



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
15:40	Strength 0:45	Bike 1:10	Bike 2:00	Bike 2:00	Strength 0:45	Bike 2:00	MTB 4:00
	Regen 0:15		Strength 0:45	Regen 0:15	MTB 1:30		Regen 0:15

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

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 1										
Workout 1: Strength				Duration: 0:45				<i>notes</i>		
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 descriptions: http://lwcoaching.com/?p=210										
Workout 2: Regen				Duration: 0:15						
Use a combination of rolling on the foam roller and stretching to work out your hot spots.										
<i>Daily stats</i>	Duration:		Distance:		PE:		TSS:		IF:	

Week 1, day 2										
Workout 1: Bike				Duration: 1:10				<i>notes</i>		
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.										
<i>Daily stats</i>	Duration:		Distance:		PE:		TSS:		IF:	

Week 1, day 3										
Workout 1: Bike				Duration: 2:00				<i>notes</i>		
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						
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.										
<i>Daily stats</i>	Duration:		Distance:		PE:		TSS:		IF:	



Week 1, day 4							
Workout 1: Bike				Duration: 2:00		notes	
Warm up well then ride for 60 minutes at power L3 or in heart rate zone 3. Choose a gently rolling or flat course. Stay on the gas without a break. Cadence 90 - 105 rpm. Fuel and hydrate during the tempo.							
Workout 2: Regen				Duration: 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:

Week 1, day 5							
Workout 1: Strength				Duration: 0:45		notes	
Warm up with 5 minutes of aerobic exercise or calisthenics. Then do 10 bench or chest press with a weight approaching but not reaching failure, 10 lat pull with a weight approaching but not reaching failure, 60 second front pillar, 30 second side pillar to each side, 10 ball pikes, 10 bicep curls with a weight approaching but not reaching failure, tricep dips to failure. Repeat 2-3 times.							
Workout 2: MTB				Duration: 1:30			
This ride is an optional extra this week. Today the strength session is a higher priority. This ride can be split into two and done as a commute, warm up for strength work or shortened. Ride today only if you are super motivated are sure you will have enough time and energy to complete the ride tomorrow. If not miss out this ride and do not try to make it up another day. Tomorrows ride is a higher priority than this ride. Ride at an easy relaxed pace and effort level. Shift often to maintain 80-90 rpm cadence. Choose a mostly flat course with few technical challenges. Light relaxed pressure on the pedals.							
Daily stats	Duration:		Distance:		PE:		TSS:

Week 1, day 6							
Workout 1: Bike				Duration: 2:00		notes	
Heart rate, Power and Performance Field Test. Do a long deep warm up prior to the test. Then time trial 20 minutes on a flat out-back course or up a continuous gradual climb. Pace the 20 minutes evenly with a maximal effort. Record average power, average heart rate and distance covered in the 20 minutes. Finish ride time with long easy cool down. Use the LW Coaching Heart Rate Zone and Power Training level Calculator at this link to calculate your training zones/levels: http://lwcoaching.com/trainingplans/levelCalcs.htm . Prior to conducting this test review the Testing Guidelines doc found at this link: http://lwcoaching.com/?p=138							
Daily stats	Duration:		Distance:		PE:		TSS:



Week 1, day 7							
Workout 1: MTB				Duration: 4:00		notes	
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 heart 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				Duration: 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 1							
Workout 1: Strength				Duration: 0:45		notes	
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 descriptions: http://lwcoaching.com/?p=210							
Workout 2: Regen				Duration: 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				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.							
Workout 2: Regen				Duration: 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 3								
Workout 1: Bike					Duration: 2:00		notes	
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			
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					Duration: 2:30		notes	
Warm up well then ride for 90 minutes at power L3 or in heart rate zone 3. Choose a gently rolling or flat course. Stay on the gas without a break. Cadence 90 - 105 rpm. Fuel and hydrate during the tempo.								
Workout 2: Regen					Duration: 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 5								
Workout 1: Strength					Duration: 0:45		notes	
Warm up with 5 minutes of aerobic exercise or calisthenics. Then do 10 bench or chest press with a weight approaching but not reaching failure, 10 lat pull with a weight approaching but not reaching failure, 60 second front pillar, 30 second side pillar to each side, 10 ball pikes, 10 bicep curls with a weight approaching but not reaching failure, tricep dips to failure. Repeat 2-3 times.								
Workout 2: MTB					Duration: 1:30			
This ride is an optional extra this week. Today the strength session is a higher priority. This ride can be split into two and done as a commute, warm up for strength work or shortened. Ride today only if you are super motivated are sure you will have enough time and energy to complete the ride tomorrow. If not miss out this ride and do not try to make it up another day. Tomorrows ride is a higher priority than this ride. Ride at an easy relaxed pace and effort level. Shift often to maintain 80-90 rpm cadence. Choose a mostly flat course with few technical challenges. Light relaxed pressure on the pedals.								
Daily stats	Duration:		Distance:		PE:		TSS:	IF:



Week 2, day 6									
Workout 1: MTB					Duration: 2:30			notes	
On or off-road - your choice today: Group ride or training race. Ride fast and aggressively. Drill it for at least 90 minutes today. All heart rate and power levels. Push yourself today.									
Workout 2: Regen					Duration: 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 7									
Workout 1: MTB					Duration: 4:30			notes	
Off-road today. Choose a very hilly course with at least 60% of the ride on non-tech terrain such as dirt roads. Long dirt road climbs are great! Focus today is fitness not tech skills. Ride climbs mostly at power L3 or in heart rate zone 3. Keep the power output steady and continuous. Minimize stop time today. Record ride time and stopped time. Stopped time should be less than 10% of total time (total time = ride time + stopped time). Ride Focus: Limit idle time.									
Workout 2: Regen					Duration: 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:

