

# ECT Spring Training Plan

Building A Strong Foundation For Peak Performance

# Training Goals

- 1.) Learn the importance of base miles.
- 2.) Define the intensity levels of training.
- 3.) Focus on good pedaling technique.
- 4.) Create a structured ride schedule to prepare athletes for the race seasons

# Training Objectives

Establish a spring training plan which progressively increases the amount of ride time required to build the endurance and intensity needed for mountain biking.

These rides focus on Zone 2-3 level riding, this is 60-80% of your max heart rate.

Each month every riders who reaches the allotted training time, and logs their miles in Strava, is eligible for fun prizes and gear.

# Why Are “Base Miles” So Important?

Base training is the foundation upon which everything else rests.

When you ride for two or more hours (or less for new riders) at a steady pace—a typical base ride—your body responds with changes that allow you to use more oxygen and burn more fat as fuel, says coach Joe Friel, author of *The Cyclist’s Training Bible*. The result: You can ride faster and longer.

# Be Aware Of Your Breathing (Training Zones)

## Recovery (Zone 1) 50-60% of Max HR

You're not breathless and can talk in complete sentences while riding

## Endurance (Zone 2) 60-70% of Max HR

You're not breathless and can talk in complete sentences while riding

## Aerobic Capacity/Tempo (Zone3) 70-80% of Max HR

Your breathing is heavier, but you can still hold a conversation while riding

## Threshold Capacity (Zone 4) 80-90% of Max HR

Talking in more than a short sentence is not happening

## Max Intensity (Zone 5) 90-100%

You're breathing so hard you can't talk at all

# Monitor Your Effort

Keep it steady

You've likely heard of long, slow distance rides; you should spend the majority of these rides at a Level 2 (Moderate) intensity, or roughly 65 to 75 percent of your maximum heart rate or perceived effort.

The key is to keep your intensity steady—avoid coasting and hard efforts. A few weeks of this builds a big aerobic engine,

# Pay Attention To Your Pedaling

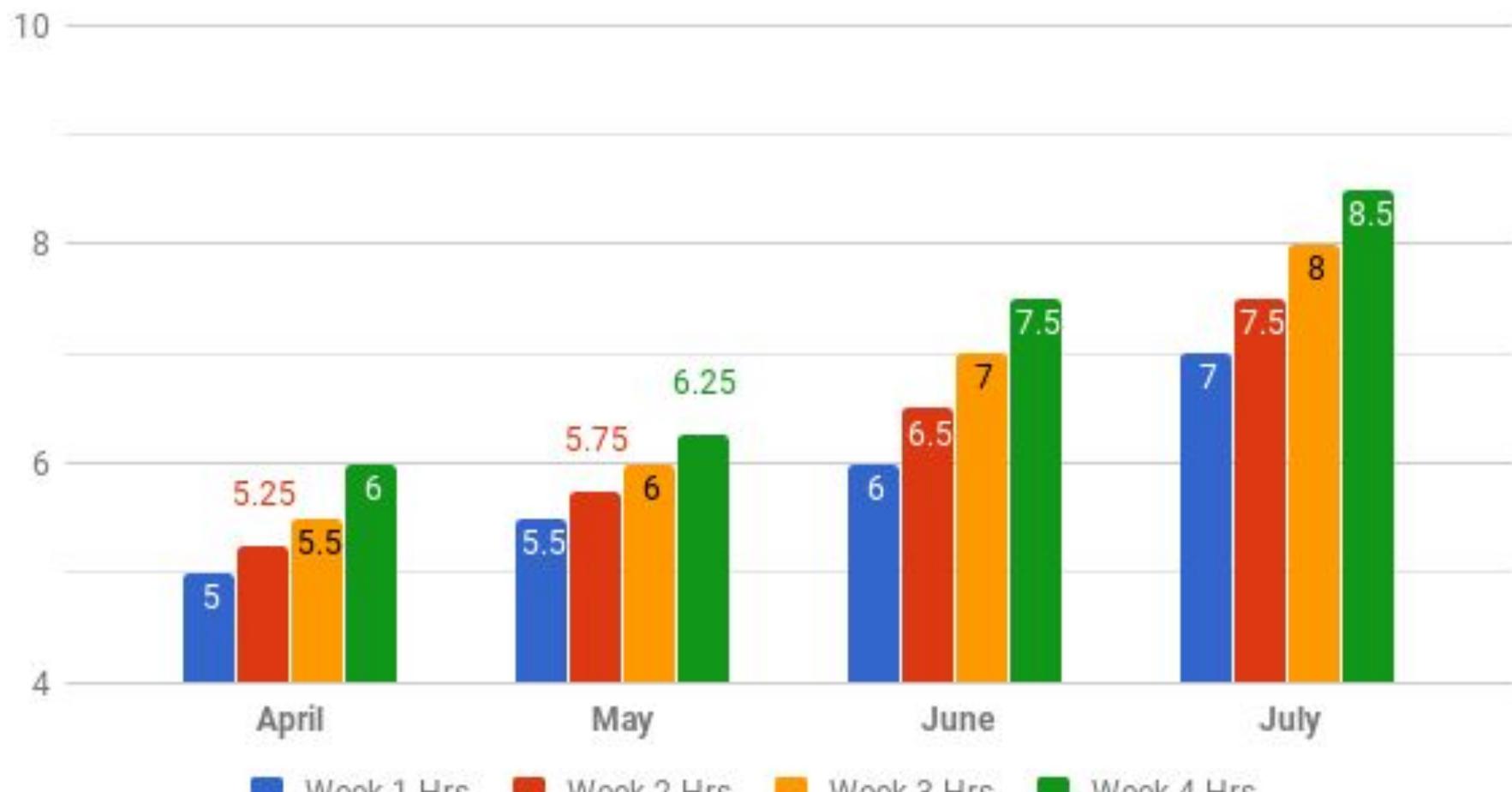
## Be stroke savvy

“Work on your pedaling to develop a consistent force all the way around. spend two or three rides a week aiming for a cadence of about 95 revolutions per minute.

## Use force

Riding a bike for significant lengths of time requires strength and power. Designate one or two rides a week for seated, lower-cadence hill climbing. “Staying in the saddle on all climbs builds hip and knee strength and improves power,”

## Spring Training Goals



# Target Training Zones

**April:** 100% Zone 1

**May:** 25% Zone 1, 50% Zone 2 and 25% Zone 3

**June:** 50% Zone 2, 25% Zone 3 and 25% Zone 4

**July:** 40% Zone 1&2, 20% Zone 3, 30% Zone 4, 10% Zone 5

\*These are not precise numbers, the point is to progressively make your rides harder each month. You are also easing into really hard efforts. Once you are aiming for Zone 5 training, make sure you are still giving yourself time to recover with Zone 1& 2 rides.