duration: 0:20			notes		
<p>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.</p>								
<b>Workout 2: Bike</b>			Duration: 0:45					
<p>This is an extra bonus points workout. You may only do this workout if you have a fridge full of healthy groceries, can sleep 8+ hours tonight and have given time and attention to all of your loved ones. If you have the time and energy, warm up for 5 mins, then pedal 30 seconds left leg only, 30 seconds right leg only (opposite leg resting on a chair), then increase rpm by 5 and spin for 1 min with both legs. Above equals one set. Do 5 sets with 2 - 3 minute recovery between each set. Work to eliminate the dead spot in your pedal stroke. Trainer is best.</p>								
Daily stats	Duration:		Distance:		PE:		TSS:	IF:



Week 2, day 4										
<b>Workout 1: MTB</b>						<b>Duration: 1:00</b>		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 power level 4 or heart rate zone 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. If you do not have time for this workout today then miss it out. Do not make it up another day. Move on with the schedule as is.										
<b>Workout 2: Regen</b>						<b>Duration: 0:10</b>				
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 5										
<b>Workout 1: Bike</b>						<b>Duration: 1:30</b>		notes		
Spin with an easy effort at the high end of your comfortable range in the small chain ring in heart rate zones 1-2 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. It is ok if it takes you longer than scheduled. The important part is to keep it in heart rate zone 1-2 or power level 1-2 and no higher. 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.										
<b>Workout 2: Regen</b>						<b>Duration: 0:10</b>				
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 6										
<b>Workout 1: Bike</b>						<b>Duration: 1:15</b>		notes		
Miss this ride out of you are too busy to ride both Saturday and Sunday this weekend. The race or hilly ride is the top priority this weekend. If you do have time today, warm up then ride 20 minutes steady in power level 4 or heart rate zone 4. Non-stop. Smooth pedaling. 90-100 rpm. Moderate uphill course is best.										
<b>Workout 2: Regen</b>						<b>Duration: 0:15</b>				
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 7										
<b>Workout 1: MTB</b>						<b>Duration: 2:30</b>		notes		
Off-Road Ride a hilly course. Ride climbs hard & fast. Recover between climbs. Maximize heart rate 4-5b zone and power levels 4-5 time. OR Do a C Priority race today.										
<b>Workout 2: Regen</b>						<b>Duration: 0:15</b>				
Use a combination of rolling on the foam roller and stretching to work out your hot spots.										
Daily stats	Duration:		Distance:		PE:		TSS:		IF:	

