



## LW Coaching Weight Loss and Base Training Plan

Week 1	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
12:40	Bike 1:00	Strength 0:35	MTB 2:00	Strength 0:35	Bike 0:30	Bike 2:00	Bike 3:00
		Bike 1:00		Bike 1:00	Strength 1:00		

Week 2	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
14:10	Bike 1:00	Strength 0:35	MTB 2:00	Strength 0:35	Strength 1:00	Bike 2:00	Bike 3:00
	Strength 1:00	Bike 1:00		Bike 1:00	Bike 1:00		

Welcome to the LW Coaching Base Training and Weight Loss 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.

Diet Plan: Purchase the book The Paleo Diet by Dr Loren Cordain. Ingest and implement the contents. The basics of The Paleo diet are fruits, vegetables, lean meats, fish, seafood, eggs and nuts. Follow a strict Paleo diet for the next 12 weeks except for where noted in your daily log workout schedules.

Dietary Analysis. It is tough to know what changes you need to make until you know exactly what you are getting through your current diet. Register for a free food journal at <http://www.fitday.com> Enter your statistics in the user profile. Then under the Weight tab enter current body weight and weight loss goals. Under the Activities tab read your total calories burned today. How does this compare this with your current daily intake?

Week 1, day 1										
Workout 1: Bike						Duration: 1:00		notes		
Ride for one hour at a moderate pace. Read through this Training Intensity Guidelines Doc <a href="http://lwcoaching.com/?p=132">http://lwcoaching.com/?p=132</a> to learn what easy, moderate, moderate-fast and fast riding should feel like. You will test for heart rate training zones and power training levels (optional for those athletes with the advantage of a power meter) on Saturday.										
Daily stats	Duration:		Distance:		PE:		TSS:		IF:	



Dietary Analysis. Start a three day food and activity journal today at <http://www.fitday.com> Under the food tab log everything you eat and drink. Under the Activities tab log every calorie burned with exercise.

Week 1, day 2							
<b>Workout 1: Strength</b>				Duration: 0:35		notes	
<p>Ideally do this session first thing in the morning and do the ride later in the day. Running early in the morning will boost your metabolism for the day. Warm up with five minutes of running at an easy pace. Do not run longer if this is your first run in a long time. If you are a regular runner you can add another 5 minutes of running if you have the time to get everything else done today. Make sure you are wearing good running shoes. If you don't have good running shoes go to a running store and buy a pair. You will be running more as this plan progresses. Running is the top activity to stimulate weight loss. After the 5 minute run 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></p>							
<b>Workout 2: Bike</b>				Duration: 1:00			
<p>Warm-up well. Then ride 30 minutes non-stop at a moderate intensity or heart rate zone 2-3 zone or power level 3 on a mostly flat course. 90 - 100 rpm. Easy spin cool down.</p>							
Daily stats	Duration:	Distance:	PE:	TSS:	IF:		

Dietary Analyses. Complete day two of your FitDay food and activity journal. Remember to tally both calories in and calories out. Calorie balance is a key piece of information in weight loss.

Week 1, day 3							
<b>Workout 1: MTB</b>				Duration: 2:00		notes	
<p>Ride off-road, if possible. Snow biking is great! If the weather is too poor to ride outside log 60 minutes on the trainer and a further 60 minutes of another aerobic activity. You can combine several activities to tally up the two hours. Keep the training intensity easy-moderate.</p>							
Daily stats	Duration:	Distance:	PE:	TSS:	IF:		



Dietary Analysis. Complete day three of your FitDay food and activity journal. Remember to tally both calories in and calories out. Calorie balance is a key piece of information in weight loss.

Week 1, day 4										
<b>Workout 1: Strength</b>						Duration: 0:35		notes		
<p>Warm up with five minutes of running at an easy pace. Do not run longer if this is your first run in a long time. If you are a regular runner you can add another 5 minutes of running if you have the time to get everything else done today. Make sure you are wearing good running shoes. If you don't have good running shoes go to a running store and buy a pair. You will be running more as this plan progresses. Running is the top activity to stimulate weight loss. Ideally do this session first thing in the morning and do the ride later in the day. Running early in the morning will boost your metabolism for the day. After the 5 minute run 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></p>										
<b>Workout 2: Bike</b>						Duration: 1:00				
<p>Warm-up well. Then ride 30 minutes non-stop at a moderate intensity or heart rate zone 2-3 zone or power level 3 on a mostly flat course. 90 - 100 rpm. Easy spin cool down.</p>										
Daily stats	Duration:		Distance:		PE:		TSS:		IF:	

Dietary Analysis. Analyze your three day food and activity journal. Calculate calorie balance each day: Calories consumed minus Calories burned. Do you balance, are positive or negative? For a one pound weight loss per week you need to tally a 500 Calorie deficit per day. Next click on the Reports Tab and click on Am I meeting my nutrient requirements today? Are you? Is your diet lacking in any essential vitamins or minerals? Add up the number of calories sourced from nutrient free junk food. What % of your daily diet is nutrient-free? Add up the number of Paleo calories and non-Paleo calories. What % of your diet is Paleo?

Week 1, day 5										
<b>Workout 1: Bike</b>						Duration: 0:30		notes		
<p>Easy spin. Comfortably high rpm.</p>										
<b>Workout 2: Strength</b>						Duration: 1:00				
<p>Yoga. Take a class or follow a video. Take it real easy in yoga today so you arrive at the test tomorrow fresh with no soreness. Next week try to find a Bikram Yoga class to attend. Bikram Yoga is great for weight loss. <a href="http://en.wikipedia.org/wiki/Bikram_Yoga">http://en.wikipedia.org/wiki/Bikram_Yoga</a></p>										
Daily stats	Duration:		Distance:		PE:		TSS:		IF:	



Daily Diet Goal: Today replace all the junk food calories in your diet with fruits and vegetables.

Week 1, day 6										
Workout 1: Bike						Duration: 2:00		notes		
<p>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></p>										
Daily stats	Duration:		Distance:		PE:		TSS:		IF:	

Daily Diet Goal: Today tally up a 100% Paleo day.

Week 1, day 7										
Workout 1: Bike						Duration: 3:00		notes		
<p>Spend at least 3 hours exercising aerobically today. This is mostly heart rate zone 2 or power L2. You can ride road, mtb or cross train. If you cannot ride outside today combine activities as one hour on the trainer and 2+ hours doing something fun such as skiing, snow shoeing etc Add an extra hour onto the workout if you are out having fun and it is an activity you are adapted to. Combining several activities over the day works well. If your only ride option is the trainer do that first and the other activities later.</p>										
Daily stats	Duration:		Distance:		PE:		TSS:		IF:	



Daily Diet Goal: Today take in 100% of your recommended daily vitamin and mineral intake in your food. Check you achieved this goal with FitDay.com.

Week 2, day 1							
<b>Workout 1: Bike</b>				Duration: 1:00		notes	
Your choice of mode of exercise. Bike is fine or anything else aerobic. Easy cruise pace. You can combine 2 or more exercise modes.							
<b>Workout 2: Strength</b>				Duration: 1:00			
Take a Bikram Yoga class or do Pilates or any other type of yoga today.							
Daily stats	Duration:	Distance:	PE:	TSS:	IF:		

Daily Diet Goal: Today tally a 500 calorie deficit in your calorie balance. Check you achieved this goal with FitDay.com.

Week 2, day 2							
<b>Workout 1: Strength</b>				Duration: 0:35		notes	
Ideally do this session first thing in the morning and do the ride later in the day. Running early in the morning will boost your metabolism for the day. Warm up with ten minutes of running at an easy pace. Do not run longer if this is your first run in a loooooong time. If you are a regular runner you can add another 5 minutes of running if you have the time to get everything else done today. Make sure you are wearing good running shoes. If you don't have good running shoes go to a running store and buy a pair. You will be running more as this plan progresses. Running is the top activity to stimulate weight loss. After the 10 minute run 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>							
<b>Workout 2: Bike</b>				Duration: 1:00			
Warm-up for 15 minutes. Then ride 40 minutes non-stop at a moderate intensity or heart rate zone 2-3 zone or power level 3 on a mostly flat course or trainer. 90 - 100 rpm. Easy 5 minute spin cool down.							
Daily stats	Duration:	Distance:	PE:	TSS:	IF:		

Daily Diet Goal: Today tally up your protein intake. The goal is one gram of protein per pound of your body weight i.e. a 190 lb athlete will consume 190 g of protein per day. Check you achieved this goal with FitDay.com.



Week 2, day 3								
<b>Workout 1: MTB</b>					Duration: 2:00		notes	
Ride off-road, if possible. Snow biking is great! If the weather is too poor to ride outside log 60 minutes on the trainer and a further 60 minutes of another aerobic activity. You can combine several activities to tally up the two hours. Keep the training intensity easy-moderate.								
Daily stats	Duration:		Distance:		PE:		TSS:	

Daily Diet Goal: Today tally a 500 calorie deficit in your calorie balance. Check you achieved this goal with FitDay.com.

Week 2, day 4								
<b>Workout 1: Strength</b>					Duration: 0:35		notes	
Warm up with ten minutes of running at an easy pace. Do not run longer if this is your first run in a long time. If you are a regular runner you can add another 5 minutes of running if you have the time to get everything else done today. Make sure you are wearing good running shoes. If you don't have good running shoes go to a running store and buy a pair. You will be running more as this plan progresses. Running is the top activity to stimulate weight loss. Ideally do this session first thing in the morning and do the ride later in the day. Running early in the morning will boost your metabolism for the day. After the 10 minute run do a variety of exercises for your hip, abdominal and lower back muscles. Examples are bridging, pillar exercises, crunches, back extensions, Pilates.								
<b>Workout 2: Bike</b>					Duration: 1:00			
Warm-up for 15 minutes. Then ride 40 minutes non-stop at a moderate intensity or heart rate zone 2-3 zone or power level 3 on a mostly flat course or trainer. 90 - 100 rpm. Easy 5 minute spin cool down.								
Daily stats	Duration:		Distance:		PE:		TSS:	

Daily Diet Goal: Today consume five servings of vegetables.

Week 2, day 5								
<b>Workout 1: Strength</b>					Duration: 1:00		notes	
Take a Bikram Yoga class or do Pilates or any other type of yoga today.								
<b>Workout 2: Bike</b>					Duration: 1:00			
Your choice of mode of exercise. Bike is fine or anything else aerobic. Easy cruise pace. You can combine 2 or more exercise modes.								
Daily stats	Duration:		Distance:		PE:		TSS:	



Daily Diet Goal: Today tally a 500 calorie deficit in your calorie balance. Check you achieved this goal with FitDay.com.

Week 2, day 6							
<b>Workout 1: Bike</b>				Duration: 2:00		notes	
Road or mtb - your choice. Mostly heart rate zone 2 or power Level 2 today. Limit idle time. Keep the pace steady and continuous.							
Daily stats	Duration:	Distance:	PE:	TSS:	IF:		

Daily Diet Goal: Today consume five servings of fruit.

Week 2, day 7							
<b>Workout 1: Bike</b>				Duration: 3:00		notes	
Spend at least 3 hours exercising aerobically today. This is mostly heart rate zone 2 or power L2. You can ride road, mtb or cross train. If you cannot ride outside today combine activities as one hour on the trainer and 2+ hours doing something fun such as skiing, snow shoeing etc Add an extra hour onto the workout if you are out having fun and it is an activity you are adapted to. Combining several activities over the day works well. If your only ride option is the trainer do that first and the other activities later.							
Daily stats	Duration:	Distance:	PE:	TSS:	IF:		

