

8 weeks to your  
**FIRST**  
*Mountain Bike*  
**RACE**  
 week 7

DAY	PHASE	TRAINING	ZONE	NOTES
<b>MONDAY</b>		Rest		
<b>TUESDAY</b>		<b>INTERVALS</b>	Zone 2 and Zone 3	Warm up for 30 min in zone 2 and 3: Follow this with 2 x 6 minutes in zone 4. Rest for 10min in zone 2 between each interval. Try to do the interval on a moderate, long climb (8-10%). Warm down for 30 minutes in zone 2 afterwards.
<b>WEDNESDAY</b>		Recovery Phase	Rest	
<b>THURSDAY</b>		<b>1 HOUR RECOVERY RIDE</b>	Zone 2 only	Try to keep cadence high throughout (>90 RPM)
<b>FRIDAY</b>		Rest		
<b>SATURDAY</b>	Intermediate Phase	<b>2 HOURS</b>	Zone 2 and Zone 3	Self selected cadence
<b>SUNDAY</b>		<b>2.5 HOURS</b>	Zone 2 only	Try to keep cadence high throughout (>90 RPM)