



# Masters Cross Country Base Training Plan



Consistency

Strength

Skills

Intensity

Recovery

## CONTENTS

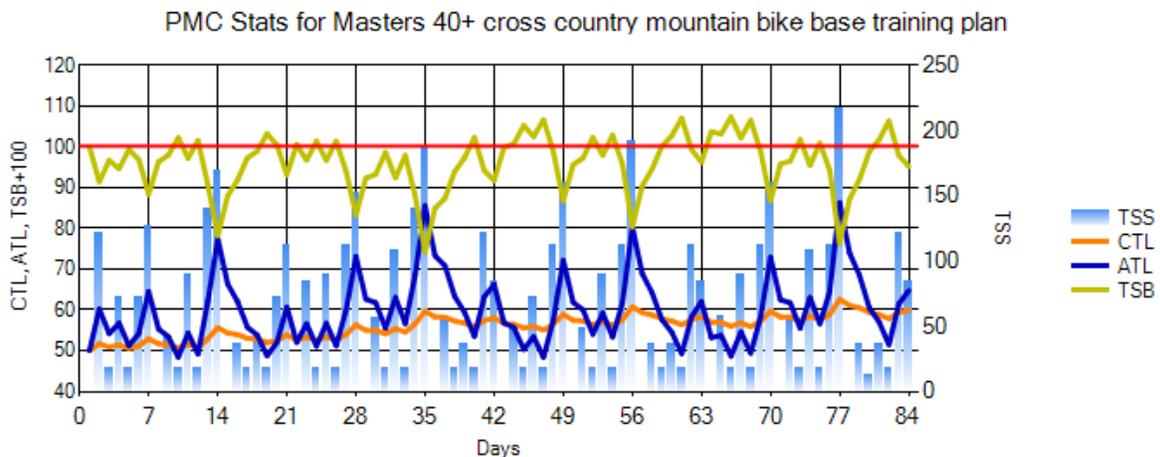
Masters cross country base training plan introduction.....	2
Plan guidelines .....	4
Devices and software.....	5
Recovery strategies.....	6

## MASTERS CROSS COUNTRY BASE TRAINING PLAN INTRODUCTION

Welcome to the LW Coaching masters base training plan. The intent of this training plan is to lay out a specific and targeted training program to prepare a masters age athlete to excel at cross country distance mountain bike racing.

This plan is designed specifically for the masters athlete. A 20 year old athlete has different natural abilities and training requirements than a 40 year old athlete and will thrive on a different training plan. The most obvious change with age is a slowdown in recovery. With age there is less time and room to absorb training mistakes. A masters athlete excels on a targeted and specific plan. This LW Coaching masters XC Base training plan works on a three week training cycle, two training weeks then one recovery week, to match fitness development and recovery cycles of the masters athlete.

I've developed this plan using the Performance Manager: <http://lwcoaching.com/?p=95>. This provides a systematic way to apply solid training principals in just the right amount. The big picture looks like this:



The plan has five primary focal areas specific to masters: Consistency, strength, skills, intensity, and recovery.

- Consistency: Optional workouts and recovery weeks allow for flexibility and consistency with the key workouts on the plan.

- Strength: Gym work starts with a three week adaptation phase, progresses to a power phase and ends with a two week maximum strength phase. Building resilience in tendons, ligaments and improving muscular strength is a priority in this base training plan.
- Skills: Weekly time is dedicated to improving technical ride skills. Trainer rides and driveway drills are recommended as poor weather options if required.
- Intensity: Intervals start in week one and build in duration to week 12.
- Recovery: Weekly optional recovery rides and a week dedicated to recovery every third week ensure the plan matches the recovery speed of a masters athlete.

Sign up on our forum at [http://lwcoaching.com/?page\\_id=311](http://lwcoaching.com/?page_id=311) and we'll be there to answer your training and racing questions.

## PLAN GUIDELINES

You can use a heart rate monitor and/or a power meter device to monitor training intensity. Learn the ability to monitor your effort by “perceived exertion” (PE) along with data devices. This skill is important if your devices fail in a race or a key workout. Using a power meter or HR monitor helps to calibrate PE with reality. See <http://lwcoaching.com/?p=138> for more on testing performance levels.

Heart rate intensity regions are referred to as “zones”, while power ranges are referred to as “levels”. For example, “L3” is power level 3 and “Z3” is heart rate zone 3. You will do a performance test on the 2<sup>nd</sup> day of the plan to establish your training zones and levels (if you have a power meter).

Specified workout durations always refer to *moving* time. There can be a big difference between moving time and elapsed time. A key objective for workouts can be to minimize stopped time. Tracking the difference between moving and elapsed time is important and can be done easily with a device. Most Garmin devices can display it on the screen in real-time as well.

You can enter and save notes into certain areas of the plan PDF. To see where those sections are, highlight form fields in Adobe Reader.



Please fill out the following form. You can save data typed into this form.



Highlight Fields



## Masters 40+ Cross Country Mountain Bike Base Training Plan

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Week 1 11:04	Stren 1:00	Bike 1:30	Stren 1:00	Bike 1:00	Stren 0:30	MTB 2:00	Bike 2:15
		Regen 0:10	Bike 0:30	Regen 0:10	Bike 0:30	Yoga 0:20	Regen 0:10

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Week 2 12:05	Stren 1:00	Bike 1:00	Stren 1:00	Bike 1:15	Stren 0:30	MTB 2:30	Bike 3:00
		Regen 0:10	Bike 0:30	Regen 0:10	Bike 0:30	Yoga 0:20	Regen 0:10

Welcome to the LW Coaching Training Plan. 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: Strength

**Duration:** 1:00

*notes*

Focus: Adaptation to strength training.

Warm up with 5 mins of cardio activity. Then do 2x20 reps with 30 secs rest between sets. Use light weights. Never go to failure. Lift with good technique and at a comfortable speed. Squats, seated row, deadlift, 10 minutes of core work. Review our [core strength for mountain bikers doc](#) for core training suggestions. Then do hamstring curl, lat pull down to front, bench press.

Then for 10 mins do core work or strengthen a personal weakness or complete personal rehab exercises. Finish with 5 minutes of stretching.

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

### Week 1, Day 2

#### 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 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: Strength

**Duration:** 1:00

*notes*

Focus: Adaptation to strength training.

Warm up with 5 mins of cardio activity. Then do 2x20 reps with 30 secs rest between sets. Use light weights or body weight only. Never go to failure. Lift with good technique and at a comfortable speed. [Power clean](#), [pushpress barbell](#), [glute bridge 1-leg](#), 10 minutes of core work, [box blast 20 each leg](#), [dumbbell 1 arm snatch 20 reps each side](#), standing straight arm pull down.

Then for 10 mins do core work or strengthen a personal weakness or complete personal rehab exercises. Finish with 5 minutes of stretching.

### Workout 2: Bike

**Duration:** 0:30

Optional easy recovery spin on a mostly flat course in heart rate zone 1. If you are sleepy tired or time crunched miss this ride out. You can bike commute, do errands on your bike, warm up for strength work on a stationary bike, spin on rollers etc. Any pedaling time counts towards this session. The strength session today is higher priority than this ride. This is a low priority ride.

*Daily Stats*

Duration:

Distance:

PE:

TSS:

IF:

## Week 1, Day 4

### Workout 1: Bike

**Duration:** 1:00

*notes*

Warm up well then ride 3 X 6 minutes in power L4 or building to heart rate zone 4 with 2 minute L1 or heart rate zone 1 recoveries between each. Watch power carefully today and avoid any L5 creep no matter how easy it feels. Put 18 mins total of pedaling time in your L4 power bin today and zero minutes in your L5 power bin.

### 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:** 0:30

*notes*

Core workout. Spend 30 minutes doing a routine combining stretching, core/stability work especially with the physioball, and optionally some upper body exercises (light weight/bodyweight only).

Review our [core strength for mountain bikers doc](#) for exercise descriptions.

### Workout 2: Bike

**Duration:** 0:30

Optional easy recovery spin on a mostly flat course in heart rate zone 1. If you are sleepy tired or time crunched miss this ride out. You can bike commute, do errands on your bike, warm up for strength work on a stationary bike, spin on rollers etc. Any pedaling time counts towards this session. The strength session today is higher priority than this ride. This is a low priority ride.

*Daily Stats*

Duration:

Distance:

PE:

TSS:

IF:

## Week 1, Day 6

### Workout 1: MTB

**Duration:** 2:00

*notes*

Warm up in heart rate zone 1-2 for 30 minutes. Then ride to a technical section of trail you are challenged by, can ride, but are not smooth and graceful over. This section of trail should feel challenging but not scary.

Repeat your trail section until you can ride it smoothly. Observe, visualize, ride, rest, refine, repeat. The goal is to ride the obstacles with perfect form like a pro. If you pause, bobble or are less than graceful, keep repeating until you ride with flow.

Finish the ride with a short cool down spin in heart rate zones 1-2.

If trails are unrideable today, ride on the road or indoors for 60 mins in power L2 or heart rate zone 2 then add 30 mins of balance drills on your mountain bike such as track stands, slow corners and slow figure-8's. The goals are to ride easy aerobic base pace and polish technical ride skills today.

### Workout 2: Yoga

**Duration:** 0:20

Short yoga session with a focus on restorative, stretching and relaxing poses.

*Daily Stats*

Duration:

Distance:

PE:

TSS:

IF:

## Week 1, Day 7

Week 1, Day 7						
<b>Workout 1: Bike</b>	<b>Duration: 2:15</b>	<i>notes</i>				
<p>Warm up for 30 minutes in heart rate zones 1-2 or power level 1-2. Then ride 2 X 10 minute climbs at 50-60 rpm up a 5-8% hill. Recover descending and spinning easy for 5-10 minutes between repeats. Stay seated to work on hip and leg strength. Keep upper body quiet and strong. Heart rate should be in zones 2-3 or power in L3 during the ten minute low cadence reps.</p> <p>Then ride 60 minutes at a steady pace in power L2 or heart rate zone 2.</p> <p>Finish the ride time in heart rate zone 1.</p>						
<b>Workout 2: Regen</b>	<b>Duration: 0:10</b>	<i>notes</i>				
<p>Use a combination of rolling on the foam roller and stretching to work out your hot spots.</p>						
<i>Daily Stats</i>	Duration: <input style="width: 50px;" type="text"/>	Distance: <input style="width: 50px;" type="text"/>	PE: <input style="width: 50px;" type="text"/>	TSS: <input style="width: 50px;" type="text"/>	IF: <input style="width: 50px;" type="text"/>	

## Week #2 LW Coaching Masters Cross Country Base Training Plan.

## Week 2, Day 1

Week 2, Day 1						
<b>Workout 1: Strength</b>	<b>Duration: 1:00</b>	<i>notes</i>				
<p>Focus: Adaptation to strength training.</p> <p>Warm up with 5 mins of cardio activity. Then do 2x20 reps with 30 secs rest between sets. Use light weights. Never go to failure. Lift with good technique and at a comfortable speed. Squats, seated row, deadlift, 10 minutes of core work. Review our <a href="#">core strength for mountain bikers doc</a> for core training suggestions. Then do hamstring curl, lat pull down to front, bench press.</p> <p>Then for 10 mins do core work or strengthen a personal weakness or complete personal rehab exercises. Finish with 5 minutes of stretching.</p>						
<i>Daily Stats</i>	Duration: <input style="width: 50px;" type="text"/>	Distance: <input style="width: 50px;" type="text"/>	PE: <input style="width: 50px;" type="text"/>	TSS: <input style="width: 50px;" type="text"/>	IF: <input style="width: 50px;" type="text"/>	

## Week 2, Day 2

### Workout 1: Bike

**Duration:** 1:00

*notes*

Warm-up, then do ten force reps as follows: On a flat or gentle uphill, in the big chain ring and a middle gear in the rear, slow to 4-5 mph then accelerate as fast as you can with as much power as you have for 10 pedal revolutions. Stay seated. Do ten repeats. Spin easy for 3 minutes in power L1 between each repeat. Finish the ride time pedaling in power L1-2.

### 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: Strength

**Duration:** 1:00

*notes*

Focus: Adaptation to strength training.

Warm up with 5 mins of cardio activity. Then do 2x20 reps with 30 secs rest between sets. Use light weights or body weight only. Never go to failure. Lift with good technique and at a comfortable speed. [Power clean](#), [pushpress barbell](#), [glute bridge 1-leg](#), 10 minutes of core work, [box blast 20 each leg](#), [dumbbell 1 arm snatch 20 reps each side](#), standing straight arm pull down.

Then for 10 mins do core work or strengthen a personal weakness or complete personal rehab exercises. Finish with 5 minutes of stretching.

### Workout 2: Bike

**Duration:** 0:30

Optional easy recovery spin on a mostly flat course in heart rate zone 1. If you are sleepy tired or time crunched miss this ride out. You can bike commute, do errands on your bike, warm up for strength work on a stationary bike, spin on rollers etc. Any pedaling time counts towards this session. The strength session today is higher priority than this ride. This is a low priority ride.

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

## Week 2, Day 4

### Workout 1: Bike

Duration: 1:15

notes

Warm up well then ride 4 X 6 minutes in power L4 or building to heart rate zone 4 with 2 minute L1 or heart rate zone 1 recoveries between each. Watch power carefully today and avoid any L5 creep no matter how easy it feels. Put 24 mins total of pedaling time in your L4 power bin today and zero minutes in your L5 power bin.

### 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: 0:30

notes

Core workout. Spend 30 minutes doing a routine combining stretching, core/stability work especially with the physioball, and optionally some upper body exercises (light weight/bodyweight only).

Review our [core strength for mountain bikers doc](#) for exercise descriptions.

### Workout 2: Bike

Duration: 0:30

Optional easy recovery spin on a mostly flat course in heart rate zone 1. If you are sleepy tired or time crunched miss this ride out. You can bike commute, do errands on your bike, warm up for strength work on a stationary bike, spin on rollers etc. Any pedaling time counts towards this session. The strength session today is higher priority than this ride. This is a low priority ride.

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

## Week 2, Day 6

### Workout 1: MTB

**Duration:** 2:30

*notes*

Warm up in heart rate zone 1-2 for 30 minutes then work on skills for 60 mins. Ride to a technical section of trail you are challenged by, can ride, but are not smooth and graceful over. This section of trail should feel challenging but not scary.

Repeat your trail section until you can ride it smoothly. Observe, visualize, ride, rest, refine, repeat. The goal is to ride the obstacles with perfect form like a pro. If you pause, bobble or are less than graceful, keep repeating until you ride with flow.

Then ride 60 minutes at a non-stop steady pace in power L2 or heart rate zone 2.

If trails are unrideable today, ride on the road or indoors for 90 mins in power L2 or heart rate zone 2 then add 30 mins of balance drills on your mountain bike such as track stands, slow corners and slow figure-8's. The goals are to ride easy aerobic base pace and polish technical ride skills today.

### Workout 2: Yoga

**Duration:** 0:20

Short yoga session with a focus on restorative, stretching and relaxing poses.

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

## Week 2, Day 7

### Workout 1: Bike

**Duration:** 3:00

*notes*

Warm up for 30 minutes in heart rate zones 1-2 or power level 1-2. Then ride 2 X 15 minute climbs at 50-60 rpm up a 5-8% hill. Recover descending and spinning easy for 5-10 minutes between repeats. Stay seated to work on hip and leg strength. Keep upper body quiet and strong. Heart rate should be in zones 2-3 or power in level 3 during the fifteen minute low cadence reps.

Then ride 90 minutes at a steady pace in power L2 or heart rate zone 2.

Finish your ride time in heart rate zone 1 or power level 1.

### 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 #3 LW Coaching Masters Cross Country Base Training Plan.