



LW Coaching 50 Mile Mountain Bike Race  
Finisher Training Plan

Week 1  8:40	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
	Strength 0:30	Bike 1:10	MTB 1:00	Strength 0:30	MTB 1:30	Bike 1:30	Bike 2:30

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

Welcome to the LW Coaching 50 mile Mountain Bike Race Finisher 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>								
Daily stats	Duration:		Distance:		PE:		TSS:	IF:

Week 1, day 2								
<b>Workout 1: Bike</b>						Duration: 1:10		notes
Warm up for 10 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. 10 minutes easy cool down.								
Daily stats	Duration:		Distance:		PE:		TSS:	IF:

Week 1, day 3								
<b>Workout 1: MTB</b>						Duration: 1:00		notes
Mellow, easy relaxed ride off-road. Shift often to maintain 90 rpm cadence. Light relaxed pressure on the pedals. Non technical trail.								
Daily stats	Duration:		Distance:		PE:		TSS:	IF:

Week 1, day 4								
<b>Workout 1: Strength</b>						Duration: 0:30		notes
Do the recommended Stability Exercises for Cyclists at this link: <a href="http://lwcoaching.com/?p=70">http://lwcoaching.com/?p=70</a>								
Daily stats	Duration:		Distance:		PE:		TSS:	IF:



Week 1, day 5								
Workout 1: MTB				Duration: 1:30				notes
<p>This ride is an optional extra this week. It can be split into two and done as a commute or shortened. Ride today only if you are super motivated 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>								
Daily stats	Duration:	Distance:	PE:	TSS:	IF:			

Week 1, day 6								
Workout 1: Bike				Duration: 1:30				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:			

Week 1, day 7								
Workout 1: Bike				Duration: 2:30				notes
<p>Ride a flat to gently rolling course. Road or mtb - your choice. If off-road, choose a course with few technical obstacles and half or more of the ride time on paved or dirt roads. Tally 50% of ride time in heart rate zone 2 or power Level 2 and 50% in heart rate zone 1 or power Level 1. Avoid 3-5 zones. Keep the 2-zone effort steady and continuous to build your aerobic endurance. Ride Focus: Start working on your race day fueling plan today by counting your calories, fluid and electrolyte consumption on this ride. Aim for two calories per pound of body weight per hour during your ride sourced mostly from carbohydrate. Fluid and electrolyte replacement amounts are dependent on the days heat and humidity. A moderate starting point for everybody is 20 oz of fluid and 300 mg of sodium per hour. If it is hot and humid you may need more. Weigh yourself before and after your ride. For every pound of body weight lost rehydrate with 16 oz of an electrolyte containing sports drink.</p>								
Daily stats	Duration:	Distance:	PE:	TSS:	IF:			



Today read through the Training Intensity Guidelines Doc at this link: <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 2, 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>								
Daily stats	Duration:	Distance:	PE:	TSS:	IF:			

Week 2, day 2								
<b>Workout 1: Bike</b>						Duration: 1:10		notes
Warm up for 10 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. 10 minutes easy cool down.								
Daily stats	Duration:	Distance:	PE:	TSS:	IF:			

Week 2, day 3								
<b>Workout 1: Strength</b>						Duration: 0:30		notes
Do the recommended Stability Exercises for Cyclists at this link: <a href="http://lwcoaching.com/?p=70">http://lwcoaching.com/?p=70</a>								
Daily stats	Duration:	Distance:	PE:	TSS:	IF:			

Week 2, day 4								
<b>Workout 1: Bike</b>						Duration: 1:15		notes
Today ride on a hilly course. Start the ride with an easy 10 minute warm up with heart rate in zone 1 or power L1. Then ride 15 minutes with heart rate in zone 2 or power L2. 10 mins HR zone 1 or power L1, 20 minutes HR zone 2 or power L2 and 20 minutes HR zone 1 or power L1. Stay seated on most climbs. Concentrate on a relaxed and quiet upper body while climbing. Think about your technique and efficiency today.								
Daily stats	Duration:	Distance:	PE:	TSS:	IF:			



Week 2, day 5										
<b>Workout 1: Bike</b>				<b>Duration: 1:30</b>				<i>notes</i>		
<p>This ride is an optional extra this week. It can be split into two and done as a commute or shortened. Ride today only if you are super motivated 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>										
<i>Daily stats</i>	Duration:		Distance:		PE:		TSS:		IF:	

Week 2, day 6										
<b>Workout 1: MTB</b>				<b>Duration: 1:30</b>				<i>notes</i>		
<p>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.</p>										
<b>Workout 2: Strength</b>				<b>Duration: 0:30</b>						
<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.</p>										
<i>Daily stats</i>	Duration:		Distance:		PE:		TSS:		IF:	

Week 2, day 7										
<b>Workout 1: Bike</b>				<b>Duration: 3:00</b>				<i>notes</i>		
<p>Ride on a course that resembles your 50 mile goal race course. Warm up with 30 minutes easy pedaling in HR zone 1 or power L1. Then ride mostly in HR zone 2 or power L2. A little zone 3+ time is ok but limit it to less than 5 minutes total accumulated time during the ride. Make the zone 2 steady and continuous. Ride Focus: Experiment with different fuel sources today. Bananas, gels, sports drinks and sports bars are super choices.</p>										
<i>Daily stats</i>	Duration:		Distance:		PE:		TSS:		IF:	

