



# Colorado Trail Race Training Plan

*Personal Record*



Training  
Skills  
Strategy  
Technology

## 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
- [Thriving at Altitude](#) for information on how best to prepare for racing at 10k'+. Time training at altitude is required for good performance at CTR; how much time depends on your home elevation.

There is some flexibility built into the plan. I recommend doing at least one longer race (10 hours or more) at some point in weeks 5-8 with the ideal time probably being the end of week 7. You can race more if that is your preference; you'll need to trade some of the weekend overnights for it though. Consider what you will do for altitude acclimatization and what races (if any) you want to do prior to CTR. If you have a lot of multi-day experience already and are comfortable with your "system" racing can be a good option. Put all these considerations into your season's grand plan. I can assist on our forum ([http://lwcoaching.com/?page\\_id=311](http://lwcoaching.com/?page_id=311)) with how you may need to alter the plan for your needs – just ask!

Then, move on to these sections at your earliest convenience.

- [Devices and Software](#) for information about GPS, training devices, training and mapping software.
- [Equipment Considerations](#) for race related beta on equipment choices for CTR
- [Race Strategy](#) for suggestions on designing your strategy and skills/techniques to develop in training.
- [Self-Supported Fueling Tips](#)
- [Additional Resources](#)





LW Coaching Colorado Training Race  
Personal Record Training Plan

Week 1	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
17:45	Other 0:00	Bike 2:00	Strength 0:30	Bike 2:15	Strength 0:45	Bike 3:00	Strength 0:30
	Strength 0:45	Regen 0:15	MTB 1:45	Regen 0:15	MTB 1:30	Regen 0:15	MTB 4:00

Week 3	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
18:25	Strength 0:45	Bike 2:15	Strength 0:30	Bike 2:40	Strength 0:45	MTB 4:00	MTB 4:00
	Regen 0:15	Regen 0:15	MTB 1:45	Regen 0:15	MTB 1:00		

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 few times you'll need to carry your bike. Both will be developed in the next 12 weeks. <http://lwcoaching.com/?p=210> 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: Other		Duration: 0:00		notes			
Today read through the Training Intensity Guidelines Doc at <a href="http://lwcoaching.com/?p=132">http://lwcoaching.com/?p=132</a> . Follow the training intensity guidelines during every workout to ensure you are riding at the correct intensity during each workout.							
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.							
Daily stats	Duration:	Distance:	PE:	TSS:	IF:		

Today's test provides a set of guidelines that you can use to nail your training objectives in the coming weeks. Hit it fresh, give a best effort, and remember to smile when it really starts to burn. After you've done the test, head to <http://lwcoaching.com/trainingplans/levelCalcs.htm> to determine your training levels (power) and zones (heart rate) and write them down where you'll have easy access to them.

Note: power is optional for this plan.



Week 1, day 2							
<b>Workout 1: Bike</b>				Duration: 2:00		notes	
Heart rate, Power and Performance Field Test. Do a long gradual and deep warm up prior to the test. Then time trial 20 minutes on a flat out-back course or up a continuous gradual climb (a climb is preferred) on a smooth surface (dirt or pavement). 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>							
<b>Workout 2: Regen</b>				Duration: 0:15			
Use a combination of rolling on the foam roller and stretching to work out your hot spots.							
Daily stats	Duration:	Distance:	PE:	TSS:	IF:		

Today's ride, simple though it may seem is an important part of the plan. During CTR there will be countless times when you are faced with the decision to ride or walk - and the consequences for this simple decision carry extra weight as you will be far from help should you need it. Solid bike handling in difficult terrain and with tired legs will go a long ways towards improving your CTR experience.

Week 1, day 3							
<b>Workout 1: Strength</b>				Duration: 0:30		notes	
Core training. 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: MTB</b>				Duration: 1:45			
Ride mostly technical single track. Keep the effort level moderate and relaxed the entire ride. Focus on riding smooth, upper body limber and relaxed, eyes constantly moving about the ~6 seconds in front of you. Nothing forced, riding with full awareness of bike and trail. For an added challenge try dismounting/mounting the bike from the side you are not used to. Power doesn't play a large role in this ride; keep HR under the top of Z3.							
Daily stats	Duration:	Distance:	PE:	TSS:	IF:		



Week 1, day 4										
<b>Workout 1: Bike</b>				<b>Duration: 2:15</b>						
							<i>notes</i>			
<p>Do a gradual warm up, bringing HR to zone 3 or power to L3 at the 20 minute mark. Hold a steady power level for 20 minutes in mid to upper L3/Z3. Use your preferred cadence, keep hands loose, upper body relaxed. Terrain is flat/rolling. Spin easy for 5 minutes, arriving at the base of a 3 min climb (can also be an uninterrupted 3 minute flat section). Do 4 intervals of 3 min each at the middle of power Level 5 or HR Z5. Spin easy 3 minutes between each interval. After the last L5 interval, spin easy until recovered, then ride 20 minutes in L3/Z3. Follow up with a short easy 5 min to the finish.</p> <p>Power users tip: pace consistently over each interval; note average power over the 4 intervals.</p> <p>Heart rate users tip: HR will lag far behind effort for these. Start easier than you think you need to, it may take 2 minutes (or more) for HR to reach Z5.</p>										
<b>Workout 2: Regeneration</b>				<b>Duration: 0:15</b>						
Use a combination of rolling on the foam roller and stretching to work out your hot spots.										
<i>Daily stats</i>	Duration:		Distance:		PE:		TSS:		IF:	

Week 1, day 5										
<b>Workout 1: Strength</b>				<b>Duration: 0:45</b>						
							<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.</p>										
<b>Workout 2: MTB</b>				<b>Duration: 1:30</b>						
Mellow, easy relaxed ride on or off road. Shift often to maintain 90 rpm cadence. Light relaxed pressure on the pedals. Non technical trail.										
<i>Daily stats</i>	Duration:		Distance:		PE:		TSS:		IF:	

Choose either a low priority XC race or a fast group ride today. Focus on recovery after each hard workout. I suggest a drink containing 20 g whey protein, an additional 6-8 g glutamine, and some quick carbs ingested immediately following the ride. Blender smoothies are great - start with 8 oz orange juice, toss in some whey protein and glutamine, add fruit of your choice, maybe a touch of yogurt, and if it was a really exhausting workout add some cooked rice. Add ice if you're hot, blend and enjoy.



Week 1, day 6										
<b>Workout 1: Bike</b>				<b>Duration: 3:00</b>				notes		
At your option choose either a low priority XC race or a 3 hour fast paced group ride, road or MTB. Terrain with substantial climbs is best. Maximize time in L3/Z3. Be sure to follow this up with a solid recovery drink.										
<b>Workout 2: Regen</b>				<b>Duration: 0:15</b>						
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										
<b>Workout 1: Strength</b>				<b>Duration: 0:30</b>				notes		
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.										
<b>Workout 2: MTB</b>				<b>Duration: 4:00</b>						
Choose a trail with long gradual climbs that you are able to ride keeping HR within zone 2-3. Keep cadence high - the goal today is to maintain steady aerobic pressure but keep it easier on the muscular level. When you get to descents, rage 'em! Work on technical skills, roots, rocks, steep drops, carrying speed in corners.										
Daily stats	Duration:		Distance:		PE:		TSS:		IF:	



Week 3

Week 3, day 1							
<b>Workout 1: Strength</b>				Duration: 0:45		notes	
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.							
<b>Workout 2: Regeneration</b>				Duration: 0:15			
Use a combination of rolling on the foam roller and stretching to work out your hot spots.							
Daily stats	Duration:		Distance:		PE:		TSS:



Week 3, day 2										
<b>Workout 1: Bike</b>				<b>Duration: 2:15</b>						
<i>notes</i>										
<p>Do a gradual warm up, bringing HR to zone 3 or power to L3 at the 20 minute mark. Hold a steady power level for 20 minutes in mid to upper L3/Z3. Use a preferred cadence, keep hands loose, upper body relaxed. Terrain is flat/rolling. Spin easy for 5 minutes, arriving at the base of a 4 min climb (can also be an uninterrupted 4 minute flat section). Do 4 intervals of 4 min each at the middle of power Level 5 or HR Z5. Spin easy 4 minutes between each interval. After the last L5 interval, spin easy until recovered, then ride 20 minutes in L3/Z3. Follow up with a short easy 5 min to the finish.</p> <p>Power users tip: pace consistently over each interval; note average power over the 4 intervals. Try to raise your interval average power over last week's benchmark.</p> <p>Heart rate users tip: HR will lag far behind effort for these. Start easier than you think you need to, it may take 2 minutes (or more) for HR to reach Z5.</p>										
<b>Workout 2: Regeneration</b>				<b>Duration: 0:15</b>						
Use a combination of rolling on the foam roller and stretching to work out your hot spots.										
<i>Daily stats</i>	Duration:		Distance:		PE:		TSS:		IF:	

Week 3, day 3										
<b>Workout 1: Strength</b>				<b>Duration: 0:30</b>						
<i>notes</i>										
<p>Core training. 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: MTB</b>				<b>Duration: 1:45</b>						
<p>Ride mostly technical single track. Keep the effort level moderate and relaxed the entire ride. Focus on riding smooth, seeking an effortless state of navigating the tough sections of trail. Nothing forced, riding with full awareness of bike and trail. Increase the trail challenges as your skills progress. Stop just short of crashing - crashing is not good for mojo or bones. Power doesn't play a large role in this ride; keep HR under the top of Z3.</p>										
<i>Daily stats</i>	Duration:		Distance:		PE:		TSS:		IF:	



Week 3, day 4							
<b>Workout 1: Bike</b>				Duration: 2:40		notes	
<p>Warm up well then ride 3 X 22 minutes in power L4 or HR Zone 4 with 10 minute easy recoveries between each. Do the intervals on a long climb if possible. Road bike or MTB on non-technical surface, the focus is on generating power. Pace relatively even on the intervals, but some standing for up to 30 seconds is OK on the steepest sections.</p> <p>Power tips: Aim to build average wattage by 1-3 watts per interval; note average power over all intervals. Try to bump up average power a couple watts over the previous week. Use last week's numbers to motivate a good workout.</p> <p>HR tip: it may take 5 min or more for HR to reach Zone 4, start steady to finish strong.</p>							
<b>Workout 2: Regeneration</b>				Duration: 0:15			
Use a combination of rolling on the foam roller and stretching to work out your hot spots.							
Daily stats	Duration:	Distance:	PE:	TSS:	IF:		

Read through the [self-supported fueling guidelines/tips](#) before planning the weekends trail menu.

Week 3, day 5							
<b>Workout 1: Strength</b>				Duration: 0:45		notes	
<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.</p>							
<b>Workout 2: MTB</b>				Duration: 1:00			
<p>Ride mostly flat trail or road at a comfortable fun pace. Keep the effort level low, cadence quick, and stay and relaxed the entire ride. This is a simple recovery ride to rejuvenate and to keep your systems running for tomorrows efforts.</p>							
Daily stats	Duration:	Distance:	PE:	TSS:	IF:		



When it comes to gear and what you take, the simpler the better. In this first planned overnighter there is no real need to limit what you take - if you have overpacked for the ride it will become self evident rather quickly - like the first hill you come to ;) I strongly recommend a GPS (Garmin Vista HCx is probably the best bikepackable model), a water filter with a direct connection to a hydration bladder, waterproof shells, an MP3 player, chain lube, and a lighting system as a few key items. The GPS alone will give you peace of mind in inevitable low points on the trail keeping you on course and out of the course deviation category.

A key objective of the overnight outings in this plan is to develop and know your system. Know what you put where so you can find those spare batteries easily in the dark. Know how to use the GPS without wasting time on the side of the trail. Know how that filter works, how to lube the seal if it stops functioning properly. Get a good feel for what fuels you best, how to pack it. How to efficiently pack your gear and get rolling without wasting time. It can feel overwhelming on the first overnight forray but by Aug 2 you will have it dialed.

If you are riding suspension bring a shock pump along. The extra weight means your air settings will need some tuning.

Week 3, day 6							
Workout 1: MTB		Duration: 4:00			notes		
<p>Enough serious training - it's time for some overnight action! Setup your bike for a short overnighter - chosen route should be around 8 hours total ride time. 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!</p> <p>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.</p> <p>A second key 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.</p>							
Daily stats	Duration:		Distance:		PE:		TSS: IF:



Week 3, day 7										
Workout 1: MTB					Duration: 4:00			notes		
<p>Overnight day 2. Take your time packing up in the morning, making conscious or actual notes of things that take a long time, 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?</p> <p>Ride steady for the first hour. 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 L3/4 terrain. Next week is a lighter week and there's no time like now to rip that trail in the early morning sun. Get a good feel for how your loaded bike handles at speed.</p>										
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. We’ll 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, 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; 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.



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