

Week 11

Mon

- **2:00 Hill intervals.** Warm up for 30 minutes then ride uphill for 6 x 8 minutes in heart rate zone 4 or power L4 with 4 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

- **1:35 XC race pace skills 60min race effort:** Practice your technical bike handling skills at XC race pace today.

Start with your 30 minute XC warm-up routine. Then ride at XC race pace on a route that mimics a NICA race course for 60 mins. Focus on excellent technical riding skills at race pace: fast downhill, cornering etc. Take little breaks if needed to stay fresh and stay focused on the technical riding aspect. Get that feeling going that you are riling the trails. Finish with a short and easy cool down.

Coach Lynda tip: This is a hard session. Get in some recovery nutrition within 30 minutes of ending this ride with a recovery drink or a snack with a mix of carbohydrates and protein (e.g apple with almond butter or quinoa with eggs, or Carborocket Rehab recovery drink). Refuel quick to recover quick.

Alternative session option: Practice your XC warm-up routine then race a mid-week MTB series race.

- **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, with friends 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 L3 tempo:** Warm up for 15 minutes then ride non-stop for 60 minutes in power L3 or HRZ3. This is best done on a flat course where you can stay on the gas non-stop for most of the ride time.

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

- **2:45 Hill ride with 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).