

Week 4

Mon

- Week #4 of the LW Coaching NICA pre-season High School Varsity mountain bike training plan.

Coach Lynda tip: Heart rate is a response to exercise plus other variables. It is not a direct measure of exercise intensity. Athletes should be aware of the other variables that affect heart rate and cloud exact interpretation of the numbers. On days when an athlete feels their heart rate is "off" it is likely being influenced by the other variables. These are hydration, fatigue, health status, motivation and more.

When an athlete feels "off" they should replace the workout with a recovery ride or take the day off. Athletes should never force their heart rate into a training zone when they are feeling off.

Watch out for days you feel highly motivated but are carrying too much fatigue. Drop the workout and add more recovery on these days. Not being able to get your heart rate up into the target zone is a warning sign something is off and a red flag telling you to take action asap.

- **1:15 Power Sprints:** Ride today in heart rate zones 1-2 or power L1-2. Include 3 sets of 5 x 8 second sprints. Sprint at max effort. Power should hit L6+ on every sprint. 3 minutes recovery between each sprint and 5 minutes between each set. Do the sprints on varying terrain at max effort. Finish with a short easy cool down.

Tuesday

- **1:30 Hilly Zone 3 Climbs:** Warm up for 30 minutes by starting out in HRZ1 or power L1 and gradually ramping up your intensity over 30 minutes to HRZ3 or power L3.

For the next 30 mins ride a hilly course. Ride the uphill in HRZ3 or power L3 and any flat sections in HRZ2 or power L2. Coast or ride in HRZ1 on the descents. Work on flowing down the trail with minimal braking on the descents.

Finish the ride time pedaling at an easy recovery pace in HR zones 1-2 or power L1-2. If you are tired today, miss out the last 30 mins of the ride.

- **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, 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 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 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 30 minutes in power L3 or HRZ3.

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

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

Sat

- **2:00 Hill ride w/ long climbs:** Ride a hilly course with long climbs. Stay in the heart rate 2-4 zones or mostly power L3 on uphill. No anaerobic. Do not force the effort on hills. Hold back some on climbs. Mostly seated on climbs.
- **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).