

8 weeks to your
FIRST
Mountain Bike
RACE
week 5



| DAY | PHASE | TRAINING | ZONE | NOTES |
|-----------|-------|----------------------|----------------------------|---|
| MONDAY | | Rest | | |
| TUESDAY | | INTERVALS | Zone 2 Zone 3 Zone 4 | Warm up for 20 min in zone 2 and 3: Follow this with 2 x 10 minutes of seated climbing on a moderate gradient (6- 8%). Keep your cadence low (50-65) and keep the intensity moderate – below Zone 4 and preferably in the middle of Zone 3. If you find the intensity too high then use a lower gear but keep the cadence low. Recovery of 10 minutes – zone 2 between each of the climbs. Try to keep your shoulders and hands relaxed during the climbs. If you cannot sit anymore then stand for 50 metres and then sit again. |
| WEDNESDAY | | 1 HOUR RECOVERY RIDE | Zone 2 only | Try to keep cadence high throughout (>90 RPM) |
| THURSDAY | | 2 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 | | 3 HOURS | Zone 2 only | Try to keep cadence high throughout (>90 RPM) |

