

4-Week NICA Stamina & Power Program

Weekly Schedule

Monday

Gym: Strength Focus

Tuesday

NICA Team Practice

Wednesday

Gym: Power & Explosiveness

Thursday

NICA Team Practice

Friday

Gym: Strength Endurance & Core

Saturday

Long Endurance Ride

Sunday

Recovery Ride or Easy Trail Ride

Week 1

Monday: Lower Body Strength

- Back Squat: 4 × 6
- Romanian Deadlift: 3 × 8
- Walking Lunges: 3 × 10/leg
- Standing Calf Raises: 3 × 15
- Front Plank: 3 × 45 sec

Keep weights moderate and focus on technique.

Tuesday

NICA Practice

Wednesday: Power Day

- Box Jumps: 3 × 5
- Medicine Ball Slams: 3 × 10
- Trap Bar Deadlift: 4 × 5
- Kettlebell Swings: 3 × 15
- Side Plank: 3 × 30 sec each side

Thursday

NICA Practice

Friday: Strength Endurance

Perform 3 rounds:

- Goblet Squats × 15
- Step-Ups × 12/leg
- Push-Ups × 15
- Lat Pulldown × 12
- Row Machine × 12
- Plank × 60 sec

Saturday

90-minute Zone 2 ride

Include:

- 3 × 5-minute steady climbs

Sunday

45-minute easy spin

Week 2

Increase weights 5-10%.

Monday

- Back Squat: 5 × 5
- Romanian Deadlift: 4 × 6
- Split Squats: 3 × 8/leg
- Calf Raises: 4 × 12
- Plank: 3 × 60 sec

Wednesday

- Box Jumps: 4 × 5
- Trap Bar Deadlift: 5 × 4
- Kettlebell Swings: 4 × 12
- Sled Pushes: 5 × 20 yards
- Side Plank: 3 × 45 sec

Friday

Circuit x 4 rounds:

- Goblet Squats × 15
- Dumbbell Bench × 12
- Seated Row × 12
- Step-Ups × 15
- Hanging Knee Raises × 15

Saturday

1 hour 45 minutes Zone 2

Include:

- 4 × 5-minute tempo climbs

Sunday

60-minute recovery ride

Week 3 (Peak Week)

Monday

- Back Squat: 5 × 4
- Deadlift: 4 × 4
- Bulgarian Split Squat: 3 × 8
- Leg Press: 3 × 10
- Plank: 3 × 75 sec

Wednesday

Explosive Power Session

- Box Jumps: 5 × 4
- Power Cleans: 5 × 3
- Kettlebell Swings: 4 × 15
- Sled Pushes: 6 × 20 yards
- Medicine Ball Slams: 4 × 10

Friday

Moderate Circuit x 3 rounds:

- Goblet Squat × 15
- Pull-Ups × 8
- Dumbbell Press × 12
- Walking Lunges × 12/leg
- Russian Twists × 20

Saturday

2 to 2.5 hour endurance ride

Include:

- 3 × 10-minute tempo efforts

Sunday

60-minute easy recovery ride

Week 4 (Recovery Week)

Reduce all weights by approximately 30%.

Monday

- Squat: 3 × 5
- RDL: 3 × 6
- Lunges: 2 × 10
- Core Work

Wednesday

Light Power

- Box Jumps: 3 × 4
- Kettlebell Swings: 3 × 10
- Core Circuit

Friday

Mobility & Recovery

- Foam Rolling
- Stretching
- Light Core Work

Saturday

75 to 90-minute endurance ride

Sunday

Fun trail ride

Key NICA Performance Priorities

1. **Sleep 8-10 hours nightly.**

2. **Eat carbohydrates before every practice and long ride.**
3. **Consume protein within 30-60 minutes after workouts.**
4. **Never go hard on Saturday if Tuesday and Thursday practices were exceptionally demanding.**
5. **Focus on squat, deadlift, and explosive movements because they translate directly to climbing power and repeated race accelerations.**

This plan gives the rider:

- 3 focused gym sessions per week
- 2 bike-specific practice sessions
- 1 long aerobic ride
- 1 recovery ride

That balance is excellent for a developing NICA racer looking to increase both endurance and power over a four-week block.