

Week 6

Mon

- Week #6 of the LW Coaching NICA pre-season High School Varsity mountain bike training plan.

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

- Today is a pedaling drills practice called Spin-Ups. To perform a Spin-up, slowly increase your cadence (or spin-up) from low rpm to 110 rpm over 30 seconds. If you lose a smooth pedal stroke or bounce in the saddle, lower your cadence until you regain form. Work on getting cadence up to 110 rpm with good form.

1:00 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 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.

Tuesday

- **1:00 Optional ride.** Take the day off the bike in favor of passive rest if you prefer today. 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, 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 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

- **1:00 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.

Then ride 10 minutes in power L3/HRZ3, 1 min in power L1/HRZ1, 4 x 1 min in power L5 or building to HRZ5 by the end of each minute with 3 minutes power L1/HRZ1 recovery after each.

Finish the ride time with a short power L1 or HRZ1 spin.

Coach Lynda tip: 1 min intervals 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. Click on the paper clip icon above and download the LW Coaching Training Intensity Guidelines doc attached to this workout to learn how to accurately pace with PE and calibrate your PE numbers.

- **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 Heart rate, Power and Performance field test:**

This test is to check your power (watts) training levels and heart rate training zones. After this test, compare your results data to your previous test done in week one. Readjust your power training levels and heart rate training zones based on this tests results. This week you should see significant improvement in performance compared to week #1.

Do a long deep warm up prior to the test. Then time trial 20 minutes on a flat out-back course or up a continuous gradual climb. 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 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).