



LW Coaching 100 km Marathon Mountain Bike Race Personal Record Training Plan

Week 1	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
	Strength	Bike	Bike	Bike	Strength	Bike	MTB
15:40	0:45	1:10	2:00	2:00	0:45	2:00	4:00
13:40	Regen		Strength	Regen	MTB		Regen
	0:15		0:45	0:15	1:30		0:15

Week 2	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
	Strength	Bike	Bike	Bike	Strength	MTB	MTB
17:40	0:45	1:10	2:00	2:30	0:45	2:30	4:30
17:40	Regen	Regen	Strength	Regen	MTB	Regen	Regen
	0:15	0:15	0:45	0:15	1:30	0:15	0:15

outline - 1 100 km PR Plan

Welcome to the LW Coaching 100 km Marathon Mountain Bike Race Personal Record Training Plan. Please take a minute to register at the LW Coaching Forum: http://lwcoaching.com/?page_id=311 Here you can get training plan and racing questions answered.

Week 1, day	Week 1, day 1												
Workout 1:		notes											
Warm up with 5 minutes of easy aerobic exercise or calisthenics. Then do 10 push-ups, 10 pullups, 10 pillar ball twists, 10 psoas crunches to each side, 10 regular crunches, 10 oblique crunches, 10 side lifts to each side, 10 supermans, 10 glute bridges. Repeat 2-3 times through. Follow this link for exercise descripions: http://lwcoaching.com/?p=210													
Workout 2:	Regen				Dur	ation: 0:15							
Use a combination of rolling on the foam roller and stretching to work out your hot spots.													
Daily stats	Duration:	Distance:	PE:		TSS:	IF:							

Week 1, day	2												
Workout 1:	Vorkout 1: Bike Duration: 1:10 notes												
Warm up for 10 minutes with easy spinning. Max Cadence Set: 10 X 1 minutes as 10 seconds max cadence and 50 seconds easy spin recovery. Heart rate stays zone 2 and below at all times. Spin-Up Set: 8 X 2 minutes as 1 minute high cadence, 1 minute easy spin. HR stays zone 2 and below at all times. One Leg Pedaling Set: 8 X 3 minutes as 1 minute right leg only at 60 rpm, 1 minute left leg only at 60 rpm, 1 minute both legs at 95 rpm. HR stays zone 2 and below at all times. 10 minutes easy cool down.													
Daily stats	Duration:	Distance:	PE:	TSS:	IF:								

Week 1, day	/ 3										
Workout 1:	Bike					Dur	ation:	2:00			
minutes easy to between each muscular fuel takes 4.5 minueffectiveness	spinning betw n repeat. This source is Cre s to regenerc of this worko	easy spinning then do veen each repeat. Be workout is to stimula atine Phosphate (CP) ate. If you start the ne out is undermined. I KN patience to reap its m	e sure to tal te speed a . CP is entil ext repeat NOW you	ke the ind mi rely us befor	full 4. uscle d sed up e CP h	.5 min evelo _l in 30 as reç	utes recoment. To second	over) The s and ed th	/ I e		
Workout 2:	Strength					Dur	ation: (0:45			
Workout 2: Strength Duration: 0:45 Five minute aerobic warm up. 10-15 push-ups, 5 minutes of core work, 10-15 pull-ups or rows, 5 minutes of core work, 5 minutes stretching hips and legs. Repeat two times.											
Daily stats	Duration:	Distance:		PE:		TSS:		IF:			



1 of 26 100km PR plan

Week 1, day	4											
Workout 1:	Bike	ike Duration: 2:00										
rolling or flat o	Warm up well then ride for 60 minutes at power L3 or in heart rate zone 3. Choose a gently olling or flat course. Stay on the gas without a break. Cadence 90 - 105 rpm. Fuel and sydrate during the tempo. Workout 2: Regen Duration: 0:15											
Workout 2:	Regen											
Use a combina	Use a combination of rolling on the foam roller and stretching to work out your hot spots.											
Daily stats	Duration:	Distance:	PE:	TSS:	IF:							

Week 1, day	5					
Workout 1:	Strength			Dur	ation: 0:45	5
with a weight not reaching fo	approaching ailure, 60 se with a weig	f aerobic exercise or g but not reaching fa cond front pillar, 30 ht approaching but r	ilure, 10 lat pull second side pillo	with a weigh ar to each sic	nt approach de, 10 ball _l	ing but oikes,
Workout 2:	MTB			Dur	ation: 1:30)
ride can be sp Ride today on complete the r Tomorrows rid level. Shift ofte	olit into two collit into two colly if you are ide tomorrolle is a higher	ra this week. Today and done as a common super motivated are w. If not miss out this priority than this rid in 80-90 rpm cadenorelaxed pressure on	ute, warm up for e sure you will ho ride and do not e. Ride at an ea ce. Choose a mo	strength wo ave enough t try to make sy relaxed p	rk or shorter ime and end it up anothe pace and ef	ned. ergy to er day.
Daily stats	Duration:	Distance:	PE:	TSS:	IF:	

Week 1, da	y 6								
Workout 1:	Bike			D	uration:	2:00		no	tes
Then time tric the 20 minute and distance Coaching Hea training zone	al 20 minutes as evenly with covered in the art Rate Zone s/levels: http is test review	rformance Field Test. on a flat out-back co a maximal effort. R the 20 minutes. Finish r the and Power Training the Testing Guideline 138	urse or up a cor ecord average ide time with lor level Calculator rainingplans/lev	ntinuous gro power, aveng easy con at this link elCalcs.htm	adual climerage hed ol down. l to calcul	b. Po art ra Use th ate y	ace te ie LW		
Daily stats	Duration:	Distance:	PE:	TSS	: :	IF:			



2 of 26 100km PR plan

Week 1, day	Veek 1, day 7												
Workout 1:	MTB		notes										
such as dirt roo heart rate zone 2 calories per sodium and ab	Off-road today. Choose a very hilly course with at least 60% of the ride on non-tech terrain such as dirt roads. Focus today is fitness not tech skills. Ride climbs mostly at power L3 or in neart rate zone 3. Keep the power output steady and continuous. Fuel and hydrate with care. 2 calories per pound of body weight per hour is an average fuel target. Target 300 mg of sodium and about 20 oz of fluids per hour. Increase fluid and sodium intake in hot weather. Ride Focus: Fuel on a calculated plan to ensure high energy throughout the ride.												
Workout 2:	Regen				I	Durc	ation: ():15					
Use a combina	Use a combination of rolling on the foam roller and stretching to work out your hot spots.												
Daily stats	Duration:	Distance:		PE:	TS	SS:		IF:					

Week 2, day	1											
Workout 1:	orkout 1: Strength Duration: 0:45											
Warm up with 5 minutes of easy aerobic exercise or calisthenics. Then do 10 push-ups, 10 pull-ups, 10 pillar ball twists, 10 psoas crunches to each side, 10 regular crunches, 10 oblique crunches, 10 side lifts to each side, 10 supermans, 10 glute bridges. Repeat 2-3 times through. Follow this link for exercise descripions: http://lwcoaching.com/?p=210 Workout 2: Regen Duration: 0:15												
Workout 2:	Regen					Dur	ation: (0:15				
Use a combination of rolling on the foam roller and stretching to work out your hot spots.												
Daily stats	Duration:	Distance:		PE:		TSS:		IF:				

Week 2, day	2									
Workout 1:	Bike		notes							
Warm up for 1 max cadence of times. Spin-Up zone 2 and be at 60 rpm, 1 m and below at 6	all s g only									
Workout 2:	Regen					Dur	ation:	0:15		
Use a combination of rolling on the foam roller and stretching to work out your hot spots.										
Daily stats										



3 of 26 100km PR plan

Week 2, day	Veek 2, day 3												
Workout 1:	Norkout 1: Bike Duration: 2:00												
minutes easy sp between each muscular fuel so takes 4.5 mins effectiveness o	Warm up with 30 minutes easy spinning then do 12 X 30 seconds at max effort with 4.5 minutes easy spinning between each repeat. Be sure to take the full 4.5 minutes recovery between each repeat. This workout is to stimulate speed and muscle development. The muscular fuel source is Creatine Phosphate (CP). CP is entirely used up in 30 seconds and takes 4.5 mins to regenerate. If you start the next repeat before CP has regenerated the effectiveness of this workout is undermined. I KNOW you will feel ready before 4.5 mins is up. This workout requires patience to reap its magic. Workout 2: Strength Duration: 0:45												
Workout 2:	Strength						Dur	ation: (0:45				
Five minute aerobic warm up. 10-15 push-ups, 5 minutes of core work, 10-15 pull-ups or rows, 5 minutes of core work, 5 minutes stretching hips and legs. Repeat two times. Daily stats Duration: Distance: PE: TSS: IF:													

Week 2, day	. 4						
Workout 1:	Bike			Durat	ion: 2:30		notes
•	I then ride for 90 mi course. Stay on the g g the tempo.	•			•	ently	
Workout 2:	Regen			Durat	ion: 0:1 <i>5</i>		
Use a combine	ation of rolling on the	e foam roller and	stretching to w	ork out your	r hot spots.		
Daily stats	Duration:	Distance:	PE:	TSS:	IF:		

Week 2, day	5											
Workout 1:	Strength						Dur	ation: (0:45		notes	
Warm up with with a weight of not reaching for 10 bicep curls Repeat 2-3 tim	approaching ailure, 60 se with a weig	g but not rea cond front p	ching fai illar, 30	ilure, 10 la second sid	t pull e pillo	with a ar to e	weigh ach sic	nt appro de, 10 k	oachii oall p	ng but ikes,		
Workout 2:	MTB						Dur	ation:	1:30			
This ride is an oride can be spi Ride today onl complete the ri Tomorrows ride level. Shift ofte technical challe	lit into two or y if you are de tomorro e is a higher en to mainta	and done as super motive. If not miss priority that in 80-90 rpr	a communities are	ute, warm use sure you warde and dee. Ride at	up for will ho o not an ea a mos	streng ive end try to sy relo	th woi ough ti make ixed p	rk or sho ime and it up an oace an	ortend dener dother	ed. rgy to day.		
Daily stats	Duration:	Di	stance:		PE:		TSS:		IF:			



Week 2, day	6						
Workout 1:	MTB			Duro	ition: 2:30		notes
	•	today: Group ride or trait today. All heart rate and	•		• •	,	
Workout 2:	Regen			Duro	ıtion: 0:15		
Use a combina	tion of rolling	on the foam roller and str	etching to wo	ork out you	ur hot spots.		
Daily stats	Duration:	Distance:	PE:	TSS:	IF:		

Workout 1:							
	MTB			Durati	on: 4:30		notes
such as dirt roo climbs mostly c continuous. Mir	ads. Long dirt road at power L3 or in ho nimize stop time too than 10% of total	ailly course with at lea climbs are great! Foc eart rate zone 3. Kee lay. Record ride time time (total time = ride	cus today is f p the power and stopped	itness not te output stead I time. Stopp	ch skills. R dy and ped time	ide	
Workout 2:	Regen			Durati	on: 0:15		
Use a combina	ation of rolling on th	ne foam roller and stre	etching to wo	ork out your	hot spots.		

