

Sturdy Dirty 14 Weeks to Race Day!

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1 July 5-11	<p>Regeneration and Mobility</p> <ul style="list-style-type: none"> *Bird Dog/Straight leg kickback: 12 each leg *Front plank: 3 holds 20 sec each *Side plank Left: 3 holds 20 sec each *Side plank Right: 3 holds 20 sec each *Hip Bridges: 3 holds 30 sec each *Russian twists: 20 twists (10 each side) *Around the worlds: 8 rotations each direction *Preacher Stretch: 3 holds 20 sec each 	<p>Spin ups and sprints</p> <p>Ride Time: 1HR</p> <p>Ride at a moderate to easy pace most of the time. Within that ride do: 5 x 30seconds spin ups: spin in an easy gear as fast as you can for the allotted time. Pedal at a normal cadence for 2-5 min between each.</p> <p>Then: 5 x 10second sprints! do an all out sprint for 10 seconds, your legs should be screaming by the 8-10 second point. 4-5 min of easy pedaling between each.</p> <p>This can be don on a commute, on the trail, or anywhere you bike.</p>	<p>Strength</p> <p>Warm up with dynamic movements for 5 min such as: Jumping Jacks, High knee's, extended arm circles etc.</p> <p>Main set: Mountain climbers: 20 Wall jumps: 20 Pushups: 10 Band pull apart: 10 Walking lunges: 20 (10 each leg) Side lunges: 20 (10 each leg)</p>	<p>Skills and drills</p> <p>Ride time: 1-1.5hrs</p> <p>Ride pace at (Zone 2) endurance. Mountain bike if you can, if you don't have that option still work on smooth cornering and throw in a bunny hop or wheel lift a few times within your ride.</p>	<p>Rest Day!</p> <p>Ride Time: 0</p> <p>Rest and recover so you are fresh for the weekend!</p>	<p>Climb to Technical 2:30</p> <p>Ride Time: 2:30Free Ride, any Zone</p> <p>Goal 1: 1500-2000 ft of climbing Goal 2: Work on a technical feature that is not your strong point.</p> <p>Have Fun and stay loose!</p>	<p>Optional Ride</p> <p>Ride Time: Any</p> <p>Lower pace ride. Ideally ride with a group, go out and have fun and enjoy the day.</p>
Week 2 --- Rest Week July 12-18	<p>Regeneration and Mobility</p> <ul style="list-style-type: none"> *Bird Dog/Straight leg kickback: 15 each leg *Front plank: 3 holds 30 sec each *Side plank Left: 3 holds 30 sec each *Side plank Right: 3 holds 30 sec each *Hip Bridges: 3 holds 30 sec each *Russian twists: 30 twists (15 each side) *Around the worlds: 10 rotations each direction *Preacher Stretch: 3 holds 20 sec each 	<p>Easy spin</p> <p>Ride time: 30-60minutes</p> <p>chill ride around the neighborhood, to the grocery store or library etc. Or take the day off if you need the rest.</p>	<p>Strength</p> <p>Warm up with dynamic movements for 5 min such as: Jumping Jacks, High knee's, extended arm circles etc.</p> <p>Main set: Mountain climbers: 30 Wall jumps: 20 Pushups: 12 Band pull apart: 12 Walking lunges: 24 (10 each leg) Side lunges: 20 (10 each leg) Air squats: 20</p>	<p>Skills and drills</p> <p>Ride time: 1-1.5hrs</p> <p>Ride pace at (Zone 2) endurance. Mountain bike if you can, if you don't have that option still work on smooth cornering and throw in a bunny hop or wheel lift a few times within your ride.</p>	<p>Rest Day!</p> <p>Ride Time: 0</p> <p>Rest and recover so you are fresh for the weekend!</p>	<p>Climb to Technical 2:30</p> <p>Ride Time: 2:30Free Ride, any Zone</p> <p>Goal 1: 1500-2000 ft of climbing Goal 2: Work on a technical feature that is not your strong point.</p> <p>Have Fun and stay loose!</p>	<p>Optional Ride</p> <p>Ride Time: Any</p> <p>Lower pace ride. Ideally ride with a group, go out and have fun and enjoy the day.</p>

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 3 July 19-25	Regeneration and Mobility *Bird Dog/Straight leg kickback: 15 each leg *Front plank: 3 holds 30 sec each *Side plank Left: 3 holds 30 sec each *Side plank Right: 3 holds 30 sec each *Hip Bridges: 3 holds 30 sec each *Russian twists: 30 twists (15 each side) *Around the worlds: 10 rotations each direction *Preacher Stretch: 3 holds 20 sec each	Tempo 2 x 10min [Zone 3] Ride Time: 1hr Warm up well for 10-15 min Goal 1: 2 x 10min blocks at Zone 3 pace (Tempo) You should feel a slight burn in the legs and breathing will be labored. Recover for 5-10 minutes between each. All other time: Zone 2, all day pace. This can be a flat, a climb or a rolling course.	Strength Warm up with dynamic movements for 5 min such as: Jumping Jacks, High knee's, extended arm circles etc. Main set, do 2 rounds of the following: Mountain climbers: 20 Wall jumps: 20 Pushups: 10 Band pull apart: 10 Walking lunges: 20 (10 each leg) Side lunges: 20 (10 each leg) Air squats: 20	Hill Climbs 4 x 4 (optional/extra) Ride time: 1:15 Warm up well for 10-15 min Goal1: 4 x 4min hill climbs at threshold/Zone 4 Hard to hold pace with constant burn in the legs but you can hold it for the full 4 min. Easy to moderate pedaling for 3-5 min between each climb. Flexible endurance pace (Zones 1 and 2) for all remaining time.	Rest Day! Ride Time: 0 Rest and recover so you are fresh for the weekend!	Climb to Technical Ride Time: 3:00 Free Ride, any Zone Goal 1: 2500 ft of climbing Goal 2: Do 2 Stage Starts (from a stop start a downhill sections in a hard gear and go all out for 5-10 sec before the trail goes down) Goal 3: Work on a technical feature that is not your strong point. Have Fun and stay loose!	Optional Ride Ride Time: Any Lower pace ride. Ideally ride with a group, go out and have fun and enjoy the day.
Week 4 July 26-Aug 1	Regeneration and Mobility *Bird Dog/Straight leg kickback: 12 each leg *Front plank: 3 holds 20 sec each *Side plank Left: 3 holds 20 sec each *Side plank Right: 3 holds 20 sec each *Hip Bridges: 3 holds 30 sec each *Russian twists: 20 twists (10 each side) *Around the worlds: 8 rotations each direction *Preacher Stretch: 3 holds 20 sec each	Tempo 2 x 15min [Zone 3] Ride Time: 1hr Warm up well for 10-15 min Goal 1: 2 x 15min blocks at Zone 3 pace (Tempo) You should feel a slight burn in the legs and breathing will be labored. Recover for 5-10 minutes between each. All other time: Zone 2, all day pace. This can be a flat, a climb or a rolling course.	Strength Warm up with dynamic movements for 5 min such as: Jumping Jacks, High knee's, extended arm circles etc. Main set, do 2 rounds of the following: Mountain climbers: 20 Wall jumps: 20 Pushups: 10 Band pull apart: 10 Walking lunges: 20 (10 each leg) Side lunges: 20 (10 each leg) Air squats: 20	Hill Climbs 4 x 6 (optional/extra) Ride time: 1:15 Warm up well for 10-15 min Goal1: 4 x 6min hill climbs at threshold/Zone 4 Hard to hold pace with constant burn in the legs but you can hold it for the full 4 min. Easy to moderate pedaling for 3-5 min between each climb. Flexible endurance pace (Zones 1 and 2) for all remaining time.	Rest Day! Ride Time: 0 Rest and recover so you are fresh for the weekend!	Climb to Technical Ride Time: 3:15 Free Ride, any Zone Goal 1: 2500 ft of climbing Goal 2: Do 2 Stage Starts (from a stop start a downhill sections in a hard gear and go all out for 5-10 sec before the trail goes down) Goal 3: Work on a technical feature that is not your strong point. Have Fun and stay loose!	Optional Ride Ride Time: Any Lower pace ride. Ideally ride with a group, go out and have fun and enjoy the day.

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Week 5 Aug 2-8	Regeneration and Mobility *Bird Dog/Straight leg kickback: 15 each leg *Front plank: 3 holds 30 sec each *Side plank Left: 3 holds 30 sec each *Side plank Right: 3 holds 30 sec each *Hip Bridges: 3 holds 30 sec each *Russian twists: 30 twists (15 each side) *Around the worlds: 10 rotations each direction *Preacher Stretch: 3 holds 20 sec each	Zone 3 [Tempo] 2 x 20min Ride Time: 1:15 Warm up well for 10-15 min Goal 1: 2 x 20min blocks at Zone 3 pace (Tempo) You should feel a slight burn in the legs and breathing will be labored. Recover for 5-10 minutes between each. All other time: Zone 2, all day pace. This can be a flat, a climb or a rolling course. Same as last week, keep building that higher intensity endurance.	Strength Warm up with dynamic movements for 5 min such as: Jumping Jacks, High knee's, extended arm circles etc. Main set, do 2 rounds of the following: Mountain climbers: 20 Wall jumps: 20 Pushups: 15 Band pull apart: 15 Walking lunges: 30 (15 each leg) Side lunges: 20 (10 each leg) Air squats: 20	Zone 4 Climb 6 x 4 (optional/extra) Ride time: 1:15 Warm up well for 10-15 min. Goal1: 6 x 4min hill climbs at threshold/Zone 4 Hard to hold pace with constant burn in the legs but you can hold it for the full 4 min. Easy to moderate pedaling for 3-5 min between each climb. Flexible/easy endurance pace (zones 1 and 2 for most of the ride This time you are doing the shorter climb/Zone 4 but more of them (6 total), can you up your speed a little?	Rest Day! Ride Time: 0 Rest and recover so you are fresh for the weekend!	Climb to Technical Ride time: 3:30 Goal 1: 2500 ft of climbing Goal 2: Climb any climb you come to just a little harder than is comfortable and try to hold the pace all the way to the top. Goal 3: Work on a technical feature that is not your strong point. Have Fun and stay loose!	Optional Ride Ride Time: Any Lower pace ride. Ideally ride with a group, go out and have fun and enjoy the day.
Week 6 --- Rest Week! Aug 9-15	Light stretching and Mobility: Hamstring stretches Quad stretches Glute stretches calf stretches shoulder stretches Chest stretch upper and lower back stretches hip stretches	Easy pace MTB Ride Time: 1 Hour Easy paced mtb, gravel, pathway commute or other ride. Keep it mellow, breath through your nose to help control the intensity.	Rest Week strength Body weight only: 10 walking lunges (5 each leg) 10 body weight squats 10 wall jumps 10 pushups 10 Russian twists 9 Planks: 3x10second holds in each direction (3 times each)	Easy pace MTB Or Extra day off Ride Time: 1 Hour Easy paced mtb, gravel, pathway commute or other ride. Keep it mellow, breath through your nose to help control the intensity.	Rest Day! Ride Time: 0 Rest and recover so you are fresh for the weekend!	Recovery week MTB Ride Time: 1:30-2:30 Fun conversational pace MTB ride. Work on flow and control. Join a group and stop as much as you like. Goal: Climb slow and controlled keeping your HR (or perceived effort) at a Zone 2 level. This is great practice for controlling your speed/effort on the climb for race day on the transitions!	Optional Ride Ride Time: Any Lower pace ride. Ideally ride with a group, go out and have fun and enjoy the day.

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Week 7 Aug 16-22	Regeneration and Mobility *Bird Dog/Straight leg kickback: 15 each leg *Front plank: 3 holds 30 sec each *Side plank Left: 3 holds 30 sec each *Side plank Right: 3 holds 30 sec each *Hip Bridges: 3 holds 30 sec each *Russian twists: 30 twists (15 each side) *Around the worlds: 10 rotations each direction *Preacher Stretch: 3 holds 20 sec each	8 x 1min Sprints Ride time: 1 Hour (or more) Goal: 8 x 1 min sprints with 1 minute of recovery spinning between each minute of effort. All other time should be an easy to moderate Zone 1 or 2.	Strength Warm up with dynamic movements for 5 min such as: Jumping Jacks, High knee's, extended arm circles etc. Main set: Mountain climbers: 20 x 2 sets Wall jumps: 20 x 2 sets Pushups: 15 Band pull apart: 15 Walking lunges: 24 (10 each leg) Side lunges: 30 (15 each leg) Air squats: 20 x 2 sets	ALL OUT SPRINTS! [8] Ride time 1-1:30 Goal: 8 x 12 second ALL OUT sprints! These should be everything you have and unable to do more than 12 seconds. Recover for 4-5 min between each, you may feel ready before that time, but have the full recovery between, the magic to these is to let your glycogen stores replenish between each sprint so you can consistently Push just as hard on the last as you did on the first. Summary: Ride in Zones 1 and 2 for the full duration other than the 8 sprints described above.	Rest Day! Ride Time: 0 Rest and recover so you are fresh for the weekend!	Climb to Technical Ride Time: 2:45 Free Ride, push the pace on the downhill! Goal 1: 2000 ft of climbing Goal 2: Work on a technical feature that is not your strong point. Have Fun and stay loose!	Optional Ride Ride Time: Any Lower pace ride. Ideally ride with a group, go out and have fun and enjoy the day.
Week 8 Aug 23-29	Regeneration and Mobility *Bird Dog/Straight leg kickback: 15 each leg *Front plank: 3 holds 30 sec each *Side plank Left: 3 holds 30 sec each *Side plank Right: 3 holds 30 sec each *Hip Bridges: 3 holds 30 sec each *Russian twists: 30 twists (15 each side) *Around the worlds: 10 rotations each direction *Preacher Stretch: 3 holds 20 sec each	30/30's Ride time: 1 Hour Warm up well for 10-15 min including some high cadence spinning. Goal: 2 sets of 5 minutes of the following; 30 sec of all out sprint, 30 sec easy recovery spinning and repeat for the 5 min. Take a 5 min recovery and repeat for your 2nd 5 min 30/30 (sprint/rec) block Remaining time in an easy Zone 1 and 2	Strength Warm up with dynamic movements for 5 min such as: Jumping Jacks, High knee's, extended arm circles etc. Main set, do 2 rounds of the following: Mountain climbers: 20 Wall jumps: 20 Pushups: 10 Band pull apart: 10 Walking lunges: 20 (10 each leg) Side lunges: 20 (10 each leg) Air squats: 20	6 x 4 Minute hills Ride time: 1:30 Warm up well for 10-15 Minutes Goal: 6 x 4min hill climbs at Zone 4 (total burn) Recover for 3-4 minutes between each. Remaining time should be in an easy to moderate Zone 1 and 2. This can be mountain, road or gravel. It doesn't have to be on a climb, but it is most effective if you can do them there.	Rest Day! Ride Time: 0 Rest and recover so you are fresh for the weekend!	Climb to Technical Ride Time: 3-3:15 Goal 1: 2500 ft of climbing Goal 2: Do at least 30 minutes (cumulative; you can break it up however your like) at a "race pace" climb. 1 x 30min, 3 x 10 min... etc. Goal 3: Work on a technical feature that is not your strong point. Have Fun and stay loose on the tech! Smooth is fast.	Optional Ride Ride Time: Any Lower pace ride. Ideally ride with a group, go out and have fun and enjoy the day.

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Week 9 Aug 30-Sept 5	Regeneration and Mobility *Bird Dog/Straight leg kickback: 15 each leg *Front plank: 3 holds 30 sec each *Side plank Left: 3 holds 30 sec each *Side plank Right: 3 holds 30 sec each *Hip Bridges: 3 holds 30 sec each *Russian twists: 30 twists (15 each side) *Around the worlds: 10 rotations each direction *Preacher Stretch: 3 holds 20 sec each	1 Minute Sprints, 30/30's Ride Time: 1 Hr Warm up well for 10-15 minutes including a couple high cadence spin ups Goal 1: 5 x 1min. Sprints with 1 min recovery between. Recover for 5 min Goal 2: 8 min of 30/30's where 30 seconds is an all out sprint followed by 30 sec of recovery spin and repeat 8 times total. All other time in and easy to moderate Zone 1 and 2.	Strength Warm up with dynamic movements for 5 min such as: Jumping Jacks, High knee's, extended arm circles etc. Main set, do 2 rounds of the following: Mountain climbers: 30 Wall jumps: 20 Pushups: 15 Band pull apart: 15 Walking lunges: 30 (15 each leg) Side lunges: 20 (10 each leg) Air squats: 20	ALL OUT SPRINTS! [10] Ride time 1-1:30 Goal: 10 x 12 second ALL OUT sprints! These should be everything you have and unable to do more than 12 seconds. Recover for 4-5 min between each, you may feel ready before that time, but have the full recovery between, the magic to these is to let your glycogen stores replenish between each sprint so you can consistently Push just as hard on the last as you did on the first. Summary: Ride in Zones 1 and 2 for the full duration other than the 10 sprints described above.	Rest Day! Ride Time: 0 Rest and recover so you are fresh for the weekend!	Climb to Technical Ride Time: 3-3:15 Goal 1: 3000 ft of climbing Goal 2: Do at least 40 minutes (cumulative; you can break it up however your like) at a "race pace" climb. 1 x 40min, 4 x 10 min... etc. Goal 3: Work on a technical feature that is not your strong point. Have Fun and stay loose on the tech! Smooth is fast.	Optional Ride Ride Time: Any Lower pace ride. Ideally ride with a group, go out and have fun and enjoy the day.
Week 10 --- Rest Week! Sept 6-12	Light stretching and Mobility: Hamstring stretches Quad stretches Glute stretches calf stretches shoulder stretches Chest stretch upper and lower back stretches hip stretches	Easy pace MTB Ride Time: 1 Hour Easy paced mtb, gravel, pathway commute or other ride. Keep it mellow, breath through your nose to help control the intensity.	Rest Week strength Body weight only: 10 walking lunges (5 each leg) 10 body weight squats 10 wall jumps 10 pushups 10 Russian twists 9 Planks: 3x10second holds in each direction (3 times each)	Easy pace MTB Or Extra day off Ride Time: 1 Hour Easy paced mtb, gravel, pathway commute or other ride. Keep it mellow, breath through your nose to help control the intensity.	Rest Day! Ride Time: 0 Rest and recover so you are fresh for the weekend!	Recovery week MTB Ride Time: 1:30-3 HR Fun conversational pace MTB ride. Work on flow and control. Join a group and stop as much as you like. Goal: Climb slow and controlled keeping your HR (or perceived effort) at a Zone 2 level (conversational pace). This is great practice for controlling your speed/effort on the climb for race day on the transitions!	Optional Ride Ride Time: Any Lower pace ride. Ideally ride with a group, go out and have fun and enjoy the day.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 11 Sept 13-19	Regeneration and Mobility *Bird Dog/Straight leg kickback: 15 each leg *Front plank: 3 holds 30 sec each *Side plank Left: 3 holds 30 sec each *Side plank Right: 3 holds 30 sec each *Hip Bridges: 3 holds 30 sec each *Russian twists: 30 twists (15 each side) *Around the worlds: 10 rotations each direction *Preacher Stretch: 3 holds 20 sec each	6 x 2 minutes at Threshold Ride time: 1 Hr Warm up well for 10-15 minutes Goal: Zone 4[Race Pace] 6 Repetitions of 2 minutes (6 x 2) at 2 minutes race pace and 2 minute recoveries between each. Remaining time in a moderate to easy Zone 1 and 2 pace.	Strength Warm up with dynamic movements for 5 min such as: Jumping Jacks, High knee's, extended arm circles etc. Main set: Mountain climbers: 20 x 2 sets Wall jumps: 20 x 2 sets Pushups: 15 Band pull apart: 15 Walking lunges: 24 (10 each leg) Side lunges: 30 (15 each leg) Air squats: 20 x 2 sets	Skills, technical and skills! Ride time: 1-1.5 hrs Goal: Singletrack skills session. Any zone/effort level that feels good today.	Rest Day! Ride Time: 0 Rest and recover so you are fresh for the weekend!	Climb To Tech 2:15-3:15 hr ride Goal 1: Make it fun and dial in your technical today feeling the flow in the corners and over roots and rocks. Goal 2: 2500ft of climbing as a goal at an easy to moderate pace. (more is okay too :)	Optional Ride Ride Time: Any Lower pace ride. Ideally ride with a group, go out and have fun and enjoy the day.
Week 12 Sept 20-26	Regeneration and Mobility *Bird Dog/Straight leg kickback: 15 each leg *Front plank: 3 holds 30 sec each *Side plank Left: 3 holds 30 sec each *Side plank Right: 3 holds 30 sec each *Hip Bridges: 3 holds 30 sec each *Russian twists: 30 twists (15 each side) *Around the worlds: 10 rotations each direction *Preacher Stretch: 3 holds 20 sec each	30/30's: 3 sets of 6 min. Ride time: 1 Hour Warm up well for 10-15 min including some high cadence spinning. Goal: 3 sets of 6 minutes of the following; 30 sec of all out sprint, 30 sec easy recovery spinning and repeat for the 5 min. Take a 5 min recovery and repeat two more times at 6 min 30/30 (sprint/rec) blocks each. Remaining time in an easy Zone 1 and 2	Strength Warm up with dynamic movements for 5 min such as: Jumping Jacks, High knee's, extended arm circles etc. Main set, do 2 rounds of the following: Mountain climbers: 20 Wall jumps: 20 Pushups: 10 Band pull apart: 10 Walking lunges: 20 (10 each leg) Side lunges: 20 (10 each leg) Air squats: 20	3 x 10 min at threshold Ride time: 1-2 hr Warm up 10-15 minutes Goal1: incorporate 3 x 10minutes at "threshold" climbing or a mixed course/road at race pace. Rest/recover for at least 5 minutes between each with slow pedaling or stop for a break if terrain doesn't allow for slow easy pedaling. Goal 2: Trail flow (if you are on the MTB.) Once the climbing work is done (or between your race pace efforts) find your Zen and really feel your body position on corners and technical sections, keep it loose and have fun for the rest of your ride.	Rest Day! Ride Time: 0 Rest and recover so you are fresh for the weekend!	Climb to Technical 2:30-3:30 hr ride Goal 1: 3000ft of climbing as a goal at an easy to moderate pace. Goal 2: get in 1 x 30 minutes at a solid Zone 3 pace (feeling the burn but sustainable or use your HR range) without a break. Goal 3: Make it fun and dial in your technical today feeling the flow in the corners and over roots and rocks.	Optional Ride Ride Time: Any Lower pace ride. Ideally ride with a group, go out and have fun and enjoy the day.

Week 13 Sept 27- Oct 3	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	<p>Regeneration and Mobility</p> <ul style="list-style-type: none"> *Bird Dog/Straight leg kickback: 15 each leg *Front plank: 3 holds 30 sec each *Side plank Left: 3 holds 30 sec each *Side plank Right: 3 holds 30 sec each *Hip Bridges: 3 holds 30 sec each *Russian twists: 30 twists (15 each side) *Around the worlds: 10 rotations each direction *Preacher Stretch: 3 holds 20 sec each 	<p>Threshold sprints 10 x 1min</p> <p>Ride time: 1hr - 1hr30 min Warm up 10-15 minutes.</p> <p>Goal: 10 x 1 minute efforts at "race pace" or Zone 4 with 1 minute (or more) recoveries between. Constant burn and hard to hold on to the pace, but you can do it!</p> <p>Ideally these would be on a short climb, but you can do them on a flat or even a rolling surface of ups and downs, just keep on the gas for a full minute.</p> <p>Your HR will not likely catch up to the effort you are putting out, so you will have to go by feel.</p> <p>All other ride time in easy to moderate Zones 1 and</p>	<p>Strength</p> <p>Warm up with dynamic movements for 5 min such as: Jumping Jacks, High knee's, extended arm circles etc.</p> <p>Main set, do 2 rounds of the following:</p> <ul style="list-style-type: none"> Mountain climbers: 30 Wall jumps: 20 Pushups: 15 Band pull apart: 15 Walking lunges: 30 (15 each leg) Side lunges: 20 (10 each leg) Air squats: 20 	<p>MTB Skills Day</p> <p>Skills, technical and skills!</p> <p>Ride time: 1-1.5 hrs</p> <p>Goal: Singletrack skills session. Find your flow, tackle tough terrain and session anything you want to work on. Enjoy the day!</p>	<p>Rest Day!</p> <p>Ride Time: 0</p> <p>Rest and recover so you are fresh for the weekend!</p>	<p>Climb to Technical</p> <p>3-4 hour ride, make it fun and dial in your technical today feeling the flow in the corners and over roots and rocks. Session anything you need to.</p> <p>Goal 1: 3500ft of climbing as a goal at an easy to moderate pace.</p> <p>Goal 2: do 3 - 4 "hard starts" Simulate the start of an enduro course by putting your bike in a hard gear just before a descent and put out 10-12 powerful pedal strokes until gravity takes over.</p>	<p>Optional Ride</p> <p>Ride Time: Any</p> <p>Lower pace ride.</p> <p>Ideally ride with a group, go out and have fun and enjoy the day.</p>

Week 14 --- Race Week! Oct 4-9	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	<p>Regeneration and Mobility</p> <ul style="list-style-type: none"> *Bird Dog/Straight leg kickback: 15 each leg *Front plank: 3 holds 10 sec each *Side plank Left: 3 holds 10 sec each *Side plank Right: 3 holds 10 sec each *Hip Bridges: 3 holds 10 sec each *Russian twists: 10 twists (5/side) *Around the worlds: 8 rotations each direction *Preacher Stretch: 3 holds 20 sec each <p>Light stretching and Mobility:</p> <ul style="list-style-type: none"> Hamstring stretches Quad stretches Glute stretches calf stretches shoulder stretches Chest stretch upper and lower back stretches hip stretches 	<p>Big Gear starts x5</p> <p>Ride Time: 1-1:15hr</p> <p>Mostly easy ride today. Keep effort low, and focus more on flow and body position. This is your rest week and you want to conserve energy for Saturday.</p> <p>Within your easy ride do 5 "Big Gear" starts, or put yourself in one of your harder gears and from a stop or almost a stop hammer on the pedals for 12-15 pedal strokes or around 10 seconds at an all out effort.</p> <p>These will help simulate the start for each of your stages on Saturday.</p>	<p>Rest Day!</p> <p>Ride Time: 0</p> <p>Rest and recover so you are fresh for RACE DAY!!!!</p> <p>If you have a different strength routine, I recommend taking that workout off as well.</p> <p>Your work is done, you will not benefit from any additional work this week when it comes race day.</p>	<p>Easy spin or Pre-Ride</p> <p>Easy spin today or Shuttle pre-ride (if available.)</p> <p>Try not to wear yourself out too much this close to your race.</p> <p>You will want fresh legs for Saturday!</p>	<p>Rest Day!</p> <p>Ride Time: 0</p> <p>Rest and recover so you are fresh for RACE DAY!!!!</p> <p>OR</p> <p>Shuttle day (if an option) Skills and practice, keep effort as low as possible. Save your energy for race day.</p>	<p>Sturdy Dirty RACE DAY!</p> <p style="text-align: center;">Get Stoked Have Fun Go Fast!</p>	