

Sturdy Dirty 16 Week Training Plan 2022

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	<p>Welcome to the Sturdy Dirty Training Plan version 2022!</p>	<p>High Cadence Spin Ups</p> <p>Ride Time: 1 Hour Warm up for 15 minutes gradually building to HR or perceived excursion Zone 2. Main Set: 10 x 1 min High cadence spin ups with 3 minutes of self selected cadence between each. Spin easy for any remaining time.</p> <p>If you don't have a cadence sensor, that is perfectly okay, just spin the cranks faster than what is normally comfortable for you, but try to keep yourself from bouncing on the saddle or pushing too hard. This is about form and developing those fast twitch muscles.</p>	<p>• 5 Minute cardio exercise (treadmill, stationary bike, trainer, fast walking...) ----- THE STRENGTH WORKOUT Sets, reps, and rest: Perform all of the exercises types listed below, do one of each "focus." With each exercise, perform 2-3 sets of 8-20 repetitions ----- 1. Walking Lunges 3 x 10 2. Bulgarian Squat 2 x 8 3. Pull Up 2 x 10 4. Push Up 2 x 15 5. Plank 4 x 45 Seconds 6. Physio Ball Back Extensions 2 x 10 7. Dumbbell (Kettlebell) Squat 2 x 10 ----- 8. Platform Depth Jumps 1 x 8 9. Long Jumps 1 x 8 10. Barrier Lateral Jumps 1 x 8 11. Dumbbell/Kettle Bell High Swing 2 x 8 ----- Cool Down: 5 minutes cardio</p>	<p>MTB 1 Hr</p> <p>Mountain Bike if possible for 1 hour work on skills like smooth cornering, rolling rocks, bunny hops, wheelies or anything else that is fun!</p> <p>If that is not an option for you, commuting to work or to the grocery store are great ways to add in some riding while getting other things done. Or just take whatever bike you have and ride for an hour at a comfortable pace. Right now we are adding saddle time.</p>	<p>REST DAY! Make it a lazy day.</p>	<p>Ride Time: 1:30</p> <p>MTB Ride if possible. Not too much structure, just get out and have fun! Try to avoid too many stops or if you need the stops make them as short as you can.</p> <p>Building the endurance engine today, so if you have the time and energy add extra time to your ride</p>	<p>Optional Ride</p> <p>Any distance/time you can fit in. Or do some other activity such as a jog or hike.</p> <p>Today would be a good day to add in a Yoga session or do some light stretching too.</p>
Week 2	<p>REST DAY! Make it a lazy day.</p>	<p>Zone 2 Build</p> <p>Ride Time: 1 hour Warm Up: 10 min Main Set: 3 X 10 Min at Zone 2 pace. You should have a little heavy breathing, but still be able to carry on a conversation. Recover for 4 min of light pedaling between each 10 min block. Remaining time light pedaling</p>	<p>WARM-UP • 5 Minute cardio exercise (treadmill, stationary bike, trainer, fast walking...) ----- THE STRENGTH WORKOUT Sets, reps, and rest: Perform all of the exercises types listed below, do one of each "focus." With each exercise, perform 2-3 sets of 8-20 repetitions ----- 1. Dumbbell / Kettlebell Squat 2 x 10 2. Jack Knife on a Ball 2 x 10 3. Dips 3 x 10 4. Pull Ups 2 x 10 5. Ball Roll Out 2 x 20 6. Regular Superman 2 x 20 ----- 7. Depth Jumps Vertical 1 x 8 8. Hurdle Jumps 1 x 8 9. Box Shuffle 1 x 8 10. Single Leg Chop 2 x 10 ----- Cool Down: 5 Min Cardio</p>	<p>MTB 1 Hr</p> <p>Mountain Bike if possible for 1 hour work on skills like smooth cornering, rolling rocks, bunny hops, wheelies or anything else that is fun!</p> <p>If that is not an option for you, commuting to work or to the grocery store are great ways to add in some riding while getting other things done. Or just take whatever bike you have and ride for an hour at a comfortable pace. Right now we are adding saddle time.</p>	<p>REST DAY! Make it a lazy day.</p>	<p>Mountain Bike!</p> <p>Ride Time: 2 Hrs</p> <p>MTB Ride if possible. Not too much structure, just get out and have fun! Try to avoid too many stops or if you need the stops make them as short as you can.</p> <p>Building the endurance engine today, so if you have the time and energy add extra time to your ride</p>	<p>Optional Ride</p> <p>Any distance/time you can fit in. Or do some other activity such as a jog or hike.</p> <p>Today would be a good day to add in a Yoga session or do some light stretching too.</p>

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Week 3	<p>REST DAY! Make it a lazy day.</p>	<p>Zone 2 with Zone 4 endings 3 x 10</p> <p>Ride Time: 1 hour Warm up well for 15 min Main Set: 3 x 10 min of Zone 2 riding (a little sting but conversational pace) with the last minute upping the intensity to just below "threshold" or Zone 4. Easy recovery spinning for 5 min after each block.</p>	<p>WARM-UP • 5 Minute cardio exercise (treadmill, stationary bike, trainer, fast walking...) ----- THE STRENGTH WORKOUT Sets, reps, and rest: Perform all of the exercises types listed below, do one of each "focus." With each exercise, perform 2-3 sets of 8-20 repetitions ----- Functional: 1. Step ups 2 x 10 2. Side Bridge Hip Abduction 2 x 10 3. Bent Over Row 2 x 10 each Arm 4. Dumbbell Chest Press 3 x 8 5. Planks 4 x 45 seconds 6. Rear Inclines 3 x 30 Seconds ----- Plyo: 7. Staircase Jump 1 x 10 8. Vertical Jumps 1 x 8 9. Lateral Bound 1 x 8 10. Plank Shuffle 1 x 20 ----- Cool Down: 5 Min Cardio</p>	<p>MTB with climbing</p> <p>Mountain Bike if possible for 1 hour work on skills like smooth cornering, rolling rocks, bunny hops, wheelies or anything else that is fun!</p> <p>On this ride add in some intensity on the climbs. push the intensity up to Zone 3 on any climb you encounter. If you are on the road/gravel/pathway add in 3 x 6 min of Zone 3 riding (preferably a climb)</p> <p>If that is not an option for you, commuting to work or to the grocery store are great ways to add in some riding while getting other things done. Or just take whatever bike you have and ride for an hour at a comfortable pace. Right now we are adding saddle time.</p>	<p>REST DAY! Make it a lazy day.</p>	<p>Mountain Bike!</p> <p>Ride Time: 2.5 Hrs</p> <p>MTB Ride if possible. Not too much structure, just get out and have fun! Try to avoid too many stops or if you need the stops make them as short as you can.</p> <p>Building the endurance engine and you have a rest week coming up so this weekend is a great time to add time and intensity to your training plan.</p>	<p>Optional Ride Any distance/time you can fit in.</p> <p>WARM-UP • 5 Minute cardio exercise (treadmill, stationary bike, trainer, fast walking...) ----- THE STRENGTH WORKOUT Sets, reps, and rest: Perform all of the exercises types listed below, do one of each "focus." With each exercise, perform 2-3 sets of 8-20 repetitions ----- 1. Walking Lunges 3 x 10 2. Bulgarian Squat 2 x 10 3. Pull Up 2 x 12 4. Push Up 2 x 15 5. Plank 4 x 45 Seconds (Go longer if can) 6. Physio Ball Back Extensions 2 x 12 7. Dumbbell (Kettlebell) Squat 2 x 12 ----- 8. Platform Depth Jumps 2 x 6 9. Long Jumps 2 x 6 10. Barrier Lateral Jumps 2 x 6 11. Dumbbell/Kettle Bell High Swing 2 x 10 ----- Cool Down: 5 Min Cardio</p>
Week 4	<p>REST DAY! Rest Week! Make it a lazy day.</p>	<p>Active Recovery</p> <p>Ride Time: 30-45 min (or Optional Day off)</p> <p>Easy recovery ride pace. Try breathing through your nose to help keep effort low.</p>	<p>WARM-UP • 5 Minute cardio exercise (treadmill, stationary bike, trainer, fast walking...) ----- THE STRENGTH WORKOUT Sets, reps, and rest: Perform all of the exercises types listed below, do one of each "focus." With each exercise, perform 2-3 sets of 8-20 repetitions ----- Functional: 1. Dumbbell / Kettlebell Squat 2 x 12 2. Jack Knife on a Ball 2 x 12 3. Dips 3 x 12 4. Pull Ups 2 x 12 5. Ball Roll Out 2 x 20 6. Regular Superman 2 x 20 ----- Plyo: 7. Depth Jumps Vertical 2 x 6 8. Hurdle Jumps 2 x 6 9. Box Shuffle 2 x 6 10. Single Leg Chop 2 x 12 ----- Cool Down: 5 Min Cardio</p>	<p>Active Recovery</p> <p>Ride Time: 45-60 min Easy recovery ride pace. Take to the trails and have fun on some flat terrain.</p>	<p>REST DAY! Make it a lazy day.</p>	<p>Rest Week Endurance Ride</p> <p>Ride Time: 1-2 hours at an easy to moderate pace. You can extend the ride if you like, but keep it on the easy side throughout if possible.</p>	<p>Optional Ride Any distance/time you can fit in. Or do some other activity such as a jog or hike.</p> <p>Today would be a good day to add in a Yoga session or do some light stretching too.</p>

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Week 5	<p>REST DAY! Make it a lazy day.</p>	<p>Low Cadence climbing 4 x 5 min Zone 3 Ride Time: 1 Hr Warm up: 20 min including 2 x 1 min fast pedals to warm the legs up. Main Set: 4 x 5 min Low cadence (55-70 rpm if you have a sensor, go by feel if not) with 4 minutes of easy spinning between each. Remaining time easy spin back home.</p> <p>This type of workout teaches us how to control our effort on steep climbs where we run out of gears by training our slow twitch muscles to help us moderate the effort while at the same time working our endurance engine and pushing our fitness up from below. *If you see your HR go above the 90% of your Threshold then lower your cadence even more. *If you don't have a hill to do these on, use your biggest gear and slow crank so it feels like you are on a climb.</p>	<p>WARM-UP • 5 Minute cardio exercise (treadmill, stationary bike, trainer, fast walking...) ----- THE STRENGTH WORKOUT Sets, reps, and rest: Perform all of the exercises types listed below, do one of each "focus." With each exercise, perform 2-3 sets of 8-20 repetitions ----- Functional: 1. Step ups 2 x 12 2. Side Bridge Hip Abduction 2 x 12 3. Bent Over Row 2 x 12 each Arm 4. Dumbbell Chest Press 3 x 10 5. Planks 4 x 45 seconds (go longer if can) 6. Rear Inclines 3 x 40 Seconds ----- Plyo: 7. Staircase Jump 2 x 8 8. Vertical Jumps 2 x 8 9. Lateral Bound 2 x 8 10. Plank Shuffle 2 x 20 ----- Cool Down: 5 Min Cardio</p>	<p>MTB with Short Sprints Ride time: 1 Hr MTB if possible otherwise road/gravel/pathway/indoor are all fine. Warm up well for 10 min. Main Set: 5x12sec Primarily a Zone 2 effort but include 5 ALL OUT sprints of 10-12 seconds within your ride.</p> <p>Use the terrain you are in to be your guide and have at least 5 min of recovery-Zone 2 riding between each sprint. .</p>	<p>REST DAY! Make it a lazy day.</p>	<p>MTB 2 Hours adding intensity Ride Time: 2 hours MTB if possible. Add in 3 x 10 minutes of Zone 3 riding based on HR or perceived exertion within your ride. These are easily incorporated in the local climbs while you recover on the flats and descents. But you can also use a flat consistent grade if you don't have a climb near you.</p> <p>This should sting a little, but you should also be able to sustain a steady pace at about 80-90% threshold HR for the duration.</p>	<p>Optional Ride and the following strength: THE STRENGTH WORKOUT Sets, reps, and rest: Perform all of the exercises types listed below, do one of each "focus." With each exercise, perform 2-3 sets of 8-20 repetitions ----- Functional: 1. Dumbbell Front Squat 3 x 8 2. Side Split Squat 2 x 12 3. Pull Up 3 x12 4. Dumbbell Chest Press 3 x 15 5. Plank 4 x 50 sec 6. Superman 4 x 30 sec ----- Plyo: 7. Platform Jumps 2 x 10 8. Long Jumps 2 x 10 9. Barrier Lateral Jumps 2 x 10 10. Dumbbell High Swing 2 x 15 ----- Cool Down: 5 Min Cardio</p>
Week 6	<p>REST DAY! Make it a lazy day.</p>	<p>Low Cadence climbing 5 x 5 min Zone 3 Ride Time: 1 Hr Warm up: 20 min including 2 x 1 min fast pedals to warm the legs up. Main Set: 5 x 5 min Low cadence (55-70 rpm if you have a sensor, go by feel if not) with 3 minutes of easy spinning between each. Remaining time easy spin back home.</p> <p>Just like last week but adding a block and shortening your recovery. This type of workout teaches us how to control our effort on steep climbs where we run out of gears by training our slow twitch muscles to help us moderate the effort while at the same time working our endurance engine and pushing our fitness up from below. *If you see your HR go above the 90% of your Threshold then lower your cadence even more. *If you don't have a hill to do these on, use your biggest gear and slow crank so it feels like you are on a climb.</p>	<p>WARM-UP • 5 Minute cardio exercise (treadmill, stationary bike, trainer, fast walking...) ----- THE STRENGTH WORKOUT Sets, reps, and rest: Perform all of the exercises types listed below, do one of each "focus." With each exercise, perform 2-3 sets of 8-20 repetitions ----- Functional: 1. Walking Lunge Squat 3 x 10 2. Bulgarian Squat 3 x 8 3. Stability Ball Roll Outs 3 x 12 4. Dips 2 x 10 5. Jack Knife Sit up 3 x Max 6. Stability Ball Back Extensions 3 x Max ----- Plyo: 7. Vertical Depth Jumps 2 x 10 8. Hurdle Jumps 2 x 10 9. Box Shuffle 2 x 10 10. Plank Shuffle 2 x 20 ----- Cool Down: 5 Min Cardio</p>	<p>MTB with Long Sprints Ride time: 1 Hr MTB if possible otherwise road/gravel/pathway/indoor are all fine. Warm up well for 10 min. Main Set: 5x20sec Primarily a Zone 2 effort but include 5 ALL OUT sprints of 15-30 seconds within your ride.</p> <p>Use the terrain you are in to be your guide and have at least 5 min of recovery-Zone 2 riding between each sprint.</p>	<p>REST DAY! Make it a lazy day.</p>	<p>Mountain bike! Ride Time: 2.5 hours MTB if possible. Add in 2x15 minutes of Zone 3 riding based on HR or perceived exertion within your ride. These are easily incorporated in the local climbs while you recover on the flats and descents.</p> <p>This should sting a little just like last week, but you should also be able to sustain a steady pace at about 80-90% threshold HR for the duration. pushing harder for longer will make those climbs easier going forward.</p>	<p>WARM-UP • 5 Minute cardio exercise (treadmill, stationary bike, trainer, fast walking...) ----- THE STRENGTH WORKOUT Sets, reps, and rest: Perform all of the exercises types listed below, do one of each "focus." With each exercise, perform 2-3 sets of 8-20repetitions ----- Functional: 1. Step Ups 3 x 10 2. Lying Leg Raises 3 x 10 3. Bent Over Row 2 x 20 each arm 4. Dumbbell Overhead Press 2 x 10 5. Stability Ball Roll Out 3 x 12 6. Superman 4 x 40 sec ----- Plyo: 7. Staircase Jumps 2 x 10 8. Hurdle Jumps 2 x 10 9. Lateral bounds 2 x 10 10. Single Leg Chop 2 x 10 each leg ----- Cool Down: 5 Min Cardio</p>

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Week 7	<p>REST DAY! Make it a lazy day.</p>	<p>3 x 8 min Zone 3</p> <p>Ride Time: 1 Hr Warm up: 20 min including 2 x 1 min fast pedals to warm the legs up. Main Set: 3x8 min Zone 3 at a self selected cadence with 4 minutes of easy spinning between each. Looking for about 85%-90% of threshold HR or what feels like that percentage of your race pace. Remaining time easy spin back home.</p> <p>*If you see your HR go above the 90% of your Threshold, back off the effort just a little. Its best to start at what you think is slightly easier than Zone 3 and build up to that HR.</p>	<p>WARM-UP • 5 Minute cardio exercise (treadmill, stationary bike, trainer, fast walking...) ----- THE STRENGTH WORKOUT Sets, reps, and rest: Perform all of the exercises types listed below, do one of each "focus." With each exercise, perform 2-3 sets of 8-20 repetitions ----- Functional: 1. Dumbbell Front Squat 3 x 10 2. Side Split Squat 2 x 15 3. Pull Up 3 x 15 4. Dumbbell Chest Press 3 x 15 5. Plank 4 x 55 sec 6. Superman 4 x 35 sec ----- Plyo: 7. Platform Jumps 3 x 8 8. Long Jumps 2 x 10 9. Barrier Lateral Jumps 3 x 8 10. Dumbbell High Swing 2 x 15 ----- Cool Down: 5 Min Cardio</p>	<p>MTB with Zone 3 climbing</p> <p>Ride Time: 1 Hr MTB! Free ride and push yourself up to a zone 3 pace on the climbs. Not too much structure, just use the terrain to be your guide. You should have a good feel for what zone 3 feels like now.</p> <p>If you can't get out on the trails simulate the variation of hills and easy on your commute to work or out on the roads/gravel/indoor trainer.</p>	<p>REST DAY! Make it a lazy day.</p>	<p>Ride Time: 3 hours MTB if possible. Add in 3x15 minutes of Zone 3 riding based on HR or perceived exertion within your ride. These are easily incorporated in the local climbs while you recover on the flats and descents.</p> <p>This should sting a little just like last week, but you should also be able to sustain a steady pace at about 80-90% threshold HR for the duration. pushing harder for longer will make those climbs easier going forward.</p>	<p>Optional Ride self selected pace and distance</p> <p>WARM-UP • 5 Minute cardio exercise (treadmill, stationary bike, trainer, fast walking...) ----- THE STRENGTH WORKOUT Sets, reps, and rest: Perform all of the exercises types listed below, do one of each "focus." With each exercise, perform 2-3 sets of 8-20 repetitions ----- Functional: 1. Walking Lunge Squat 3 x 10 2. Bulgarian Squat 3 x 10 3. Stability Ball Roll Outs 3 x 15 4. Dips 2 x 12 5. Jack Knife Sit up 3 x Max 6. Stability Ball Back Extensions 3 x Max ----- Plyo: 7. Vertical Depth Jumps 3 x 8 8. Hurdle Jumps 2 x 10 9. Box Shuffle 3 x 8 10. Plank Shuffle 2 x 20 ----- Cool Down: 5 Min Cardio</p>
Week 8	<p>REST DAY! Rest Week! Make it a lazy day.</p>	<p>Active Recovery Ride Ride Time: 30-45 min (or Optional Day off)</p> <p>Easy recovery ride pace. Try breathing through your nose to help keep effort low.</p>	<p>WARM-UP • 5 Minute cardio exercise (treadmill, stationary bike, trainer, fast walking...) ----- THE STRENGTH WORKOUT Sets, reps, and rest: Perform all of the exercises types listed below, do one of each "focus." With each exercise, perform 2-3 sets of 8-20 repetitions ----- Functional: 1. Step Ups 3 x 10 2. Lying Leg Raises 3 x 15 3. Bent Over Row 2 x 20 each arm 4. Dumbbell Overhead Press 2 x 10 5. Stability Ball Roll Out 3 x 15 6. Superman 4 x 45 sec ----- Plyo: 7. Staircase Jumps 2 x 10 8. Hurdle Jumps 3 x 8 9. Lateral bounds 2 x 10 10 Single Leg Chop 2 x 15 each leg ----- Cool Down: 5 Min Cardio</p>	<p>Active Recovery Ride Ride Time: 45-60 min Easy recovery ride pace. Take to the trails and have fun on some flat terrain.</p>	<p>REST DAY! Make it a lazy day.</p>	<p>Rest Week Ride Ride Time: 1-2 hours You can extend the ride if you like, but keep it on the easy side throughout if possible.</p>	<p>Optional Ride</p> <p>Any distance/time you can fit in. Or do some other activity such as a jog or hike.</p> <p>Today would be a good day to add in a Yoga session or do some light stretching too.</p>

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Week 9	<p>REST DAY! Make it a lazy day.</p>	<p>5 x 4 min Zone 4 / Threshold!</p> <p>Ride time: 1 Hr</p> <p>Threshold/Race Pace/Zone 4! Pushing up the intensity the next few weeks. <u>Warm up:</u> 15-20 min, add in at least 3 x 30 second efforts close to the pace you expect to do your Zone 4 work in. <u>Main Set:</u> 5 x 4 min at Zone 4 threshold with 3 minutes of recovery between each. Remember, it may take 1-2 minutes for your HR to catch up to your effort so don't overshoot too much at the start. These should sting from start to finish!</p> <p>You've got this!!!</p>	<p>WARM-UP • 5 Minute cardio exercise (treadmill, stationary bike, trainer, fast walking...) ----- THE STRENGTH WORKOUT Sets, reps, and rest: Perform all of the exercises types listed below, do one of each "focus." With each exercise, perform 2-3 sets of 8-20 repetitions ----- 1. Walking Lunges 3 x 15 2. Bulgarian Squat 3 x 10 3. Pull Up 2 x 10 4. Push Up 3 x 12 5. Plank 4 x 60 Seconds 6. Physio Ball Back Extensions 3 x 10 7. Dumbbell (Kettlebell) Squat 3 x 10 ----- 8. Platform Depth Jumps 3 x 8 9. Long Jumps 3 x 8 10. Barrier Lateral Jumps 3 x 8 11. Dumbbell/Kettle Bell High Swing 3 x 8 ----- Cool Down: 5 Min Cardio</p>	<p>MTB with 24 Climbs</p> <p>Ride time: 1 Hr</p> <p><u>Warm up:</u> 15-20 min, add in 2- 3 x 30 second efforts close to the pace you expect to do your Zone 4 work in. Mountain bike if possible and add in 2-3 Threshold/Race Pace/Zone 4 climbs within your ride of any distance you feel like you can tackle! If you have 1 minute in you, do that. If you have 4 x 3 minutes in you, take the challenge! If you can't hit the dirt use the terrain you have to give 2 or 3 good pushes on short climbs or consistent stretches of road/gravel/path.</p>	<p>REST DAY! Make it a lazy day.</p>	<p>Mountain Bike</p> <p>Ride Time: 2:15 MTB if possible <u>Warm Up:</u> 20-30 min including at least 2 x 30 sec sprint efforts (zone 4ish) to get the blood flowing. <u>Main Set:</u> 30 min at Zone 3. Anywhere within the ride (climbs work best) fit in a steady 30 minutes at Zone 3 HR or perceived effort. This is not an all out, but a hard steady sustained effort. If using HR you shouldn't be more than 90% of Threshold HR if not you will be at 90% if Threshold "feel". The rest of your ride is your choice pacing.</p>	<p>Optional Ride any distance and time you can fit in. WARM-UP • 5 Minute cardio exercise (treadmill, stationary bike, trainer, fast walking...) ----- THE STRENGTH WORKOUT Sets, reps, and rest: Perform all of the exercises types listed below, do one of each "focus." With each exercise, perform 2-3 sets of 8-20 repetitions ----- 1. Dumbbell / Kettlebell Squat 3 x 12 2. Jack Knife on a Ball 3 x 12 3. Dips 3 x 10 4. Pull Ups 2 x 10 5. Ball Roll Out 3 x 20 6. Regular Superman 3 x 20 ----- 7. Depth Jumps Vertical 3 x 8 8. Hurdle Jumps 3 x 8 9. Box Shuffle 3 x 8 10. Single Leg Chop 3 x 10 ----- Cool Down: 5 Min Cardio</p>
Week 10	<p>REST DAY! Make it a lazy day.</p>	<p>2 x 10 Zone 4 Threshold</p> <p>Ride Time: 1 Hr</p> <p><u>Warm Up:</u> 15-25 min including at least 3 x 30sec efforts close to a Zone 4 pace. <u>Main Set:</u> 2 x 10 min at Zone 4 Threshold/Race Pace! with 5 min Recovery between them. These will sting so don't go too hard from the start and blow yourself up. Start medium-hard and keep pushing the pace through the full 10 minutes. By minute 5 you should see your HR at or around Threshold if you have a HR monitor.</p> <p>Stay focused and determined! Less than 6 weeks to race day.</p>	<p>WARM-UP • 5 Minute cardio exercise (treadmill, stationary bike, trainer, fast walking...) ----- THE STRENGTH WORKOUT Sets, reps, and rest: Perform all of the exercises types listed below, do one of each "focus." With each exercise, perform 2-3 sets of 8-20 repetitions ----- Functional: 1. Step ups 3 x 12 2. Side Bridge Hip Abduction 3 x 10 3. Bent Over Row 2 x 20 each Arm 4. Dumbbell Chest Press 3 x 12 5. Planks 4 x 60 seconds 6. Rear Inclines 3 x 45 Seconds ----- Plyo: 7. Staircase Jump 3 x 10 8. Vertical Jumps 3 x 8 9. Lateral Bound 3 x 8 10. Plank Shuffle 3 x 20 ----- Cool Down: 5 Min Cardio</p>	<p>MTB with 5 x 1 at threshold</p> <p>Ride Time: 1 Hour (more if you have the time)</p> <p>Mountain bike if possible Warm up: 10 min Main Set: Primarily Zone 2 endurance pacing, but include 5 x 1 min Zone 4 (threshold) efforts within your ride.</p> <p>If on the dirt or the road/gravel etc use the terrain to determine where to place your one minute efforts. See a short hill? attack it. Think of that short hill that always seems to end up in the middle of one of your enduro stages :)</p>	<p>REST DAY! Make it a lazy day.</p>	<p>Mountain Bike</p> <p>Ride Time: 2:45 MTB if possible <u>Warm up:</u> 20-30 min including at least 2 x 30 sec sprint efforts (zone 4ish) to get the blood flowing. <u>Main Set:</u> 45 min at Zone 3. Anywhere within the ride (climbs work best) fit in a steady 45 minutes at Zone 3 HR or perceived effort. This is not an all out, but a hard steady sustained effort. If using HR you shouldn't be more than 90% of Threshold HR if not you will be at 90% if Threshold "feel". The rest of your ride is your choice pacing.</p>	<p>Optional Ride any distance and time you can fit in. WARM-UP • 5 Minute cardio exercise (treadmill, stationary bike, trainer, fast walking...) ----- THE STRENGTH WORKOUT Sets, reps, and rest: Perform all of the exercises types listed below, do one of each "focus."With each exercise, perform 2-3 sets of 8-20 repetitions ----- Functional: 1. Step ups 3 x 12 2. Side Bridge Hip Abduction 3 x 12 3. Bent Over Row 3 x 12 each Arm 4. Dumbbell Chest Press 3 x 10 5. Planks 4 x 60 seconds (go longer if can) 6. Rear Inclines 3 x 60 Seconds (go longer if can) ----- Plyo: 7. Staircase Jump 3 x 10 8. Vertical Jumps 3 x 10 9. Lateral Bound 3 x 10 10. Plank Shuffle 3 x 20 ----- Cool Down: 5 Min Cardio</p>

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Week 11	<p>REST DAY! Make it a lazy day.</p>	<p>Two Sets of 3 x 2 Zone 5 (VO2max)</p> <p>Ride Time: 1 Hour</p> <p>Warm up: 15-20 min including at least 3 x 30 intense sprints to prep your legs. Main Set: 3 x 2 min at Zone 5 or OVER threshold effort. This should be as fast as you can go for 2 minutes. Recover for 3 minutes between each interval. Recover for 5 minutes between sets. Repeat the 3 x 2 min at Zone 5 (VO2max)</p> <p>This is where it gets real folks; these are tough and should hurt, but it's the foundation of your speed training. Each on makes you stronger and faster! You may not see your HR get above your threshold in that short amount of time, but know your heart is doing the work your legs require.</p>	<p>WARM-UP • 5 Minute cardio exercise (treadmill, stationary bike, trainer, fast walking...) ----- THE STRENGTH WORKOUT Sets, reps, and rest: Perform all of the exercises types listed below, do one of each "focus." With each exercise, perform 2-3 sets of 8-20 repetitions ----- 1. Dumbbell / Kettlebell Squat 3 x 12 2. Jack Knife on a Ball 3 x 12 3. Dips 3 x 12 4. Pull Ups 3 x 12 5. Ball Roll Out 3 x 20 6. Regular Superman 3 x 20 ----- 7. Depth Jumps Vertical 3 x 10 8. Hurdle Jumps 3 x 10 9. Box Shuffle 3 x 10 10. Single Leg Chop 3 x 15 ----- Cool Down: 5 Min Cardio</p>	<p>MTB with Long Sprints</p> <p>Ride time: 1 Hr MTB if possible otherwise road/gravel/pathway/indoor are all fine. Warm up well for 10 min. Main Set: 5x20sec Primarily a Zone 2 effort but include 5 ALL OUT sprints of 15-30 seconds within your ride. Use the terrain you are in to be your guide and have at least 5 min of recovery-Zone 2 riding between each sprint.</p>	<p>REST DAY! Make it a lazy day.</p>	<p>MTB 3:00 with 3 x 10 mini race segments</p> <p>Ride Time: 3:00 MTB if possible Warm up well for 20-30 min including at least 2 x 30 sec sprint efforts (zone 4ish) to get the blood flowing. Main Set: 3 x 10min at race pace (threshold/Zone 4) with 10 minutes or MORE recovery spinning between them. Anywhere within the ride do a mini race of 10 minutes; the can be on a climb, flat or mixed terrain, I just want you to practice going fast. This should be approximately at Threshold HR or what "feels" like it. The rest of your ride is your choice pacing and fun. If you can't get on the MTB simulate some race sections on the road/gravel/indoors. This is your last really hard push before a rest week, make the most of it!!</p>	<p>Optional Ride any distance and time you can fit in. WARM-UP • 5 Minute cardio exercise (treadmill, stationary bike, trainer, fast walking...) ----- THE STRENGTH WORKOUT Sets, reps, and rest: Perform all of the exercises types listed below, do one of each "focus." With each exercise, perform 2-3 sets of 8-20 repetitions ----- Functional: 1. Step ups 3 x 12 2. Side Bridge Hip Abduction 3 x 12 3. Bent Over Row 3 x 12 each Arm 4. Dumbbell Chest Press 3 x 10 5. Planks 4 x 60 seconds (go longer if can) 6. Rear Inclines 3 x 60 Seconds (go longer if can) ----- Plyo: 7. Staircase Jump 3 x 10 8. Vertical Jumps 3 x 10 9. Lateral Bound 3 x 10 10. Plank Shuffle 3 x 20 ----- Cool Down: 5 Min Cardio</p>
Week 12	<p>REST DAY! Rest Week! Make it a lazy day.</p>	<p>Active Recovery Ride</p> <p>Ride Time: 30-45 min (or Optional Day off)</p> <p>Easy recovery ride pace. Try breathing through your nose to help keep effort low.</p>	<p>WARM-UP • 5 Minute cardio exercise (treadmill, stationary bike, trainer, fast walking...) ----- THE STRENGTH WORKOUT Sets, reps, and rest: Perform all of the exercises types listed below, do one of each "focus." With each exercise, perform 2-3 sets of 8-20 repetitions ----- Functional: 1. Dumbbell Front Squat 3 x 10 2. Side Split Squat 3 x 15 3. Pull Up 3 x 15 4. Dumbbell Chest Press 3 x 15 5. Plank 4 x 60 sec (go longer if can) 6. Superman 4 x 60 sec (go longer if can) ----- Plyo: 7. Platform Jumps 3 x 8 8. Long Jumps 3 x 10 9. Barrier Lateral Jumps 3 x 8 10. Dumbbell High Swing 2 x 15 ----- Cool Down: 5 Min Cardio</p>	<p>Active Recovery Ride</p> <p>Ride Time: 45-60 min Easy recovery ride pace. Take to the trails and have fun on some flat terrain.</p>	<p>REST DAY! Make it a lazy day.</p>	<p>Rest Week Ride</p> <p>Ride Time: 1-2 hours You can extend the ride if you like, but keep it on the easy side throughout if possible.</p>	<p>Optional Ride Any distance/time you can fit in. Or do some other activity such as a jog or hike. Today would be a good day to add in a Yoga session or do some light stretching too.</p>

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 13	<p>REST DAY! Make it a lazy day.</p>	<p>Two Sets of 5 min 30/30's</p> <p>Ride Time: 1 Hr Warm up: 15- 20 minutes Main Set: 5 x 30s with 30 sec recovery between. 30 sec all out with 30 sec recovery between for 5 min. Recover for 5 min and repeat another set of 30/30's for 5 min. Remaining time in an easy Zone 1 or 2.</p> <p>These will (or should hurt), you are pushing the envelope to get faster and really work on being effective at your sprints and learning to push when you are fatigued.</p>	<p>WARM-UP • 5 Minute cardio exercise (treadmill, stationary bike, trainer, fast walking...) ----- THE STRENGTH WORKOUT Sets, reps, and rest: Perform all of the exercises types listed below, do one of each "focus." With each exercise, perform 2-3 sets of 8-20 repetitions ----- Functional: 1. Walking Lunge Squat 3 x 10 2. Bulgarian Squat 3 x 10 3. Stability Ball Roll Outs 3 x 15 4. Dips 2 x 12 5. Jack Knife Sit up 3 x Max 6. Stability Ball Back Extensions 3 x Max ----- Plyo: 7. Vertical Depth Jumps 3 x 10 8. Hurdle Jumps 3 x 10 9. Box Shuffle 3 x 12 10. Plank Shuffle 3 x 20 ----- Cool Down: 5 Min Cardio</p>	<p>MTB Skills Drill and Hills</p> <p>MTB ride Ride time: 1-1.5 hrs (more if time allows) Ride hard on the trails today attacking each climb and working on your technical skills on the way down. Stay focused on body position and control in technical sections. As we close in on race day getting time on the dirt becomes extra important. If you can't get on the trails, find a 5 minute hill and do 4 repeats (or find 4 different, 5 minute hills to climb) as hard as you can sustain a steady effort (threshold/Zond 4) Oh and always have fun!</p>	<p>REST DAY! Make it a lazy day.</p>	<p>Mountain Bike 2.5 Hrs</p> <p>Ride Time: 2.5 Hrs Mountain Bike day!</p> <p>Warm up well for 20-30 min. Within your ride (preferably on the climbs) do 2 x 20 min BIG pushes into Zones 3 and 4! Nearly (xc) race pace. Take a good long break between each. You are making yourself a stronger climber so that you can recover faster before each descent on race day!</p>	<p>Optional Ride any distance</p> <p>WARM-UP • 5 Minute cardio exercise (treadmill, stationary bike, trainer, fast walking...) ----- THE STRENGTH WORKOUT Sets, reps, and rest: Perform all of the exercises types listed below, do one of each "focus." With each exercise, perform 2-3 sets of 8-20repetitions ----- Functional: 1. Step Ups 3 x 10 2. Lying Leg Raises 3 x 15 3. Bent Over Row 2 x 20 each arm 4. Dumbbell Overhead Press 2 x 10 5. Stability Ball Roll Out 3 x 15 6. Superman 4 x 45 sec ----- Plyo: 7. Staircase Jumps 2 x 10 8. Hurdle Jumps 3 x 8 9. Lateral bounds 2 x 12 10 Single Leg Chop 2 x 15 each leg -----</p>
Week 14	<p>REST DAY! Make it a lazy day.</p>	<p>MTB with Z4 threshold work</p> <p>Ride Time 1 Hr. Warm up well for 15 minutes Main Set 1: 5 x 1 min at threshold. This should be a HARD effort, but it may take the full minute before you see your HR respond. Recover for 1 min between efforts. Recover for 10 minutes in Zones 1 and 2 Main set 2: 5 x 2 min at threshold. Just like the first time, but hold that intensity for 2 minutes and this time take 2 min recovery between each.</p>	<p>WARM-UP • 5 Minute cardio exercise (treadmill, stationary bike, trainer, fast walking...) ----- THE STRENGTH WORKOUT Sets, reps, and rest: Perform all of the exercises types listed below, do one of each "focus." With each exercise, perform 2-3 sets of 8-20 repetitions ----- 1. Walking Lunges 3 x 10 2. Bulgarian Squat 2 x 10 3. Pull Up 3 x 12 4. Push Up 3 x 15 5. Plank 4 x 60 Seconds (Go longer if can) 6. Physio Ball Back Extensions 3 x 12 7. Dumbbell (Kettlebell) Squat 3 x 12 ----- 8. Platform Depth Jumps 2 x 12 9. Long Jumps 2 x 12 10. Barrier Lateral Jumps 2 x 12 11. Dumbbell/Kettle Bell High Swing 3 x 15 ----- Cool Down: 5 Min Cardio</p>	<p>MTB Skills Drill and Hills</p> <p>MTB ride Ride time: 1-1.5 hrs (more if time allows) Ride hard on the trails today attacking each climb and working on your technical skills on the way down. Stay focused on body position and control in technical sections. If you can't get on the trails, find a 5 minute hill and do 5 repeats (or find 5, 5 minute hills to climb) as hard as you can sustain a steady effort (threshold/Zone 4) Oh and always have fun!</p>	<p>REST DAY! Make it a lazy day.</p>	<p>Mountain Bike 3 HRS</p> <p>Mountain Bike day! Climb target: 3000 ft.</p> <p>This is a big endurance ride and the peak of your training. Warm up well for 20-30 min. Within your ride (preferably on the climbs) do 2 x 30 min BIG pushes into Zones 3 and 4! Nearly (xc) race pace. Take a good long break between each, so if your course has 2 big climbs and you are pre-riding use those climbs. yes, you aren't racing the climb, but I want you to get stronger on those climbs so when you have to do it on race day at Zone 2 it will feel sooooo much easier AND you will recover faster making you fresh for each stage!</p>	<p>Optional Ride Any distance/time you can fit in.</p> <p>THE STRENGTH WORKOUT Sets, reps, and rest: Perform all of the exercises types listed below, do one of each "focus." With each exercise, perform 2-3 sets of 8-20 repetitions ----- 1. Dumbbell / Kettlebell Squat 3 x 12 2. Jack Knife on a Ball 3 x 12 3. Dips 3 x 12 4. Pull Ups 3 x 12 5. Ball Roll Out 3 x 20 6. Regular Superman 3 x 20 ----- 7. Depth Jumps Vertical 3 x 10 8. Hurdle Jumps 3 x 10 9. Box Shuffle 3 x 10 10. Single Leg Chop 3 x 15 ----- Cool Down: 5 Min Cardio</p>

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 15	<p>REST DAY! Make it a lazy day.</p>	<p>30/30's Ride Time: 1 Hr Warm up well for 20 minutes Main Set: 5 x 30s with 30 sec recovery between. So 30 sec all out with 30 sec recovery between. Recover for 5 min and repeat another set of 30/30's for 5 min. Remaining time in an easy Zone 1 or 2.</p> <p>These will (or should hurt), you are pushing the envelope to get faster and really work on being effective at your sprints and learning to push when you are fatigued.</p>	<p>WARM-UP • 5 Minute cardio exercise (treadmill, stationary bike, trainer, fast walking...) ----- THE STRENGTH WORKOUT Sets, reps, and rest: Perform all of the exercises types listed below, do one of each "focus." With each exercise, perform 2-3 sets of 8-20 repetitions ----- Functional: 1. Step ups 3 x 12 2. Side Bridge Hip Abduction 3 x 12 3. Bent Over Row 3 x 12 each Arm 4. Dumbbell Chest Press 3 x 10 5. Planks 4 x 60 seconds (go longer if can) 6. Rear Inclines 3 x 60 Seconds (go longer if can) ----- Plyo: 7. Staircase Jump 3 x 10 8. Vertical Jumps 3 x 10 9. Lateral Bound 3 x 10 10. Plank Shuffle 3 x 20 ----- Cool Down: 5 Min Cardio</p>	<p>MTB with Hard start sprints Ride Time: 1 Hour Mountain bike preferred. Primarily a Zone 2 ride Add 4 x 12 second Hard Starts within your ride wherever the terrain permits. Hard Start: From a stop with your bike in a hard gear push as hard as you can until you are spinning as fast as you can (approx 12-15 sec)</p> <p>These are practice for starting each stage of your race next week!</p>	<p>REST DAY! Make it a lazy day.</p>	<p>Mountain Bike 2.5 hrs Ride Time: 2.5 hrs Climb target: 2500 feet If you have the opportunity to pre-ride the course that will be your best option. Work on your starts and session sticky spots. On the climbs, work on your pacing and try to pace your climb as you would on race day, which should be around a Zone 2 range so that it warms you up and allows you to recover easily once you are at the top. This may mean some very low cadence in certain areas to keep that heart rate down, just do what you need to do. The uphill is not a race! Oh, and remember to have fun on the way down :)</p>	<p>Optional Ride Any distance/time you can fit in. Or do some other activity such as a jog or hike. Today would be a good day to add in a Yoga session or do some light stretching too.</p>
Week 16	<p>Race Week! Taper and Rest.</p>	<p>MTB with sprint starts Ride Time: 1 hour Main Set: Endurance pace MTB ride Add in 5 All out sprints. For each one come to a stop and start as you would if you were at the start of a stage. easy to moderate pedaling between each sprint start. The time between doesn't matter too much, so fit them in where ever the terrain you are riding fits in. If you can't get to dirt today use any bike on any terrain.</p>	<p>Active Recovery Ride Ride Time: 30-45 min Easy recovery ride pace. Try breathing through your nose to help keep effort low.</p>	<p>Rest and Recover so you are in peak form for the race Saturday! You may be itching to go out and ride, that is a good thing, but don't give in. Or if you do make it super easy and fun!</p>	<p>Race day openers: Option 1: Preride a section of the course, but limit ride time to 1 hour and make the ride as easy as possible but include 3 x 30 second all out sprints to wake the legs up! Option 2: Ride anywhere with any bike for 30-45 min. Mostly easy but with 3 -4 x 30 second all out sprints within your ride.</p>	<p>Race Day!!</p>	<p>Do an easy 20-30 minute spin to loosen the legs up after a big day yesterday. Enjoy all the memories you made through your journey!</p>