

8 weeks to your
FIRST
Mountain Bike
RACE
week 1

DAY	PHASE	TRAINING	ZONE	NOTES
MONDAY	Preconditioning	1.5 HOURS	Zone 2 and Zone 3	Try to keep cadence high throughout (>90 RPM)
TUESDAY		IMTG RIDE: 60MIN	Zone 2 only	FASTED STATE: Do not eat breakfast or eat any meal for at least 5 hours before ride. Drink water for the first 60min and then switch to a carbohydrate drink and finish the ride immediately. Keep to zone 2 only and eat immediately after finishing the training session.
WEDNESDAY	Rest			
THURSDAY		1.5 HOURS	Zone 2 and Zone 3	Try to keep cadence high throughout (>90 RPM)
FRIDAY		CROSS TRAINING: 1-2 hours of Gym / pilates / core stability training		
SATURDAY		1.5 HOURS	Zone 2 and Zone 3	Self selected cadence
SUNDAY		1.5 HOURS	Zone 2 only	Try to keep cadence high throughout (>90 RPM)