**Panther MTB 8 weeks to season plan**

**Group 1:**

Starting from scratch, you took the winter to fully recover, your bike has been gaining a bit of dust. Your body likely just needs a reminder of how this cardo stuff works.

**Group 2:**

You have been doing some activity including occasional bike rides, but no dedicated cardiovascular training or, some cardio but generally not bike specific (likely most will fall into this category)

**Group 3:**

You have been doing dedicated cycling training on the bike including some racing this winter. This category will require you to let me know what your current weekly schedule looks like, so we can see if any additional is even needed or where we can help.

**PRIMARY GOAL:**

Start off season feeling strong. All athletes completing the program will feel comfortable and confident riding a bike without breaks for 60+ minutes steady at practice 1.

**DEFINITIONS:**

**Base Work:**

**Riding or other Cardio-based activities at a low enough intensity where you do not have to breath through your mouth. It should be a light challenge but conversational.**

**Threshold Work:**

**This intensity should feel uncomfortable, breathing rate should be heavy much like in a race**

**Max Efforts:**

**These bouts are at an intensity where you feel your ability to continue at the pace drop within 15-30 seconds. Literally as hard as you can possibly go.**

**Weekly Training Volume:**

**Total minutes of work you are doing per week. For example, 2x 60 minutes would equal 120 minutes total weekly training volume.**

**All WEEKS JUST GETTING OUT AND RIDING YOUR BIKE FOR FUN IS HIGHLY ENCOURAGED!!!**

**WEEK 1:**

**Weekly Skill:**

Ready position: make a point to get out of the saddle on your rides and overemphasize the ready or attack position. Get your body used to being in this posture.

**Group 1:**

2x 30-60 minutes on bike, reacquaint yourself with your machine, Mostly just enjoy getting on your bike again

**Group 2:**

2x 40-60 minutes dedicated Base Cardio, easiest to do not on trail unless you have access to some really good flattish trails. A road ride or a trainer works greatly for this.

**Group 3:**

If you are currently on a training plan. Evaluate your current riding plan, Figure out your total weekly training volume, write down the total and the current differing workouts you are doing.

If you are not currently training 2-3x 60-90 minutes base training

**WEEK 2:**

**Weekly Skill:**

Cornering: Set up some makeshift cones and practice weaving in and out of them. Think about good attack/ ready position and how you need to lean the bike using the windshield wiper arms technique.

**Group 1:**

2x 40-60 minutes dedicated Base Cardio, easiest to do not on trail unless you have access to some really good flattish trails. A road ride or a trainer works greatly for this.

**Group 2:**

Note your total weekly training volume from week 1 and add 10% to each ride or session. For example, if week 1 you did 2x 40 minutes this week do 2x 44 minutes.

**Group 3:**

Increase your base training by 10%. If you are doing other intervals or race work it should stay the same.

**WEEK 3:**

**Weekly Skill:**

Braking: go out and find a place to practice braking has hard as you can without locking up skidding rear wheel. Progressively go faster into it each try. Set up a stop target or box with chalk on the ground. Remember even distribution of both front and rear brake is most effective. For fun and to get used to how the back of your bike can slide, get a piece of cardboard and practice some stop slides with your back tire. Roll over cardboard on grass and lock up back brake once rear wheel is on cardboard.

**Group 1:**

Note your total weekly training volume from week 2 and add 10% to each ride or session. For example, if week 1 you did 2x 40 minutes this week do 2x 44 minutes.

**Group 2:**

2x previous weeks base sessions

1x 10 minutes base warm up followed by, Intervals of 3 mins 30 seconds of base: 30 second max effort sprints for 6 rounds then 10 minutes base cool down (total workout 44 minutes)

**Group 3:**

Continue previous weeks base sessions

If not racing add:

1x 10 minutes base warm up followed by, Intervals of 3 mins 30 seconds of base: 30 second max effort sprints for 6 rounds then 10 minutes base cool down (total workout 44 minutes)

**WEEK 4:**

**Weekly Skills:**

Bike Body Separation: find a bumpy or chunky section of trail, do a few repeats through it. Focus on good attack/ ready position. Let the bike move around under you. See how level you can keep your head and eyes. Try to relax tension in your arms and legs.

**Group 1:**

2x previous weeks base sessions

1x 10 minutes base warm up followed by, Intervals of 3 mins 30 seconds of base: 30 second max effort sprints for 4 rounds then 10 minutes base cool down (total workout 36 minutes)

**Group 2:**

2x base sessions: Note your total weekly base training volume from week 3 and add 10% to each ride or session. For example, if week 3 you did 2x 40 minutes this week do 2x 44 minutes.

1x 10 minutes base warm up followed by, Intervals of 3 mins 30 seconds of base: 30 second max effort sprints for 6 rounds then 10 minutes base cool down (total workout 44 minutes)

**Group 3:**

Note your total weekly base training volume from week 3 and add 10% to each ride or session. For example, if week 3 you did 2x 40 minutes this week do 2x 44 minutes.

1x 10 minutes base warm up followed by, Intervals of 3 mins 30 seconds of base: 30 second max effort sprints for 6 rounds then 10 minutes base cool down (total workout 44 minutes)

**WEEK 5:**

**Weekly Skills:**

Front and rear wheel lifts. Find an obstacle that feels safe for you like a curb. Practice first getting your front wheel over it clean by using a front wheel lift. Once this is consistent see if you can then hop your back wheel up and over with minimal disruption of speed.

**Group 1:**

2x base sessions: Note your total weekly base training volume from week 4 and add 10% to each ride or session. For example, if week 3 you did 2x 40 minutes this week do 2x 44 minutes

1x 10 minutes base warm up followed by, Intervals of 3 mins 30 seconds of base: 30 second max effort sprints for 4 rounds then 10 minutes base cool down (total workout 36 minutes)

**Group 2:**

2 x previous weeks base sessions

1 x Threshold intervals: 10 minutes base warm up followed by 5 rounds of 2 minutes threshold/ race pace, 3 minutes base pace then 10 minutes cool down. (Total workout 45 minutes)

**Group 3:**

Continue previous weeks base sessions

1 x Threshold intervals: 10 minutes base warm up followed by 5 rounds of 2 minutes threshold/ race pace, 3 minutes base pace then 10 minutes cool down. (Total workout 45 minutes)

**WEEK 6:**

**Weekly Skills:**

Take a trip to a pump track if you can. The goal is to learn how to use trail undulations and bumps to generate speed through sections. If no pump track is available while on trail practice weighting and unweighing your bike on rolls, bumps and corners. See if you can create speed without pedaling.

**Group 1:**

2 x previous weeks base sessions

1 x Threshold intervals: 10 minutes base warm up followed by 3 rounds of 2 minutes threshold/ race pace, 3 minutes base pace then 10 minutes cool down. (Total workout 35 minutes)

**Group 2:**

2x base sessions: Note your total weekly base training volume from week 5 and add 10% to each ride or session. For example, if week 5 you did 2x 50 minutes this week do 2x 55 minutes.

1 x Threshold intervals: 10 minutes base warm up followed by 5 rounds of 2 minutes threshold/ race pace, 3 minutes base pace then 10 minutes cool down. (Total workout 45 minutes)

**Group 3:**

Note your total weekly base training volume from week 5 and add 10% to each ride or session. For example, if week 5 you did 2x 50 minutes this week do 2x 55 minutes.

1 x Threshold intervals: 10 minutes base warm up followed by 5 rounds of 2 minutes threshold/ race pace, 3 minutes base pace then 10 minutes cool down. (Total workout 45 minutes)

**WEEK 7:**

**Weekly Skills:**

Starts and shifting: Find a slight uphill slope to ride up. Practice race starts, from a dead stop find your gearing and produce max effort off the line. While on your other rides practice shifting efficiently. Remember a small power surge then back off right as you shift.

**Group 1:**

2 x previous weeks base sessions

1x race starts/ max efforts session: 10 minutes base warm up followed by 5-8 max effort starts to power decrease (should happen within 30 seconds if you are truly at max effort) Full Recovery 2-3 minutes and repeat. (Total Workout 35-44 minutes)

**Group 2:**

2 x previous weeks base sessions

1x race starts/ max efforts session: 10 minutes base warm up followed by 8-10 max effort starts to power decrease (should happen within 30 seconds if you are truly at max effort) Full Recovery 2-3 minutes and repeat. (Total Workout 44-55 minutes)

**Group 3:**

2 x previous weeks base sessions

1x race starts/ max efforts session: 10 minutes base warm up followed by 8-10 max effort starts to power decrease (should happen within 30 seconds if you are truly at max effort) Full Recovery 2-3 minutes and repeat. (Total Workout 44-55 minutes)

**WEEK 8:**

**Weekly skills:**

Bike care: Take some time to give your bike some additional love. It got you through all this. Clean everything, especially drive train. Check your brake pads and make sure all things are functioning properly for practice next week.

**Group 1:**

2x base sessions: Note your total weekly base training volume from week 7 and add 10% to each ride or session. For example, if week 7 you did 2x 50 minutes this week do 2x 55 minutes.

**Group 2:**

2x base sessions: Note your total weekly base training volume from week 7 and add 10% to each ride or session. For example, if week 7 you did 2x 50 minutes this week do 2x 55 minutes.

**Group 3:**

Note your total weekly base training volume from week 7 and add 10% to each ride or session. For example, if week 7 you did 2x 50 minutes this week do 2x 55 minutes.

**Who is this for?**

If you feel you need a little more focus or accountability as we approach the riding season. This is for you. Upon completion it should simply make those first practices feel a little easier and not quite as much of a shock to your bodies. Always remember, just spending more time on your bike in general is amazing! The primary goal of riding bikes is always to have fun.