

8 weeks to your
FIRST
Mountain Bike
RACE
 week 4

DAY	PHASE	TRAINING	ZONE	NOTES
MONDAY		Rest		
TUESDAY		INTERVALS	Zone 2 and Zone 3	Warm up for 30 min in zone 2 and 3; Follow with 6 x 3 minutes in a high gear and at a low cadence (45-50 RPM) (Use a gear which you can only just turn over. Try to do each of these hard efforts on a gentle uphill to keep the speed constant. Rest for 5 min in zone 2 between each hard effort. Warm down for 30 min in zone 2 to finish
WEDNESDAY		1 HOUR RECOVERY RIDE	Zone 2 only	Try to keep cadence high throughout (>90 RPM)
THURSDAY		1.5 HOURS	Zone 2 and Zone 3	Try to keep cadence high throughout (>90 RPM)
FRIDAY		Rest		
SATURDAY		2 HOURS	Zone 2 and Zone 3	Self selected cadence
SUNDAY		2.5 HOURS	Zone 2 only	Try to keep cadence high throughout (>90 RPM)