

# Week 2

## Mon

- Week #2 of the LW Coaching NICA pre-season High School Varsity mountain bike training plan.

Study our Training intensity guidelines doc to ensure all of your workouts are on target  
<http://lwcoaching.com/training-intensity-guidelines/>

Coach Lynda tip: Pacing accurately in workouts is important. Take care not to over-pace any single ride. This is feasible to do for a single workout but will lead to over-training, excessive fatigue and reduce the quality of subsequent sessions. Avoid the temptation of riding every session one zone higher than prescribed. It is not the fastest way to get faster. Nailing the plan is the fastest way to get faster!

- **1:15 3x10' L3:** Warm up for 30 minutes in heart rate zones 1-2 or power level 1-2. Then ride 3 X 10 minutes in power L3 or HRZ3 with 2 minutes recovery in power L1 or HRZ1 after each interval. Stay seated to work on hip and leg strength. Keep upper body quiet and strong.

Finish your ride time with an easy paced cool down in power L1 or HRZ1 .

## Tuesday

- **1:30 Moderate effort singletrack smooth flowy ride.** 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.
- **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 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, descending, cornering, 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.

## Thursday

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

## Fri

- **1:30 XC Race Warm up practice, T3 tempo, L2 aerobic base:** 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.

Then ride non-stop for 20 minutes in power L3 or HRZ3.

Finish the ride time pedaling steady in power L2 or HRZ2.

Coach Lynda tip: 1 min intervals in the warm-up routine are too short to pace by heart rate due to the physiological time lag between power to the pedals and when heart rate responds and rises.

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

## Sat

- **1:45 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+.
- **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).