

**4-Month Base to Race Plan Mountain Bike : Week #1**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
11/1	11/2	11/3	11/4	11/5	11/6	11/7
<p><b>Day Off : Rest Day</b>  <b>Workout Description:</b>                      Rest and recover today. Don't stand if you can sit, don't sit if you can lay down.</p>	<p><b>MTB : Endurance</b>  <b>Duration (P):</b> 1:30:00  <b>Distance (P):</b> 30 miles  <b>Workout Description:</b>                      Goal: To increase general endurance capacity (i.e. glycogen storage, functional threshold)                      Description: After warming up, hold pace at 56% - 76% of your threshold power; 69% - 89% of heart rate threshold. Try to avoid any prolonged hard efforts and keep cadence high (90+ rpm). Stay seated on all climbs. Cool down for aprox. 10 minutes.  <b>Pre Activity Comments:</b>                      Welcome to your first week of the 4-month Base to Race training program. The first phase of training will be focused on increase your power output at threshold and increasing endurance. Your longest rides for this first phase of training should approach 1.5 times your longest race. (For example: your longest race is 2 hours so your long rides should be building up to 3 hours by the end of this training phase).</p>	<p><b>Bike : Threshold Intervals</b>  <b>Duration (P):</b> 1:30:00  <b>Distance (P):</b> 30 miles  <b>Workout Description:</b>                      Warm Up for 15 minutes at a steady pace with a high cadence. Then complete two 15-minute efforts at 90 - 95% of your power threshold or at 97 - 100% of your heart rate threshold seperated by 5 minutes of easy pedaling. These can be done on hills or on the flats but try to avoid extended downhills or any interruptions. The goal is to stay at the recommended power level as long as possible. Cool down for at least 15 minutes.  <b>Pre Activity Comments:</b>                      After your intervals, finish out the workout at endurance pace to complete the prescribed time. If you are limited on time or have to do this workout on a trainer just warm-up, complete intervals, then cool down.</p>	<p><b>Bike : Endurance</b>  <b>Duration (P):</b> 1:30:00  <b>Distance (P):</b> 30 miles  <b>Workout Description:</b>                      Goal: To increase general endurance capacity (i.e. glycogen storage, functional threshold)                      Description: After warming up, hold pace at 56% - 76% of your threshold power; 69% - 89% of heart rate threshold. Try to avoid any prolonged hard efforts and keep cadence high (90+ rpm). Stay seated on all climbs. Cool down for aprox. 10 minutes.</p>	<p><b>Day Off : Rest Day</b>  <b>Workout Description:</b>                      Rest and recover today. Don't stand if you can sit, don't sit if you can lay down.</p>	<p><b>Bike : Endurance</b>  <b>Duration (P):</b> 1:30:00  <b>Distance (P):</b> 30 miles  <b>Workout Description:</b>                      Goal: To increase general endurance capacity (i.e. glycogen storage, functional threshold)                      Description: After warming up, hold pace at 56% - 76% of your threshold power; 69% - 89% of heart rate threshold. Try to avoid any prolonged hard efforts and keep cadence high (90+ rpm). Stay seated on all climbs. Cool down for aprox. 10 minutes.</p>	<p><b>MTB : Endurance</b>  <b>Duration (P):</b> 2:00:00  <b>Distance (P):</b> 35 miles  <b>Workout Description:</b>                      Goal: To increase general endurance capacity (i.e. glycogen storage, functional threshold)                      Description: After warming up, hold pace at 56% - 76% of your threshold power; 69% - 89% of heart rate threshold. Try to avoid any prolonged hard efforts and keep cadence high (90+ rpm). Stay seated on all climbs. Cool down for aprox. 10 minutes.  <b>Pre Activity Comments:</b>                      This ride should be close to your average race length.</p>

**Planned: MTB: 3:30:00 / 65 mi    Bike: 4:30:00 / 90 mi    Total: 8:00:00**