**Month 1 and 2**

**The first two months of the 6-month exercise program will focus mainly on increasing fitness on all levels (including strength, endurance, flexibility, stability). The goal is to motivate the individual to willingly continue with the training on a consistent basis. Cardio, weight training and flexibility will be combined. Specific mountain biking skills will be focused on later in the program. The average cardio sessions will range between 30-60mins, average weight training 30-60 minutes. Below is an example of a microcycle in month 1 or 2:**

**Mon**: Recreational sport; eg. 30-45mins soccer, volleyball, etc.

**Tue**: Upper body weight training:

* Lat pull down: 2 sets of 50-60% of 1RM
* Lumber jacks: 20 reps each side
* Bench press: 2 sets of 50-60& of 1RM
* Dips: 12-15 reps
* Smith machine military press: 2 sets of 50-60% of 1RM
* Weighted punches: 30 per arm with 5lb dumbbells

**Wed**: Cardio of choice eg. Jogging, cycling, etc for 30-45 mins

**Thu** Lower body weight training

* Squats: 2 sets of 45lb bar
* Lunges: 2 sets of 10lb dumbbells
* Hamstring curl: 2 sets; 40lbs
* Leg extension: 2 sets of 50-60% of 1RM
* Standing calf raise: 2 sets of 50-60% of 1RM

**Fri**: Cardio of choice eg. Jogging, cycling, etc for 30-45 mins

**Sat**: Core, 45-60 mins of cardio eg. Kick boxing, swimming, cycling.

* Bicycles (no pun intended)
* Leg lifts
* Planks
* Ball twists
* Side planks

 \* 15 reps each for the core exercises

**Sun**: Rest

**Month 3**

**Month 3 will be similar to the previous two months in terms of the workout regime (upper, lower, core, with cardio inbetween). The first week of Month 3 will be a “recovery week” – the individual will replace the 3 weight training sessions with a yoga session, static and dynamic stretching, and recreational cardio (such as moderate intensity cycling, walking at an incline, hiking, or swimming)**

**In this month, the intensity of the exercises will increase with cardio and weight training. Specific training mechanisms will be implemented to train specifically for mountain biking – cardio will be more focused on cycling and increasing cycling hours to get used to long hours On the bike. Below in an example of a microcycle for Month 3:**

**Monday: Upper Body Weight Training:**

* Wide grip Barbell Bench press: 3 sets of 13-15 reps; 75% of 1RM
* Shoulder press: 3 sets of 13-15 reps; 75% of 1RM
* Side-to-side push ups: 2 sets until failure
* Cable cross-over: 3 sets of 15 reps; 20lbs
* Skullcrushers: 3 sets of 15 reps; 30lbs
* Incline dumbbell curl: 3 sets of 15 reps; 17.5lbs

**Tuesday: Cardio only (see below)**

**Wednesday: Lower Body Weight training**

* Narrow stance squats: 4 sets of 8 reps; 15lb plate each side
* Barbell glute bridge: 4 sets of 8 reps; 45lbs
* One leg barbell squat: 4 sets of 8 reps; 20lbs
* Donkey calf raises: 3 sets of 12 reps: 90lbs
* Seated calf raises: 3 sets of 12 reps; 65lbs

**Thursday: Cardio only**

**Friday: Core**

* Superset:

Toe touchers: 3 sets of 20 reps

Crunches: 3 sets of 20 reps

* Superset:

Cable crunch: 3 sets of 30 reps

Knee/hip raise on parallel bars: 3 sets of 20 reps

* Superset**:**

Decline ball twists: 3 sets of 30 reps

1 min planks

**Saturday: Cardio only**

**Sunday: Rest**

**Month 3 CARDIO microcycle example:**

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** | **Notes** | **Hours** |
| Leisurely off-road cycle, with mixed intensities, 180min | Speed training, 5x5min @ 75% HRMAX during 60min cycle  | Endurance ride, LSD with hill climbs, 4x5min 80% HRMAX  | LSD with low resistance, 120min  | Rest, yoga class with sauna | Road cycle, warm-up 30min @ 75% HRMAX, 60min 85% HRMAX, cool down 30min @75% HRMAX | Rest | Focus on endurance, hill intervals, and HR zones | 10-12 hours cycling  |

**Month 4**

**Month 4 will be a re-vamped program to tax the body systems differently and give a new dynamic to training. Focus will be on power and intensity to prepare for the upcoming race. For the first week of deadlifts, just the bar is used to work on proper technique and form.**

**Monday: Lower Body Weight Training:**

* 3 x 25 squats with bar overhead @ 75% 1RM
* 3 x 15 1-leg leg press @ 85% 1RM
* 3 x 15 deadlifts, 75lbs
* 3 x 25 calf raises, 25lbs per side
* 3 x 10 @ 85% 1RM inverted leg press

**Tuesday: Cardio only (see below)**

**Wednesday: Upper Body Weight training**

* 1 pyramid benchpress
	+ 10 reps @ 65lbs
	+ 8 reps @ 75lbs
	+ 6 reps @ 85lbs
	+ 4 reps @ 95lbs
	+ 6 reps @85lbs
	+ 8 lbs @ 75lbs
	+ 10 reps @ 65lbs
* 2 x 12-15 overhead dumbbell tricep press
* 2 x 10 chin-ups (assisted if necessary)
* 40 wall-throws with 20lb medicine ball
* 3 x 12-15 lat pulldowns @ 85% 1RM

**Thursday: Cardio only (see below)**

**Friday: Core and Cardio**

* 2 minute plank
* 1 minute burpees
* 1 minute side plank per side
* 1 minute bicycle (max intensity)
* 20 Hanging leg raises
* 1 minute burpees
* 30 ab in-and-outs (using ab-roller equipment piece)
* 30 mountain climbers
* 1 minute burpees

Cardio 45 minutes HIIT biking or treadmill, 3 minutes @ 75% HRmax followed by 1 minute @ 90% HRmax for the duration of the workout; all to be completed at 2% incline

**Saturday: Cardio only**

**Sunday: Rest**

**Month 4 CARDIO microcycle example:**

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** | **Notes** | **Hours** |
| Leisurely off-road cycle, with mixed intensities, 180min | Sprint training, 10x3min @ 85% HRMAX during 60min cycle  | LSD ride, 75 minutes at 75% HRMAX with hills included in desired route | LSD with medium resistance, 90min followed by 20 minute HIIT 2x5 intervals @ 90% HRMAX  | Light 60minute cycle @ 50-60% HRMAX, no hills, hot yoga with hot tub/massage  | Road cycle with hills wearing 30lb weighted backpack, warm-up 15min @ 75% HRMAX, 80min 85% HRMAX, cool down 30min @75% HRMAX | Rest | Focus on intensity, sprint intervals, and increasing strength | 9-11 hours of cycling at various intensities  |

**Month 5**

**Month 5**

**Monday: Lower Body Weight Training + plyometrics**

* 4 x 6-8 90% 1RM wide leg squats
* 4 x 6-8 90% 1RM bar overhead squats
* 4 x 6-8 90% 1RM bar over chest squats
* 3 x 10 @ 80% 1RM leg curls
* 3 x 20 calf raise 30lbs per side
* 5 x 100meter sprints
	+ \*30 seconds burpees
	+ \*30 seconds one-legged leaps per side
	+ \*30 seconds side to side jump lunges
	+ \*30 seconds of suicide running (line-touches w/ backwards running)

\* Repeat 3 times with 2 minute rest intervals

**Tuesday: Cardio only (see below)**

**Wednesday: Upper Body Weight training + plyometrics**

* 3 x 10 triceps dips
* 3 x 12-15 lumberjacks @ 50lbs
* 3 x 15 biceps curls @ 85% 1RM
* 3 x 10 fly’s @ 30lbs
* 5 x 100meter sprints
	+ \*30 seconds burpees
	+ \*30 seconds one-legged leaps per side
	+ \*30 seconds side to side jump lunges
	+ \*30 seconds of suicide running (line-touches w/ backwards running)

\* Repeat 3 times with 2 minute rest intervals

**Thursday: Cardio only (see below)**

**Friday: Core**

* 30 side plank hip dips
* 2 x 40 ball twists @ 8 lbs
* 2 x 30 seconds bosu ball planks
* 2 x 30 exercise ball sit-ups
* 100 cruches
* 3 x 15 leg raises with 5lb ankle weights per side
* 2 x 45 second V sits

**Saturday: Cardio only**

**Sunday: Rest**

**Month 5 CARDIO microcycle example:**

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** | **Notes** | **Hours** |
| Outdoor ride with hills, light workload, self-selected leisurely pace for 180 minutes | 90 minute interval training, 5 minutes @ 75% HRMAX, build by 5% every 5 minutes until 90% is reached, maintain for 20 minutes then decrease to 85% HRMAX and maintain for the remainder of workout | Endurance ride, LSD with hill climbs, 4x5min 80% HRMAX  | Low resistance wearing weighted backpack @ 40lbs, 120min outdoors  | Light stretching, outdoor walk, yoga class if desired  | Road cycle, maintain 85% HRMAX 30 minutes after 15 minute light warm-up, increase to 90% for 15 minutes, then rotate 80% to 95% for 30 minute intervals with hill climbs, finish with 30 minutes maintaining 85% HRMAX and cool down for 30 minutes are desired speed, HR, and workload | Rest | High intensity with strength and speed gains desired | 10-12 hours cycling, high volume of HIIT  |

**Month 6**

**First two weeks of month 6:**

**The first two weeks of month six, the individual will focus on power output and using the muscle gained during the program for explosive movements (especially needed against a steep hill when mountain biking). Weight training will not be the sole focus for the last month. Specific cycling techniques and skills will be focused on. Core exercises will still be maintained for maximal stability and supportive strength (especially for the back and glutes).**

**Monday**

**Plyometrics**

* 20 Drop jumps (dropping to the ground from a raised platform, and then immediately jumping up)
* Single leg hops (20 on each leg, repeat 2×)
* Leap jumps (2 × 20)
* 1min Burpees
* 5 × 150m sprints on mountain bike

**Core**

* 1 min planks and 20 push-ups right after (repeat twice)
* 3 x 45 seconds 8lbs ball twists

**Cardio**

* 45min recovery ride with 3×4 minute accelerations.

**Tuesday**

**Legs**

* 12-15 Deadlifts @ 80% 1RM
* 12-15 Squats @ 80% 1RM
* 20 Walking lunges 30 lb barbell
* 12-15 Front squats @ 75% 1RM
* 15-20 Donkey calf raises with 20lb dumbbells
* 13-15 leg curls @ 75% 1RM
* 5 × 1min high intensity cycling (focus on explosive power and distance covered)

**Wednesday**

**Core**

* 2 × 20 Swiss Ball Crunch
* Bicycles (20× forward and 20× reversed)
* 25 × In-and-outs
* 20 × cable curls 35 lbs
* 3 × 1min planks
* 2 × 1min Side plank (on each side)
* 1 min bridge

**Cardio**

* 5 hours easy off-road cycling (switch to Saturday if Wednesday doesn’t work)

**Thursday:**

* **Rest**

**Friday**

* 2 hours easy cycling with 10 × 3min accelerations with 3 minutes moderate cycling in between. (focus on intensity)

**Saturday:**

**Core and upper body**

* Superset: 3 sets

Jumping rope: 2 mins high intensity

Superman

* Superset: 3 sets

Pushups – close and wide hand positions

* Toe touchers: 3 sets of 20 reps
* Underhand cable pulldowns: 3 sets of 15 reps; 75% of 1RM
* Exercise ball pull-in: 3 sets of 15 reps
* Seated cable rows: 3 sets of 15 reps; 75% of 1RM

**Sunday**

* **Rest**

**Month 6: Week 3:**

* **No more weight training; training intensity will decrease dramatically with lots of rest in between. Make sure to stretch as much as possible.**

**Monday:** Easy spin: 90 mins with 10×2min high intensity accelerations with 5mins rest between. Alternate between standing and seated

**Tuesday:** 3 hours easy cycling

**Wednesday:** Rest

**Thursday:** 1 hour easy cycling

**Friday:** 5-6 hours easy, focusing on leg speed the last hour

**Saturday:** 1.5 hours moderate intensity off-road cycling

**Month 6: Week 4 (LAST WEEK!!!!)**

**Monday:** 45 min easy spin; increase intensity and resistance (continue for 30 more minutes)

**Tuesday:** 3.5 hours easy off-road; do not go too hard (at an average 0f 50-60% of HRM)

**Wednesday:** Rest

**Thursday:** 1.5 hours easy spin; 10 × 1min hill climbs

**Friday:** Rest

**Saturday:** Rest

**Sunday: RACE WEEK BEGINS!!!**