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## INTRODUCTION

By now you should be cardiovascularly fit and it's time to adapt specifically to cycling. Cross training is over. You can still use alternative bicycles (road, cross, mountain, stationary etc.), but use the "tool" on which you will later compete, for the majority of your exercises. Put on slicks and do the endurance rides on the road. Do the intervals on dirt if trail conditions allow. If you use a road bike for much of your training, make sure it is set up just like your main racing MTB. Too much stationary bicycling can have severe, unhealthy effects on your psyche. Train indoors if you must, but try to get out even if the weather is chilly. Only if road conditions are dangerously slippery or cold do we recommend extensive indoor trainer work. Split the rides into morning and afternoon sessions if you need to, but add about 15 minutes to the total time for the day for each extra warm-up. Some of our riders have worn themselves out trying to stay in the endurance zone; check the instructions for when to drop to the recovery zone.

This month marks the end to the Winter Program and the beginning of the transition to harder riding. It is very important that you understand the impact of the Hard Training intervals. If you can do them in the heart rate zones specified with the proper rest in between they will help tremendously in improving your fitness. If you go above the specified heart rates, don't take the proper rest in between or try to do them when you are not recovered enough from another workout or sickness, you will lose fitness, not gain it. Don't ever force yourself to do these intervals. They are a test of truth, and if it's harder than usual to get your heart rate up, you should immediately cool down and go home. You are either too tired, sick or just have a wrong measurement of your threshold. If you have absolutely no problem doing all six intervals even from the first day, your AT figures might be wrong or you may be ready for longer intervals. As a test, you should be able to do the first interval of each set at the bottom of the zone with deep but not rapid breathing and no leg burning. If you do an entire interval at the top of the zone your breathing should accelerate a lot. If you have any questions about hard intervals, call your coach. If you will be doing time-trials or road races these season, do some of your hard intervals on the TT-bike or the road bike. Otherwise do them in dirt on the most technical trails that allow you to follow the heart rate guidelines. It's okay to switch the hilly and flat interval days, as long as you get one of each each week.

Your racing season starts at the beginning of next month. Plan to enter one event or do one hard club ride each weekend next month.

Good luck with the program, and keep the rubber side down.



# Bob Estes

## March 2004

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>T: Time</b> <b>Gr: Grade</b> <b>A: Excellent</b> <b>B: Good</b> <b>C: Okay</b> <b>D: Bad day</b> <b>X: No training</b> <b>N: Notes</b>	<b>1</b> Core Training & Stretching <hr/> T: Gr: N:	<b>2</b> Hard Flat Training <hr/> T: Gr: N:	<b>3</b> Spin Basic IV <hr/> T: Gr: N:	<b>4</b> Push Basic IV <hr/> T: Gr: N:	<b>5</b> Core Training & Stretching <hr/> T: Gr: N:	<b>6</b> Push Basic IV <hr/> T: Gr: N:
<b>7</b> Hard Hill Training <hr/> T: Gr: N:	<b>8</b> Core Training & Stretching <hr/> T: Gr: N:	<b>9</b> Day Off <hr/> T: Gr: N:	<b>10</b> Spin Basic IV <hr/> T: Gr: N:	<b>11</b> Push Basic IV <hr/> T: Gr: N:	<b>12</b> Core Training & Stretching <hr/> T: Gr: N:	<b>13</b> Push Basic IV <hr/> T: Gr: N:
<b>14</b> Hard Hill Training <hr/> T: Gr: N:	<b>15</b> Core Training & Stretching <hr/> T: Gr: N:	<b>16</b> Hard Flat Training <hr/> T: Gr: N:	<b>17</b> Spin Basic IV <hr/> T: Gr: N:	<b>18</b> Push Basic IV <hr/> T: Gr: N:	<b>19</b> Day Off <hr/> T: Gr: N:	<b>20</b> Push Basic IV <hr/> T: Gr: N:
<b>21</b> Hard Hill Training <hr/> T: Gr: N:	<b>22</b> Core Training & Stretching <hr/> T: Gr: N:	<b>23</b> Hard Flat Training <hr/> T: Gr: N:	<b>24</b> Spin Basic IV <hr/> T: Gr: N:	<b>25</b> Push Basic IV <hr/> T: Gr: N:	<b>26</b> Core Training & Stretching <hr/> T: Gr: N:	<b>27</b> Push Basic IV <hr/> T: Gr: N:
<b>28</b> Hard Hill Training <hr/> T: Gr: N:	<b>29</b> Day Off <hr/> T: Gr: N:	<b>30</b> Hard Flat Training <hr/> T: Gr: N:	<b>31</b> Spin Basic IV <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.

### Spin and Push Basic IV

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. When you ride, on 'Spin' days keep your cadence over 90 rpm. If you can't maintain 90 rpm, use one gear easier than the most comfortable gear. On 'Push' days, use the biggest gear that you can turn over 70 rpm in the correct heart rate zone.

### Hard Hill and Flat Training

Warm up at least 30 minutes with your heart rate around 133 bpm. Then do up to six intervals of 3 minutes with your heart rate between and 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 flat intervals. For Hilly intervals, mix standing and seated climbing with a cadence up to 100 rpm but always over 70 rpm. Recover downhill. Do the intervals in a racing position (get low if you can hear or feel wind). Include turns or downhills if you can maintain the heart rates. Do the intervals in the dirt on the most technical trails on which you can maintain the heart rates. If you are able to do all six 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.

We have no record of your anaerobic threshold. Call you coach about what heart rates to use for hard intervals.

### 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.