

Week 3

Mon

- Week #3 of the LW Coaching NICA pre-season High School Varsity mountain bike training plan.

This is a lower volume training week. It is important to regularly take lower volume training weeks to unload training fatigue and allow your body to super-compensate to the training - or in other words get fitter and faster. After this week you will find your performance will jump up a level.

Coach Lynda tip: Take care to follow the training intensity guidelines this week and avoid going over. More training and more power is not better this week. Keep a lid on it and recover as hard as you trained these last 2 weeks. Train hard, recover harder.

- **1:00 Spin Ups:** Today is a pedaling drills practice called Spin-Ups. The term cadence refers to how many crank-arm or pedal revolutions per minute (rpm) you have. Count only one side. For example, 50 complete right side pedal revolutions in one minute is 50 rpm. This is considered a low cadence. 110 rpm is a high cadence.

Spin-Ups: Warm up, then do 8 X 30 second spin-ups in HRZ1-2 to a cadence of 110 rpm in smallest gear available with 2 minutes easy pedaling between each. On a quiet flat road, trainer or rail trail is best. Relax every muscle which is not contributing to pedaling during the spin-ups. Experiment with muscle groups and see just how relaxed you can be while at 110 rpm. The goal of this workout is to fire your neuro-muscular pathways quickly but not to cause any muscular fatigue or cardiovascular work. When doing this session correctly your HR will not elevate over zone 1-2. This is a low intensity session.

RPM = Revolutions per minute. Count complete right foot only pedal circles in one minute to get your RPM score.

Cadence = Pedaling speed. Measured in RPM.

Tuesday

- **1:00 Optional ride.** Take the day off the bike in favor of passive rest if you prefer today. If you ride, do a very easy recovery spin on a flat course, trainer or rollers.
- **0:30 Core workout.** Spend 30 minutes doing this routine combining stretching and core stability work <http://lwcoaching.com/30-min-core-stretch-routine-mountain-bike-racers/>

Wed

- **1:30 Improve technical riding skills:** Ride today at an easy pace in heart rate zones 1-2 with a focus on technical riding skills. Go to a pump track, bmx track, bike park, technical trail or open area.

Today's goals are to improve technical ride skills, speed and flow on moderately challenging terrain (no big gnarr silly stuff). Work on all aspects of technical ride skills; balance, braking, cornering, descending, pumping etc.

Ride at an easy pace in HR zones 1-2 when the trail is easy. When you reach a challenging section of trail repeat it several times until you are smooth and clean and can flow the section with less energy and more speed. Brief heart rate spikes over zone 2 in the tech sections are expected and ok. Stop after challenging sections, observe the lines then re-ride with more flow and speed. Rest time counts today, so you are out on the trail for 1.5 hours and maybe pedaling for only 45 mins. This is a good session to do with friends, a better rider to learn from or with a skills coach.

- **0:10 Foam roll and stretch:** Use a combination of rolling on the foam roller and stretching to work out your hot spots.
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Thursday

- No riding today.
- **0:30 Core workout.** Follow this routine <http://lwcoaching.com/30-min-core-stretch-routine-mountain-bike-racers/>

Fri

- **1:00 Practice your XC race warm-up routine:** 5-10 mins of easy power L1/HRZ1 spinning, 5 mins of power L2/HRZ2, 5 mins of power L3/HRZ3, 5 mins of power L1-2, 1 x 1 min power L4, 3 mins power L1/HRZ1, 1 x 1 min power L5, 1 min power L1/HRZ1. Pace the 1 min L4 and L5 by PE if you do not have a power meter on your bike today.

Finish the ride time pedaling steady in power L1 or HRZ1.

- **0:10 Foam roll and stretch:** Use a combination of rolling on the foam roller and stretching to work out your hot spots.

Sat

- **1:30 Aerobic Base Ride.** Ride in heart rate zone 1-3 or power levels 1-3 today. Spend most of your ride time in zone/level 2. Choose a fun route with a mix of trails and dirt roads. Power will be in all levels when on single-track but should not stay in levels 3+ for long enough to elevate HR to zone 3+.

Alternate option: Today, drop the above ride and re-test your power training levels or heart rate training zones with the 20 minute time trial test if you feel you have gained significant fitness since you set them 3 weeks ago or if you feel your first test was not your best possible effort.

Heart rate, Power and Performance Field Test. This test is to set your power (watts) training levels and heart rate training zones. It is also used to establish a performance benchmark to compare and track your progress. You will repeat this test again later in the plan.

Do a long deep warm up prior to the test. Then time trial 20 minutes, non-stop on a flat course or up a continuous gradual climb. Pace the 20 minutes evenly with a maximal effort. Record average power if you have a power meter (a power meter is optional), average heart rate and distance covered in the 20 minutes. Finish ride time with a long easy cool down.

Use the TrainingPeaks zones calculator as follows to establish heart rate training zones:

1. Open the athlete account setting page and select Zones (athlete > settings > zones).
2. Enter the average heart rate from the 20 minute field test into the Threshold Heart Rate box.
3. Choose type Lactate Threshold from the drop down menu in the auto calculation box.
4. Choose method Joe Friel for Cycling in the drop down menu in the auto calculation box.
5. Click Calculate, then Apply, then the Save button at the bottom of the page.
6. Copy heart rate training zones 1 – 5 and start pacing by heart rate and PE!

Use the TrainingPeaks zones calculator as follows to establish power training zones:

1. Open the athlete account setting page and select Zones (athlete > settings > zones).
2. Enter into the threshold box your average 20 minute power multiplied by 0.95. E.G. Average 20 min power of 200 w x 0.95 = 190 w

3. Choose type Threshold Power from the drop down menu in the auto calculation box.
4. Choose method Coggan (6) in the drop down menu in the auto calculation box.
5. Click Calculate, then Apply, then the Save button at the bottom of the page.
6. Copy power training levels 1 – 6 and start pacing by power and PE!

Coach Lynda tip: Prior to conducting this test review the Testing Guidelines doc found at this link <http://lwcoaching.com/?p=138> for tips on how to prepare for and execute your best test.

- **0:30 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).