



5-10 Day Bikepacking Race Training Plan



Training
Skills
Strategy
Technology



Bikepacking Race Training Plan For 5-10 Days

Week 1 16:25	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
	Notes 0:00	Bike 2:00	MTB 1:30	Bike 2:00	Stren 0:45	MTB 3:00	MTB 4:00
	Bike 1:00	Regen 0:10	Stren 0:30	Regen 0:10	Bike 1:00	Recov 0:10	Regen 0:10

Week 2 16:50	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
	Notes 0:00	Bike 2:00	MTB 1:30	Bike 1:30	Stren 0:45	MTB 4:00	MTB 4:00
	Stren 0:45	Regen 0:10	Stren 0:30	Regen 0:10	Bike 1:00	Regen 0:15	Regen 0:15

Week 3	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7

Week 4	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7

Week 5	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
	0:10						

Week 6	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7



Week 7	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7

Week 8	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7

Week 9	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7

Week 10	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7

Week 11	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7

Week 12	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
						Race 18:00	Race 24:00

Welcome to the LW Coaching Bikepacking Race Training Plan for 5-10 days. Please take a minute to register at the [LW Coaching Forum](#). Here you can get training plan and racing questions answered.

Week 1, Day 1

Workout 1: Notes

Duration: 0:00

notes

NOTES for week #1 training: Solid core strength will help you maintain long days in the saddle. Full body strength is important for hike-a-bike and the many times you'll need to carry your bike. Both will be developed in the next 12 weeks. This [core strength for mountain bikers doc](#) is a good resource.

If you are a single speeder and will be riding SS mostly during the plan, proceed with caution with the core work. It may be too much combined with long SS training. Riding a loaded SS works the core and upper body significantly already. I recommend more Pilates type work and less of the strength work in-season for single speeders.

Today read through this [Training Intensity Guidelines doc](#). Follow these training intensity guidelines during every workout to ensure you are training at the correct intensity.

You will be taking a heart rate and power (if you have a power meter) test on day 2 this week to set heart rate training zones and power training levels. Review this [Testing Guidelines doc](#) to get the most out of your test.

Workout 2: Bike

Duration: 1:00

Mellow, easy relaxed ride at heart rate zone 1 or power L1 recovery pace. Light relaxed pressure on the pedals. Cut this ride short or miss it out if you are tired or busy. Passive rest may be a better choice today.

Daily Stats

Duration:

Distance:

PE:

TSS:

IF:

Week 1, Day 2

Workout 1: Bike

Duration: 2:00

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 our [LW Coaching heart rate zone and power training level calculator](#) to calculate your training zones/levels.

Prior to conducting this test review our [LW Coaching testing guidelines doc](#).

Workout 2: Regen

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

Workout 1: MTB

Duration: 1:30

notes

Ride mostly single track at a comfortable fun pace. Power doesn't play a large role in this ride. Keep HR zone 1-3 and your effort level moderate and relaxed the entire ride. Focus on riding smooth and flowy along the trail today. Ride as-one with your bike. Pay attention to your tech skills. If your legs are tired back off the effort a little today but stay smooth and flowy.

If your goal race contains significant hike-a-biking (HAB), now is the time to start training for that and adapting your body. During this ride dismount and mount your bike five times from each side and tally up 5-10 minutes hike-a-biking (HAB).

Workout 2: Strength

Duration: 0:30

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 [Core Training Exercises for Mountain Bikers](#)

Work hard and get a sweat going. A strong core means being more comfortable at the end of long days on the bike.

Daily Stats

Duration:

Distance:

PE:

TSS:

IF:

Week 1, Day 4

Workout 1: Bike

Duration: 2:00

notes

Warm up well. Then ride four sets of 5 X 1 minutes at power L6 or 90% effort level with 2 minutes very easy spin recovery between intervals and 5 minutes between sets. Choose a moderate to steep hill for the 1 minute intervals and recover coasting downhill and spinning easy on a flat road. The goal today is to have even average power on each and across all intervals. Spin easy after to cool down.

NOTE: One minute intervals are too short to pace by heart rate. If you do not have a power meter, pace by perceived exertion (PE) following this [Training Intensity Guidelines](#) table

Workout 2: Regen

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: Strength

Duration: 0:45

notes

Warm up with 5 minutes of aerobic exercise or calisthenics. Then do 10 bench or chest-press with a weight approaching but not reaching failure, 10 lat pull with a weight approaching but not reaching failure, 60 second front pillar, 30 second side pillar to each side, 10 ball pikes, 10 bicep curls with a weight approaching but not reaching failure, tricep dips to failure. Repeat 2-3 times. Finish with 10 minutes of foam rolling and stretching.

Workout 2: Bike

Duration: 1:00

Optional ride. Go for an easy recovery spin in heart rate zone 1 or take the day off the bike in favor of passive rest if you prefer. Passive rest may be the better choice. The strength session is a higher priority today than this recovery ride.

Daily Stats Duration: Distance: PE: TSS: IF:

Week 1, Day 6

Workout 1: MTB

Duration: 3:00

notes

Today ride a fast, competitive group ride or do a cross country race. Your three hours are 45-60 min warm up and 1.5-2.0 hour race or fast group ride. Finish the remaining ride time at an easy pace. Practice race tactics. Be smart! If tired, back off and sit in. If feeling good, let'r rip!

Workout 2: Recovery

Duration: 0:10

After your ride do as many of the following as possible to optimize your recovery: Recovery drink with glutamine, 10-15 min ice-bath or cold river soak, 10-15 min gentle stretch, massage, Elevated compression legs, nap. Other things helpful for recovery are; getting to bed early, low stress, relaxing, abstaining from alcohol and stimulants.

Daily Stats Duration: Distance: PE: TSS: IF:

Week 1, Day 7

Workout 1: MTB

Duration: 4:00

notes

Ride off-road on route that mimics your goal race course. If your race course is a technically challenging course, work on course specific technical ride skills today; descending, clearing objects, cornering, loose rocks, rock steps, sand, etc. If your course is more dirt road based, ride on a route similar. The goal today is base training in a course specific manner. Add hike-a-bike today or time in your aerobars if you will be racing with either.

Keep effort in heart rate zone 2 mostly, a little zone 3 is ok. Power level is mostly L2 but if in technical sections all power levels will be seen briefly.

Workout 2: Regen

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 LW Coaching Bikepacking Race Training Plan: 5-10 days.

Week 2, Day 1

Workout 1: Notes

Duration: 0:00

notes

WEEK 2 NOTES: COURSE SPECIFIC. Understanding the term, course specific, is crucial as it is used often throughout this training plan. Each bikepacking course has its own demands and characteristics. These factors include distance, elevation gain, altitude, typical weather and topography. Terrain can vary from fast gravel grinder type dirt roads to hike-a-bike heavy unmaintained backcountry single-track. This training plan is valid to train for both types of these bikepacking events. Most bikepacking events in the 2-5 day range traverse a mix of terrain. To be successful at your race you must train for the demands of your specific event. For example, to finish a hike-a-bike heavy race such as Highland Trail Race or Arizona Trail race you must have hardened your feet, strengthened your Achilles tendons and selected the correct shoes. To excel at a gravel grinder race you will use aerobars for, you must have adapted to, and be comfortable in the aero position. These course specific training factors are essential for race success. Throughout this plan you will find course specific training sessions. Think about your goal race and what the important factors unique to your race are. Mimic your goal race and train these factors during course specific rides.

More on Hike-a-bike (HAB): If this is a factor in your race course you must train this demand starting in week 1. Don't blow it off! Foot and Achilles tendon damage from HAB is a top cause for DNF's in any HAB heavy event. Shoe choice is critical. Choose your footwear wisely. Hamburger feet take the fun out of it and sometimes the finish away. In training get off and push your bike on the trail a few times per week, even if the trail is rideable. Better yet, plan your route to cover unrideable sections. HAB up steep terrain is tough work and extra hard on heels and Achilles tendons. The goals of HAB; are conditioning your body, hardening your feet, perfecting footwear choice, eliminating foot issues before the race and learning efficient HAB techniques. Teach yourself to relax on the HAB sections and enjoy a break from the saddle.

Bike Fit: This is a high volume training plan and will prepare you to go long distances. The long hours in the saddle and distances require special attention in a few areas. You'll want to dial in bike fit ASAP if you haven't yet done so. You'll get more out of your training if done in the final position you'll race in. The final position you will race in is course specific. The accurate bike fit and bike setup for a gravel grinder race is different from a technical single-track race. Seek a professional bike fitter in your area. Bike fit is also dependent on the individual. Generally speaking when compared to XC racers, bikepacking racers tend towards the following: Saddle setback that is farther rearward. A cockpit setup that is more upright and perhaps shorter. Shorter stems and riser bars, and bar ends are common. This is easier on the lower back and upper arm muscles. Bar ends allow for multiple hand positions to distribute hand pressure. Cleat position is more rearward in the shoe to reduce hotspot issues and put less strain on the Achilles tendon.

Cleats: If they get loose in the pedals at any time during the training plan, find the cause and replace shoes, cleats, and/or pedals to resolve the looseness. A loose pedal/shoe interface is a sure bet to ITB issues when combined with heavy training.

Workout 2: Strength

Duration: 0:45

Warm up with 5 minutes of easy aerobic exercise or calisthenics. Then do 10 push-ups, 10 pull-ups, 10 pillar ball twists, 10 psoas crunches to each side, 10 regular crunches, 10 oblique crunches, 10 side lifts to each side, 10 supermans, 10 glute bridges. Repeat 2-3 times through. Finish with 10 minutes of stretching and rolling on the foam roller.

Daily Stats

Duration:

Distance:

PE:

TSS:

IF:

Week 2, Day 2

Workout 1: Bike

Duration: 2:00

notes

Warm up with 30 minutes easy spinning then do 12 X 30 seconds at max effort with 4.5 minutes easy spinning between each repeat. Do the first six intervals seated 100%. On the next 3 intervals do the first 15 secs seated and last 15 secs standing. Last 3 intervals do whatever gets you the most power.

Be sure to take the full 4.5 minutes recovery between each repeat. This workout is to stimulate speed and muscle development. The muscular fuel source is Creatine Phosphate (CP). CP is entirely used up in 30 seconds and takes 4.5 mins to regenerate. If you start the next repeat before CP has regenerated the effectiveness of this workout is undermined. I KNOW you will feel ready before 4.5 mins is up. This workout requires patience to reap its magic.

Workout 2: Regen

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

Workout 1: MTB

Duration: 1:30

notes

This weekend is your first overnighter. Use this ride today to dial in your bikeacking set-up. Ride with your bike loaded up with your bikepacking gear and bags. Wear your bikepacking backpack (if it will be part of your race set-up) and load it up with weight. During the ride, stop as often as needed to make bag adjustments and modifications. Carry some extra baggie ties and velcro straps to experiment with different bag positions. If you are riding suspension bring a shock pump along. The extra weight means your air settings will need some tuning.

Ride on a course specific route at a comfortable fun pace. Keep the effort level moderate and relaxed the entire ride. Focus on riding smooth and flowy along the trail today. Ride as-one with your bike. Pay attention to your tech skills. If your legs are tired back off the effort a little today but stay smooth and flowy. Power doesn't play a large role in this ride. Keep HR under the top of Z3.

If your goal race contains significant hike-a-biking (HAB), now is the time to start training for that and adapting your body. During this ride dismount and mount your bike five times from each side and tally up 5-10 minutes hike-a-biking (HAB).

Workout 2: Strength

Duration: 0:30

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 [Core Training Exercises for Mountain Bikers](#)

Work hard and get a sweat going. A strong core means being more comfortable at the end of long days on the bike.

Daily Stats Duration: Distance: PE: TSS: IF:

Week 2, Day 4

Workout 1: Bike

Duration: 1:30

notes

Road bike. Warm up well, then on a flat or rolling course ride a 45 minute tempo interval in power L3 or with heart rate in zone 3. Maintain cadence in the 70-80 range. Stay on the gas without a break for the 45 minutes. Concentrate on smooth pedaling, generating power from the hips. Relax and breathe easy. Its very important to keep interruptions to a minimum - this is steady state work. Fuel and hydrate during the tempo. Finish the ride time at an easy pace.

Workout 2: Regen

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 5

Workout 1: Strength

Duration: 0:45

notes

Warm up with 5 minutes of aerobic exercise or calisthenics. Then do 10 bench or chest-press with a weight approaching but not reaching failure, 10 lat pull with a weight approaching but not reaching failure, 60 second front pillar, 30 second side pillar to each side, 10 ball pikes, 10 bicep curls with a weight approaching but not reaching failure, tricep dips to failure. Repeat 2-3 times. Finish with 10 minutes of foam rolling and stretching.

Workout 2: Bike

Duration: 1:00

Optional ride. Go for an easy recovery spin in heart rate zone 1 or take the day off the bike in favor of passive rest if you prefer. Passive rest may be the better choice. The strength session is a higher priority today than this recovery ride.

Daily Stats Duration: Distance: PE: TSS: IF:

Week 2, Day 6

Workout 1: MTB

Duration: 4:00

notes

Enough serious training - it's time for some overnight action! Set up your bike for a short overnigher - chosen route should be around 8 hours total ride time (4 hours Saturday + 4 hours Sunday) and be course specific (see week 2 notes for details). Pack a small notepad and pen or pencil. Pace is primarily HR zone 2 or power level 2, but will also be dependent on terrain. Some sustained periods in L3/Z3 are OK, but avoid any more than 5 consecutive min in HR zone 4 or power level 4. Walking is perfectly fine when it gets steep!

A key objective of this workout is to minimize stopped time. Plan how you will hydrate and fuel, and make sure your food is available on the fly. The mountain feedbag or a top tube mounted gas tank work well for this purpose, easy access food will make for faster racing. When you do need to stop - nature break, filtering water, get the MP3 on the right tunes - it's most efficient to batch your tasks at once to minimize stops. Develop the skill to constantly assess your immediate and near term needs. You'll begin to have a mental checklist of what to do at the next stop.

A second objective is to hone in on the perfect race setup. When you stop for the night, use a notepad to jot down ideas about what you brought, what you didn't really need, what you wished you had. Every trip is an opportunity to learn and refine.

Workout 2: Regen

Duration: 0:15

Do some self-massage and light stretching in camp tonight. Especially do some light stretching for the lower back.

Daily Stats Duration: Distance: PE: TSS: IF: