

8 weeks to your
FIRST
Mountain Bike
RACE
 week 8



DAY	PHASE	TRAINING	ZONE	NOTES
MONDAY	Taper Phase	1 HOUR RECOVERY RIDE	Zone 2 only	Try to keep cadence high throughout (>90 RPM)
TUESDAY	Rest			
WEDNESDAY		2 HOURS	Zone 2 and Zone 3	Self selected cadence
THURSDAY		INTERVALS	Zone 2 Zone 3 Zone 4	30 min warmup zone 2 and 3: 3 x 4 min zone 4 heart rate (Not zone 5!). Rest 5 min in zone 2 between each harder effort. Warm down for 20 min in zone 2.
FRIDAY	Rest			
SATURDAY		2 HOURS	Zone 2 Zone 3 Zone 4	Zone 2 and 3 with 4 x 2 minute accelerations to bring your heart rate up to zone 4 for the last 30 seconds of each acceleration (Use a relatively hard gear and lowish cadence (70-80). Rest for 5 min between each acceleration. (These are not supposed to be hard intervals)
SUNDAY	40KM MTB RACE			