

Week 12

Mon

- 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 Recovery:** 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 Recovery:** Mellow, easy recovery ride. Light relaxed pressure on the pedals. Non technical trail if off-road. Bike path is a good choice.
- **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 Moderate effort single track 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 a routine combining stretching, core/stability work especially with the physioball, and optionally some upper body exercises (light weight/bodyweight only).