



LW Coaching Time Crunched Category 2 Sport XC Training Plan

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

Week 2	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
6:50	Regen 0:15	Bike 0:30	Strength 0:30	Bike 1:20	Bike 1:00	MTB 0:45	MTB 1:30
			Bike 0:30			Strength 0:30	

Welcome to the LW Coaching Time Crunched Category 2 Sport Cross Country 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 doc 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 1, day 2								
Workout 1: Bike						Duration: 0:30		notes
Pedaling Drills. Warm up by riding easy for 10 minutes then do the following pedaling drills. Spin-up Drill: In an easy gear do 5 X 30 seconds spin-up drills to a cadence of 110 rpm. To do a spin-up drill increase 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, drop the cadence slightly until you are smooth and gradually bring it back up staying smooth and quiet. Between each 30 second spin-up, ride 2.5 minutes easy at any comfortable cadence. On trainer or road is best. Relax every muscle 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:	IF:	

Week 1, day 3								
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.								
Workout 2: Bike						Duration: 0:30		
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 or count bike commuting time today. 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.								
Daily stats	Duration:		Distance:		PE:	TSS:	IF:	



Week 1, day 4							
Workout 1: MTB				Duration: 1:15		notes	
<p>Today ride on a hilly course. Start the ride with an easy 10 minute warm up. Then increase your effort to moderate. Stay at the moderate effort level for the next 15 minutes. Stay mostly seated on climbs. On the downhills allow your effort level to drop to easy and concentrate on riding with good technique. Then ride easy for 10 mins and moderate again for 20 mins. End the ride with 20 minutes of easy riding. Read through this Training Intensity Guidelines Doc http://lwcoaching.com/?p=132 to hone in on what an easy and moderate pace should feel like.</p>							
<i>Daily stats</i>	Duration:	Distance:	PE:	TSS:	IF:		

Week 1, day 5							
Workout 1: Bike				Duration: 1:00		notes	
<p>Spin with an easy effort at the high end of your comfortable cadence range in the small chain ring. 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.</p>							
<i>Daily stats</i>	Duration:	Distance:	PE:	TSS:	IF:		

Week 1, day 6							
Workout 1: MTB				Duration: 0:45		notes	
<p>This ride is an optional extra this week. Only do this ride if you are super motivated to ride today and you are sure you will have enough time and energy to complete the ride tomorrow. If not miss out this ride and do not try to make it up another day. Tomorrows ride is a higher priority than this ride. Ride at an easy relaxed pace and effort level. Shift often to maintain 80-90 rpm cadence. Choose a mostly flat course with few technical challenges. Light relaxed pressure on the pedals.</p>							
Workout 2: Strength				Duration: 0:30			
<p>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. Follow this link for exercise suggestions: http://lwcoaching.com/?p=210</p>							
<i>Daily stats</i>	Duration:	Distance:	PE:	TSS:	IF:		



Week 1, day 7								
Workout 1: MTB				Duration: 1:15				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 this 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:			

Week 2, day 1								
Workout 1: Regen				Duration: 0:15				notes
<p>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 doc http://lwcoaching.com/?p=70 to see a photo of a foam roller and how to use it.</p>								
Daily stats	Duration:	Distance:	PE:	TSS:	IF:			

Week 2, day 2								
Workout 1: Bike				Duration: 0:30				notes
<p>Pedaling Drills. 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.</p>								
Daily stats	Duration:	Distance:	PE:	TSS:	IF:			

Week 2, day 3								
Workout 1: Strength				Duration: 0:30				notes
<p>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</p>								
Workout 2: Bike				Duration: 0:30				
<p>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. Bike commuting, 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.</p>								
Daily stats	Duration:	Distance:	PE:	TSS:	IF:			



Week 2, day 4										
Workout 1: Bike				Duration: 1:20				notes		
<p>Today ride on a hilly course. Start the ride with an easy 10 minute warm up. Then ride 2 X 20 minute intervals at a moderate effort level with 10 minutes of easy riding between each interval. Stay mostly seated on climbs. On the downhills allow your effort level to drop to easy and concentrate on riding with good technique. End the ride at an easy pace. Today pay attention to cadence. Keep cadence at 85+ rpm for the entire ride. Read through this Training Intensity Guidelines Doc http://lwcoaching.com/?p=132 to hone in on what an easy and moderate pace should feel like.</p>										
Daily stats	Duration:		Distance:		PE:		TSS:		IF:	

Week 2, day 5										
Workout 1: Bike				Duration: 1:00				notes		
<p>Spin with an easy effort at the high end of your comfortable cadence range in the small chain ring. 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.</p>										
Daily stats	Duration:		Distance:		PE:		TSS:		IF:	

Week 2, day 6										
Workout 1: MTB				Duration: 0:45				notes		
<p>This ride is an optional extra this week. Only do this ride if you are super motivated to ride today and you are sure you will have enough time and energy to complete the ride tomorrow. If not miss out this ride and do not try to make it up another day. Tomorrows ride is a higher priority than this ride. Ride at an easy relaxed pace and effort level. Shift often to maintain 85-95 rpm cadence. Choose a mostly flat course with few technical challenges. Light relaxed pressure on the pedals.</p>										
Workout 2: Strength				Duration: 0:30						
<p>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. Follow this link for exercise suggestions: http://lwcoaching.com/?p=210</p>										
Daily stats	Duration:		Distance:		PE:		TSS:		IF:	



Week 2, day 7							
Workout 1: MTB				Duration: 1:30		notes	
<p>Ride on a course resembling your next race course. The first 25 minutes are easy pedaling. Then increase effort to moderate for 5 minutes. Immediately increase effort to race pace (moderate-fast) for 5 minutes. Then ride easy for 5 minutes and race pace for another 5 minutes. Finish the ride with 45 minutes easy pedaling. Read through this Training Intensity Guidelines Doc http://lwcoaching.com/?p=132 to hone in on what an easy, moderate and moderate-fast pace should feel like.</p>							
Daily stats	Duration:		Distance:		PE:		TSS:

