

8 weeks to your
FIRST
Mountain Bike
RACE
 week 3



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 3 x 10 minutes of seated climbing on a moderate gradient. Keep the cadence low (50-65) and use a low gear to keep the intensity below the mid zone 3 range. Keep your shoulders and hands relaxed during the climbing and focus on keeping the pelvis steady. If you struggle to sit for the entire climb then stand for 50 metres and then sit again. Rest for 10min in zone 2 between each climbing effort. Recover for 20min in zone 2 to finish.
WEDNESDAY		Rest		
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 HOURS	Zone 2 only	Try to keep cadence high throughout (>90 RPM)