



Transitional Program for Bob Estes

April 2004

INTRODUCTION

Welcome to the racing season. It's time to start racing in the dirt! This month's program is called transitional because you will now begin to switch your body from pure training mode to racing mode. The training is still very hard, but you will begin racing or doing race-pace training rides one day each weekend whenever possible. As before, do the long endurance rides on the road, either on your mountain bike or on your road bike. If you use your road bike, set it up as similarly as possible to your main racing mountain bike. The Basic V endurance exercise is the heart of the program. Get as much endurance time as you can on your Basic V days.

Maintain a routine of Core Strength training and stretching twice per week. This will help you maintain the stable pelvis which is essential if power from the legs is to be delivered to the pedals, and also helps you to ride efficiently and injury free.

The Hard Intervals continue this month. As before, quit doing intervals for the day if or when you can't get your heart rate up. Don't exhaust yourself excessively with extra "almost intervals" done below the recommended heart rates. Do the hard intervals in the dirt, riding as if you were racing, but keep it safe. In hilly terrain you may need to get off and walk, or turn around and roll down-hill during recovery. Try to do intervals on steep hills and on rolling or flat trails. Don't do them all on the same terrain. Include some dismounts and run-ups. Avoid terrain so technically challenging that you won't be able to pedal enough to keep your heart rate up.

A quick note on technically challenging terrain. Since crash injuries interfere with your training and with your nerve, don't crash. Ride a little inside your envelope. Learn the elements of bike handling at a safe speed and gradually increase that speed.

Most of the time you there is only one mountain bike race on a weekend, and on the schedule you will see that there is a choice of what to do Thursday through Monday. If you are racing Saturday on a certain weekend, do all the exercises above the line. If you are racing Sunday, do the exercises below the line. If you are racing both days, do Thursday through Saturday above the line and Sunday and Monday below the line. If you have important races some weekends and less important races other weekends, you may be able to tweak your program for better performance. If you have any questions, call the coach. Call every few weeks whether you have questions or not. We may have questions for you!

Good luck with the program. Keep the rubber side down.



Bob Estes

April 2004

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
T: Time Gr: Grade A: Excellent B: Good C: Okay D: Bad day X: No training N: Notes				1 Recovery <hr/> T: Gr: N:	2 Basic V & Core Train & Stretch <hr/> T: Gr: N:	3 Race Etc or <u>Basic V</u> <hr/> T: Gr: N:
4 <u>Push Basic V</u> or Race Etc <hr/> T: Gr: N:	5 Recovery <hr/> T: Gr: N:	6 Basic V & Core Train & Stretch <hr/> T: Gr: N:	7 Hard MTB Intervals <hr/> T: Gr: N:	8 Rest or <u>Basic V</u> <hr/> T: Gr: N:	9 Core & Recovery or Rest <hr/> T: Gr: N:	10 Race Etc or <u>Core/Recovery</u> <hr/> T: Gr: N:
11 <u>Recovery or</u> Race Etc <hr/> T: Gr: N:	12 <u>Basic V or</u> Recovery <hr/> T: Gr: N:	13 Core Training & Stretching <hr/> T: Gr: N:	14 Hard MTB Intervals <hr/> T: Gr: N:	15 Day Off or <u>Basic V</u> <hr/> T: Gr: N:	16 Core & Recovery or Day Off <hr/> T: Gr: N:	17 Race Etc or <u>Core/Recovery</u> <hr/> T: Gr: N:
18 <u>Recovery or</u> Race Etc <hr/> T: Gr: N:	19 <u>Basic V or</u> Recovery <hr/> T: Gr: N:	20 Basic V & Core Train & Stretch <hr/> T: Gr: N:	21 Hard MTB Intervals <hr/> T: Gr: N:	22 Rest or <u>Basic V</u> <hr/> T: Gr: N:	23 Core & Recovery or Rest <hr/> T: Gr: N:	24 Race Etc or <u>Core/Recovery</u> <hr/> T: Gr: N:
25 <u>Recovery or</u> Race Etc <hr/> T: Gr: N:	26 <u>Basic V or</u> Recovery <hr/> T: Gr: N:	27 Basic V & Core Train & Stretch <hr/> T: Gr: N:	28 Hard MTB Intervals <hr/> T: Gr: N:	29 Day Off or <u>Basic V</u> <hr/> T: Gr: N:	30 Core & Recovery or Day Off <hr/> T: Gr: N:	



Bob Estes Exercises

Day Off

Just That: a day completely off from stress and exercise! Put your legs up or get a massage.

Rest Day

This is a very easy session of 20-30 minutes at any very low intensity activity (walk, swim, spin on level ground, do yoga...). Keep your heart rate below 112 bpm. Minimize other stress.

Recovery Day

Use any form of aerobic exercise to keep your heart rate between 112 and 133 bpm for about 45 minutes.

Basic V

Ride the bike on the road. After a 15 minute easy warm up, keep your heart rate between 131 and 152 bpm. Make the total exercise time at least 1 hour 15 minutes but not more than 3 hours. If you get tired or have trouble keeping your heart rate up, finish out the time with your heart rate between 112 and 133 bpm. Always start by spinning over 90 rpm for at least 20 minutes. Then, if you are feeling good, ride in the upper zone in the hardest gear you can keep over 70 rpm. If you are feeling tired or needing recovery, stay in the lower zone and keep the cadence over 90 rpm. Always be clear if you are doing training or recovery and stick to it. Once you need to switch to recovery, stay there for the rest of the ride.

Hard MTB Intervals

Warm up at least 30 minutes with your heart rate around 133 bpm. Then do up to ten intervals of 3 minutes with your heart rate between 158 and 166 bpm. Recover between intervals for 4 minutes with your heart rate dropping back below 133 bpm. Jump to get your heart rate to interval range. If you can't get your heart rate up as easily as normal, you are done for the day: proceed to the cool-down. Do the first interval of each session at the bottom of the range: you should have no leg burning and minimally accelerated breathing. Do the second interval near the top of the range: you should have burning legs and heavy breathing: if either of these is not the case, your threshold has changed. Do your intervals within five beats of your apparent threshold for the day. If your threshold is down more than 5 beats compared to normal, do no more intervals but just return home at a recovery pace. Cool down should be at least 20 minutes with your heart rate around 133 bpm. Maintain 90-110 rpm during intervals. Do the intervals on dirt on the most technically challenging terrain you can handle. Pick a kind of terrain on which you are weak. Include turns or downhills if you can maintain the heart rates. If you are able to do six or more intervals in one session, make the intervals longer in the next and later sessions. Add two minutes to the intervals and three minutes to the rest. If you are able to do six of these longer intervals, extend them again. Be sure to let your coach know how these intervals go.

Core Training & Stretching

Do three sets of situps or crunches just until you get a mild burn on each set. Include cross-wise as well as straight crunches. Follow up with a head to toe stretch routine.