

# Week 7

## Mon

- Week #7 of the LW Coaching NICA pre-season High School Varsity mountain bike training plan.

Coach Lynda tip: Within 30 minutes of ending hard or long workouts take in some nutrition to speed your recovery. This includes at least 20 grams of protein and 40 grams to carbohydrate adding up to 240 calories or more. This can be a commercial recovery drink such as Carborocket Rehab and/or real food. Look for a commercial recovery drink that includes the amino-acid glutamine in the ingredients. Real food options are such as a piece of fruit and some tuna or greek yogurt plus fresh berries or an apple with almond butter. A peanut butter jelly sandwich does not perfectly fit the recovery profile but is a lot better than nothing. Go for a PBJ if that is all you have available. Refueling quickly after workouts will increase the speed you recover from hard and long rides and make you faster, faster. Train hard, recover harder, get faster.

- **1:30 Hill intervals.** Warm up for 30 minutes then ride uphill for 4 x 6 minutes in heart rate zone 4 or power L4 with 3 minutes recovery after each interval in HR Z1 or power L1. Finish ride time spinning your legs easily in HRZ1 or power L1.

Coach Lynda tip: Be accurate with your interval intensity on this workout. It is possible to do all of these intervals in power L5/HRZ5 if you push really hard. The drawback of riding over target zone today is reduced workout quality tomorrow and ultimately less fitness build. More power is not always better. Be accurate and nail your target heart rate zone or power level. Train smarter not harder on key days like this.

## 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 45 mins ride a hilly course. Ride the uphills 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.

- **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

- **1:45 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 45 minutes in power L3 or HRZ3.

Finish the ride with an easy cool down spin in HR zones 1-2.

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

## Sat

- **2:30 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. Mix up seated and standing pedaling on the 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).