



Arizona Trail Race 300 Training Plan

Personal Record



Training
Skills
Strategy
Technology

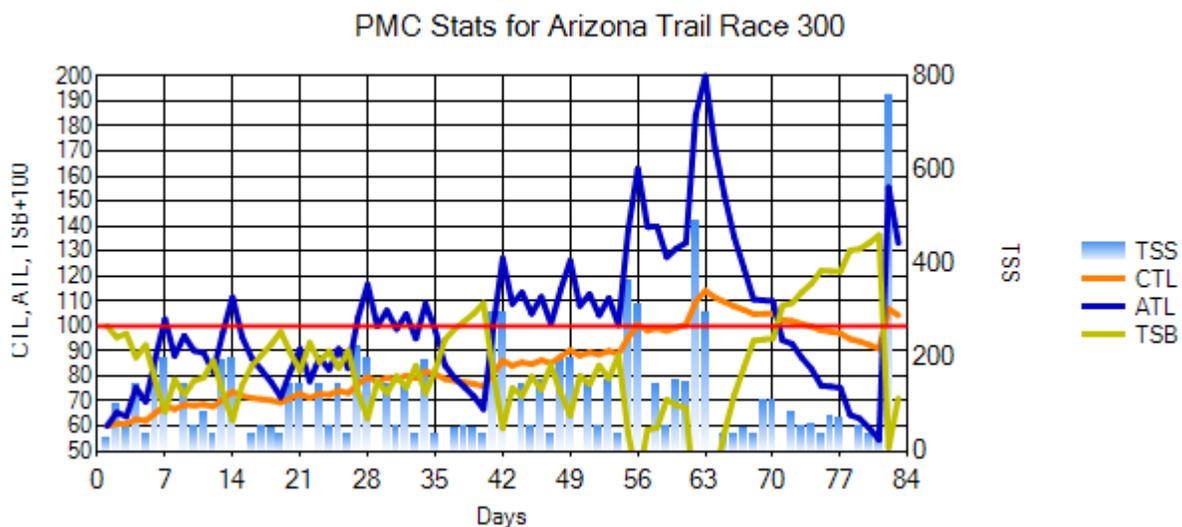
AZTR TRAINING PLAN INTRODUCTION

Welcome to the LW Coaching Arizona Trail Race training plan, and congratulations on taking the plunge! Sign up on our forum at http://lwcoaching.com/?page_id=311 and we'll be there to answer questions you may have as you prepare for this challenge.

The first thing I recommend you do, right now, is become a member of Arizona Trail Association <http://www.aztrail.org/> Supporting the ATA financially will buy you good karma on the trail but more importantly it will give you access to member only resources. As an ATA member you have access to GPS and map data, access to maps, the guidebook, the data book, the pocket maps and the loop trails information. Membership is only \$30 and very worth it.

The intent of this training plan is to lay out an aggressive training program to prepare an AZTR300 athlete physically, mentally and technically for the challenge. Some aspects of your ultimate race plan – like equipment and device choices – are subjective. Wrangling all the details of fueling, weather, equipment, devices and software into an optimal race plan is a tall challenge for which everyone must find their own “system”. I'll highlight the pros/cons of some of these subjective items as we go along to help you to make informed decisions.

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 4 primary blocks:

- Weeks 1-3: Neuromuscular power and aerobic development. Optional overnight bikepacking excursion to dial in equipment. Hike-a-bike practice. Adjust technical skills to riding loaded.
- Weeks 4-6: Threshold and VO2max power development. End block with an overnight bikepacking training mission.
- Weeks 7-9: Tempo power development. Building the ability to stay on the gas for long periods of time. Dial in bikepacking system to minimize stops and maximize efficiency. End block with 3 day/2 night bikepack training mission.
- Weeks 10 – 12: Rest, taper and final race specific preparations and key workouts to bring you to a peak at the start. AZTR starts week #12 day 5 on Friday morning.

GETTING STARTED

Familiarize yourself with the following sections early in the plan:

- Plan Guidelines to know how to best use this plan
- Bikepacking Bike Fit for important information regarding bike fit
- Devices and Software for information about GPS, training devices, training and mapping software.
- Equipment Considerations for race related beta on equipment choices for AZTR
- Race Strategy for suggestions on designing your strategy and skills/techniques to develop in training.
- Self-Supported Fueling Tips
- Keeping your GI happy
- Managing the environment
- Additional Resources



Arizona Trail Race 300

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

Week 3	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
	Stren 1:00	Bike 1:00	MTB 1:30	Bike 1:00	Stren 1:00	MTB 4:00	MTB 4:00
	15:40	Regen 0:10	Stren 0:30	Regen 0:10	Bike 1:00	Regen 0:10	Regen 0:10

Week 1: 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. [Core Strength for Mountain Bikers](#) is a good resource for more ideas. NOTE: 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.

Week 1, Day 1	
Workout 1: Info	Duration: 0:00
<p>Welcome to the LW Coaching Arizona Trail Race 300 Training Plan.</p> <p>Please take a minute to register at our LW Coaching Forum Here you can get training plan and racing questions answered.</p> <p>Today read through the Training Intensity Guidelines doc. Follow the training intensity guidelines during every workout to ensure you are riding at the correct intensity during each workout.</p> <p>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</p>	
Workout 2: Bike	Duration: 0:45
<p>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.</p>	
<i>Daily Stats</i>	Duration: <input type="text"/> Distance: <input type="text"/> PE: <input type="text"/> TSS: <input type="text"/> IF: <input type="text"/>

Week 1, Day 2

Week 1, Day 2						
Workout 1: Test	Duration: 2:00	<i>notes</i>				
<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 and 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.</p> <p>Use our LW Coaching Heart Rate Zone and Power Training level Calculator at this link to calculate your training zones/levels.</p> <p>Prior to conducting this test review our Testing Guidelines doc.</p>						
Workout 2: Regen	Duration: 0:10					
<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 1, Day 3

Week 1, Day 3						
Workout 1: MTB	Duration: 1:30	<i>notes</i>				
<p>Ride mostly single track 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.</p> <p>During the ride dismount and mount your bike five times from each side and tally up 5-10 minutes hike-a-biking.</p> <p>Power doesn't play a large role in this ride; keep HR under the top of Z3.</p>						
Workout 2: Strength	Duration: 0:30					
<p>Core training. Do a variety of exercises for your hip, abdominal and lower back muscles. Examples are bridging, pillar exercises, crunches, back extensions and Pilates. Read our Core Strength for Mountain Bikers Doc for exercise suggestions and descriptions.</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 1, Day 4

Week 1, Day 4						
Workout 1: Bike	Duration: 2:00	<i>notes</i>				
<p>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.</p> <p>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 the Training Intensity Guidelines table.</p>						
Workout 2: Regen	Duration: 0:10					
<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"/>	

Today the strength session is a higher priority than riding. Take the day off the bike today if you feel like it or are busy.

Week 1, Day 5

Week 1, Day 5						
Workout 1: Strength	Duration: 1:00	<i>notes</i>				
<p>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.</p>						
Workout 2: Bike	Duration: 1:00					
<p>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.</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 1, Day 6

Workout 1: Bike

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, you'll be sitting in. If feeling good, let'r rip!

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 7

Workout 1: MTB

Duration: 4:00

notes

Ride off-road on a technically challenging course. Work on your technical skills, descending, clearing objects, cornering, loose rocks, rock steps, sand, etc. Keep effort on the easy side. Stop frequently and assess the skill. Keep effort in heart rate zone 2 mostly, a little zone 3 is ok. Power level is mostly L2 but in the 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 3: Early this week gather your bikepacking gear. Riding loaded starts on Wednesday and will continue a few times per week up to race day. The goals of riding loaded are; adjust and learn the difference of handling a heavier bike in technical terrain, adapt your body to pedaling a heavier bike, toughen up your heels for pushing a heavy bike up steep terrain, perfect how and where to balance the weight on your bike. When you get the balance and weight distribution of the load correct, your bike should feel tight and fluid.

Week 3, Day 1						
Workout 1: Strength			Duration: 1:00		<i>notes</i>	
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.						
<i>Daily Stats</i>	Duration:	<input type="text"/>	Distance:	<input type="text"/>	PE:	<input type="text"/>
	TSS:	<input type="text"/>	IF:	<input type="text"/>		

Week 3, Day 2						
Workout 1: Bike			Duration: 1:00		<i>notes</i>	
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 today. Passive rest may be the better choice.						
Workout 2: Regen			Duration: 0:10			
Use a combination of rolling on the foam roller and stretching to work out your hot spots.						
<i>Daily Stats</i>	Duration:	<input type="text"/>	Distance:	<input type="text"/>	PE:	<input type="text"/>
	TSS:	<input type="text"/>	IF:	<input type="text"/>		

Ride with your bike and backpack loaded today!

Week 3, Day 3

Workout 1: MTB

Duration: 1:30

notes

Ride with your bike loaded up with your bikepacking gear and bags today. Wear your bikepacking backpack 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 mostly single track 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.

During the ride dismount and mount your bike five times from each side and tally up 5-10 minutes hike-a-biking.

Workout 2: Strength

Duration: 0:30

Core training. Do a variety of exercises for your hip, abdominal and lower back muscles. Examples are bridging, pillar exercises, crunches, back extensions and Pilates. Read our [Core Strength for Mountain Bikers Doc](#) for exercise suggestions and descriptions.

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

Week 3, Day 4

Workout 1: Bike

Duration: 1:00

notes

Warm up well. Then ride 20 minutes in power L3 or heart rate zone 3. Recover with some easy pedaling for 5 minutes, then do 5 X 1 minute at power L6 or 90% effort level with 2 minutes very easy spin recovery between intervals. Choose a moderate to steep uphill 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 the [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 3, Day 5

Workout 1: Strength

Duration: 1:00

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:

This weekend you have the option to do an overnight trip. If you are new to bikepacking you need to do the overnighter. If you have your bikepack system dialed in and have experience overnighing, it is optional and you can do day rides this weekend instead.

If you take the overnight trip option this weekend read through the self-supported fueling guidelines/tips before planning the weekends trail menu. When it comes to gear and what you take, the simpler the better. If you have over-packed for the ride it will become self evident rather quickly - like the first hill you come to! I strongly recommend a GPS, a water filter or purification tablets, waterproof shells, chain lube, and a lighting system as a few important items. Key objectives of this overnight outing are to learn how to operate your GPS system and any other new items.

Week 3, Day 6

Workout 1: MTB **Duration: 4:00**

notes

This ride can be done as a stand-alone ride or as an overnight trip. If you are inexperienced take the overnight option. If you have your bikepacking system dialed the overnight part is optional but still ride loaded today.

Ride: With bike and backpack loaded with overnight gear, ride 4 hours at primarily HR zone 2 or power level 2. Some sustained periods in L3/Z3 are OK, but avoid any more than 5 consecutive minutes in HR zone 4 or power level 4. Walking is perfectly fine when it gets steep! Include 10 - 30 minutes hike-a-biking in your ride.

Aim to minimize stopped time. Plan how you will hydrate and fuel, and make sure your food is available on the fly. A feedbag or a top tube mounted gas tank work well for this purpose. Easy access food will make for faster racing. Batch your tasks (jacket off/on, pee etc) to reduce the number of times you do need to stop. 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.

If you choose the overnighter option your chosen route should be around 8 hours total ride time as 4 hours today and 4 hours tomorrow. When you stop for the night jot down ideas about what you brought, what you didn't need, what you wished you had. Every trip is an opportunity to learn and refine.

Workout 2: Regen **Duration: 0:10**

Use a combination of rolling on the foam roller and stretching to work out your hot spots.

<i>Daily Stats</i>	Duration: <input style="width: 50px;" type="text"/>	Distance: <input style="width: 50px;" type="text"/>	PE: <input style="width: 30px;" type="text"/>	TSS: <input style="width: 30px;" type="text"/>	IF: <input style="width: 30px;" type="text"/>
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Week 3, Day 7

Workout 1: MTB

Duration: 4:00

notes

Overnight Day 2: Take your time packing up in the morning, making note of things that take a long time and where you can save time. Did you come prepared with good food choices? What did you bring that you didn't need? What do you wish you had? Ride steady for the first hour in heart rate zones 1-2 or power L1-2. Depending on when you start, it takes most riders a good bit of time to warm up on cool bikepacking mornings, some may even choose to walk for 10 minutes before riding. If you are feeling good today, take the effort periodically up into HR zone 3-4 or power L3-4 terrain. Get a good feel for how your loaded bike handles at speed.

Stand-alone ride option: Ride with your bike and backpack loaded again today. Warm up then ride for 60 min in heart rate zone 2 or power L2. Then ride how you feel for the remainder of the ride time. If you are feeling good today, take the effort periodically up into HR zone 3-4 or power L3-4 terrain. Get a good feel for how your loaded bike handles at speed.

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:

PLAN GUIDELINES

You can use a heart rate monitor and/or a power meter to monitor training intensity. Learn the ability to monitor your effort by “perceived exertion” (PE). This skill gets refined as we go along, which is important because you will not be interested in using HR straps or a power meter for the race. 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.

HR 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 2nd 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, especially for multi-day self-supported events. A key objective for this type of racing is to minimize stopped time. Tracking the difference between moving and elapsed time is important and it can be done easily with GPS units and TopoFusion software. Most Garmin GPS units 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