



THE PROSPECTOR MTB STAGE RACE INTRODUCTION 12 WEEK TRAINING PROGRAM



In conjunction with Willbike Cycle Coaching we have designed an introductory training program to help you get the fitness, speed, power and technique required to tackle the Prospector MTB Stage Race.

This training plan may not be entirely suitable for each and every rider's personal needs and environments but you can pick and choose the sessions that suit best and work on areas for improvement

For more detailed and personal coaching feel free to contact James via info@willbike.co.nz for further discussion

Happy training and we look forward to seeing you in March

ZONES	REST	RECOVERY	WARM UP/DOWN	ENDURANCE	TEMPO	THRESHOLD	ANAEROBIC THRESHOLD	MAXIMUM
DESCRIPTION	No activity	Very light riding <50% effort	Easy riding @ 40-60% effort, High Cadence	Steady riding @50-70% effort Sustainable for long durations (up to 6hrs)	Steady riding @ 70-80% effort Sustainable for shorter durations (up to 1hr)	Hard Riding @ 80-95% effort Sustainable for short durations (5-20min)	Very hard riding @ 95%-100% effort. Sustainable for short durations (1-5min)	All-out effort. Sustainable for very short durations (up to 1min)



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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKEND
WEEK 1	REST	HILL CLIMB THRESHOLD TEST Duration: 60min 20min warm up riding 1x 15-20min Climb 100% effort 20min warm down riding Comments: Aim for a climb that is steady and consistent in its gradient. Use the effort/pace on this climb as a guide/reference for further training sessions If you can't find a suitable climb, do this session can be done on a trainer	REST	ENDURANCE RIDE Duration: 60min Low end endurance ride – 50% effort on flat terrain Comments: Can do indoors	REST	ENDURANCE RIDE Duration: 90-120min Endurance riding (50-70% effort) on hilly terrain Aim for 500-1000m Elevation Comments: Pace yourself from the beginning, should aim to feel strong at the end of ride
		STRENGTH CLIMBS Duration: 70min 15min warm up riding 4x4min Steep Hill climbs @ 80% effort – 6min recovery in between 15min warm down Comments: Focus of this session is on technique rather than maximal effort. Aim to keep pace as consistent as possible through all climbs. Pedalling should be smooth and breathing relaxed. This session can be completed on a trainer/stationary bike in a big gear to simulate a steep hill		TEMPO ENDURANCE RIDE Duration: 60min 10min warm up riding 40min @ 70% effort – on any kind of terrain, just keep effort consistent 10min warm down Comments: Aim here is to ride at a consistent hard pace for the full 40min, if anything should be able to finish faster and not be at maximum effort		TECHNICAL ENDURANCE Duration: 90 – 120min Endurance pace ride (50-70% effort) – include at least 30min of riding on technical tracks that will push your skill level Comments: Not a hard ride – shouldn't be too tired at end of this one
WEEK 2	REST	STRENGTH CLIMBS Duration: 70min 15min warm up riding 4x4min Steep Hill climbs @ 80% effort – 6min recovery in between 15min warm down Comments: Focus of this session is on technique rather than maximal effort. Aim to keep pace as consistent as possible through all climbs. Pedalling should be smooth and breathing relaxed. This session can be completed on a trainer/stationary bike in a big gear to simulate a steep hill	REST	TEMPO ENDURANCE RIDE Duration: 60min 10min warm up riding 40min @ 70% effort – on any kind of terrain, just keep effort consistent 10min warm down Comments: Aim here is to ride at a consistent hard pace for the full 40min, if anything should be able to finish faster and not be at maximum effort	REST	TECHNICAL ENDURANCE Duration: 90 – 120min Endurance pace ride (50-70% effort) – include at least 30min of riding on technical tracks that will push your skill level Comments: Not a hard ride – shouldn't be too tired at end of this one
		STRENGTH CLIMBS Duration: 70min 15min warm up riding 4x4min Steep Hill climbs @ 80% effort – 6min recovery in between 15min warm down Comments: Focus of this session is on technique rather than maximal effort. Aim to keep pace as consistent as possible through all climbs. Pedalling should be smooth and breathing relaxed. This session can be completed on a trainer/stationary bike in a big gear to simulate a steep hill		TEMPO ENDURANCE RIDE Duration: 60min 10min warm up riding 40min @ 70% effort – on any kind of terrain, just keep effort consistent 10min warm down Comments: Aim here is to ride at a consistent hard pace for the full 40min, if anything should be able to finish faster and not be at maximum effort		TECHNICAL ENDURANCE Duration: 90 – 120min Endurance pace ride (50-70% effort) – include at least 30min of riding on technical tracks that will push your skill level Comments: Not a hard ride – shouldn't be too tired at end of this one



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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKEND
WEEK 3	REST	MAX POWER INTERVALS	REST	STRENGTH CLIMBS	REST	HILL ENDURANCE
		Duration: 60min		Duration: 70min		Duration: 90-120min
		15min warm up riding 3x20sec max effort sprints – 4.40min recovery 3x10sec max effort sprints – 4.5min recovery 15min warm down riding		15min warm up riding 4x4min Steep Hill climbs @ 80% effort – 6min recovery in between 15min warm down		Endurance pace ride (50-70% effort) – Include 2x15min Hill climbs @80-90% effort.
		Comments:		Comments:		Comments:
		Aim is for absolute max power production on these efforts – should be fully recovered in between each one		Focus of this session is on technique rather than maximal effort. Aim to keep pace as consistent as possible through all climbs. Pedalling should be smooth and breathing relaxed. This session can be completed on a trainer/stationary bike in a big gear to simulate a steep hill		Both hills should be done at similar pace, should still feel strong at end of ride
WEEK 4	REST	SINGLETRACK TEMPO	ENDURANCE	STRENGTH CLIMBS	REST	ENDURANCE
		Duration: 60min	Duration: 60min	Duration: 70min		Duration:150-180min
		10min warm up riding 15min @ 70% effort on single tracks 10min easy riding <60% 15min @ 80% effort on single tracks 10min warm down	Low end endurance ride – 50% effort on flat terrain	15min warm up riding 4x4min Steep Hill climbs @ 80% effort – 6min recovery in between 15min warm down		Endurance ride – just do whatever you feel like
		Comments:	Comments:	Comments:		Comments:



THE PROSPECTOR MTB STAGE RACE INTRODUCTION 12 WEEK TRAINING PROGRAM



	Aim for consistent pace in each effort. Be sure to take the first one slightly easier so you can increase effort in second 15min This session can be completed on a trainer/stationary bike in a big gear to simulate a steep hill	Can do indoors	Focus of this session is on technique rather than maximal effort. Aim to keep pace as consistent as possible through all climbs. Pedalling should be smooth and breathing relaxed. This session can be completed on a trainer/stationary bike in a big gear to simulate a steep hill		Not a hard ride – shouldn't be too tired at end of this one
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MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

WEEKEND

WEEK
5

WEEK 5	REST	REST	ENDURANCE	REST	REST	MAX ACCELERATION SEATED SPRINTS
			Duration: 60min			Duration: 60min
			Low end endurance ride – 50% effort on flat terrain			10min warm up 8x15sec max effort seated sprints from 0-5kph – 4.45min recovery in between 10min warm down
			Comments:			Comments:
			Can do indoors			Focus of session is on acceleration from low speed. Start in a gear 2-3 down from smallest and spin as fast as you can for the full 15sec.
WEEK 6	REST	TEMPO CLIMBING	MAX POWER INTERVALS	SINGLETRACK TEMPO	REST	ENDURANCE HILL SPRINTS
		Duration: 75min	Duration: 60min	Duration: 60min		Duration: 120-150min
		15min warm up riding 2x15min hill climbs @ 80% effort – 15min recovery riding in between 15min warm down	15min warm up riding 3x20sec max effort sprints – 4.40min recovery 3x10sec max effort sprints – 4.5min recovery 15min warm down riding	10min warm up riding 15min @ 70% effort on single tracks 10min easy riding <60% 15min @ 80% effort on single tracks 10min warm down		Endurance riding on hilly terrain Include 5-7x1min max effort hill sprints during ride
		Comments:	Comments:	Comments:		Comments:
		Aim to ride both climbs at similar pace. If anything should be able to lift at end of second climb	Aim is for absolute max power production on these efforts – should be fully recovered in between each one	Aim for consistent pace in each effort. Be sure to take the first one slightly easier so you can increase effort in second 15min.		Give it heaps on hill sprints and ride steady in between



THE PROSPECTOR MTB STAGE RACE INTRODUCTION 12 WEEK TRAINING PROGRAM



**WEEK
7**

REST	ENDURANCE	TEMPO ENDURANCE RIDE	ENDURANCE	REST	STRENGTH ENDURANCE CLIMBS
	Duration: 60min	Duration: 60min	Duration: 60min		Duration: 120min
	Low end endurance ride – 50% effort on flat terrain	10min warm up riding 40min @ 70% effort – on any kind of terrain, just keep effort consistent 10min warm down	Low end endurance ride – 50% effort on flat terrain		Endurance ride – include 3x10min steep hill climbs @ 80% effort – at least 10min recovery riding in between
	Comments:	Comments:	Comments:		Comments:
	Can do indoors	Aim here is to ride at a consistent hard pace for the full 40min, if anything should be able to finish faster and not be at maximum effort	Can do indoors		Aim is to ride climb at a low cadence (50-70rpm) and focus on smooth pedalling, relaxed upper body and breathing. Control pacing so each climb is similar speed. Should be able to lift pace at end of last climb
REST	SINGLE TRACK THRESHOLD EFFORTS	REST	MAX POWER INTERVALS	REST	ENDURANCE THRESHOLD CLIMB
	Duration: 60min		Duration: 60min		Duration: 120-150min
	15min warm up riding 4x4min @ 95% effort on Single tracks – 4min recovery riding 15min warm down		15min warm up riding 6x30sec max effort sprints – 4.30min recovery 15min warm down riding		First 90min at endurance pace (50-70% effort) Then 1x15-20min hill climb @ 100% effort 15min warm down riding
	Comments:		Comments:		Comments:
	4min efforts should be just under your absolute max, you should be able to ride same pace each effort and if anything lift pace in last effort. These can be done on road or trainer if needed		Aim is for absolute max power production on these efforts – should be fully recovered in between each one		Use same climb as you did in first session Week 1
REST	REST	ENDURANCE	REST	REST	TECHNICAL ENDURANCE
		Duration: 60min			Duration: 180min
		Low end endurance ride – 50% effort on flat terrain			Endurance pace ride (50-70% effort) – include at least 30min of riding on technical tracks that will push your skill level
		Comments:			Comments:
		Can do indoors			Not a hard ride – shouldn't be too tired at end of this one

**WEEK
8**

**WEEK
9**



THE PROSPECTOR MTB STAGE RACE INTRODUCTION 12 WEEK TRAINING PROGRAM



**WEEK
10**

REST	SINGLE TRACK THRESHOLD EFFORTS	REST	STRENGTH CLIMBS	REST	HILL ENDURANCE
	Duration: 60min 15min warm up riding 4x4min @ 95% effort on Single tracks – 4min recovery riding 15min warm down		Duration: 70min 15min warm up riding 4x4min Steep Hill climbs @ 80% effort – 6min recovery in between 15min warm down		Duration: 3hrs Include as much climbing as possible Aim for 1000m+ elevation
	Comments: 4min efforts should be just under your absolute max, you should be able to ride same pace each effort and if anything lift pace in last effort. These can be done on road or trainer if needed		Comments: Focus of this session is on technique rather than maximal effort. Aim to keep pace as consistent as possible through all climbs. Pedalling should be smooth and breathing relaxed. This session can be completed on a trainer/stationary bike in a big gear to simulate a steep hill		Comments: A harder endurance ride, should feel tired at the end of this one
REST	REST	MAX ACCELERATION SEATED SPRINTS	TEMPO ENDURANCE RIDE	REST	RACE SIMULATION RIDE
		Duration: 60min 10min warm up 8x15sec max effort seated sprints from 0-5kph – 4.45min recovery in between 10min warm down	Duration: 80min 10min warm up riding 60min @ 70% effort – on any kind of terrain, just keep effort consistent 10min warm down		Duration: 150min 15min warm up 3x1min max effort sprints – 5min recovery 30min endurance riding 30min @ 80-90% effort (climbing or riding hard on flat) 30min endurance riding 2x 4min @ 100% effort – 8min recovery in between 15min warm down
		Comments: Focus of session is on acceleration from low speed. Start in a gear 2-3 down from smallest and spin as fast as you can for the full 15sec.	Comments: Aim here is to ride at a consistent hard pace for the full 40min, if anything should be able to finish faster and not be at maximum effort		Comments: Leave it all out there in this session

**WEEK
11**



THE PROSPECTOR MTB STAGE RACE INTRODUCTION 12 WEEK TRAINING PROGRAM



**WEEK
12**

REST	REST	SINGLE TRACK THRESHOLD EFFORTS	TEMPO CLIMBING	REST	ENDURANCE
		Duration: 60min	Duration: 75min		Duration: 4hrs
		15min warm up riding 4x4min @ 95% effort on Single tracks – 4min recovery riding 15min warm down	15min warm up riding 2x15min hill climbs @ 80% effort – 15min recovery riding in between 15min warm down		Long ride on easy terrain keep effort below 70%
		Comments:	Comments:		Comments
		4min efforts should be just under your absolute max, you should be able to ride same pace each effort and if anything lift pace in last effort. These can be done on road or trainer if needed	Aim to ride both climbs at similar pace. If anything should be able to lift at end of second climb		Aim to finish ride strongly

All content of this training program written and prepared by James Williamson of Willbike Cycle Coaching

Disclaimer:

- Physical exercise and other forms of physical activity can be dangerous, especially if performed without medical advice, proper supervision and/or pre-exercise evaluation.
- It is advised that you consult your physician or health care professional before performing any exercise, especially if you have any chronic or recurring conditions, and/or if you are pregnant, nursing, or elderly.
- All training and exercise you perform you perform at your own responsibility and at your own risk. The editors, authors and or publishers of the Willbike Cycle Coaching training plans disclaim any responsibility from any adverse effects or consequences from this training plan