

Week	Practice 1	Practice 2	Practice 3	Weekly Skills Work	Race	Skill Set Needed for Race
1 22June	Check each rider's bike to make sure it is in good working order. 60-90 minute practice focused on familiarizing with the bike. A parking lot or flat grassy park is great for this type of practice. Go through braking and shifting in skill drills. The pace should be fairly easy Endurance for the time you have the kids on bikes. This is also a great time to look at how the kids are fit on their bikes. Make sure they have neutral joint positions at the wrist and their brake/shift levers are set up properly.	60-90 minute practice with Neuromuscular focus. Warm up for at least 10 minutes then 6- 8x10 second sprints with 5 minutes recovery between sprints. Sprints help to engage the neuromuscular connection and should be practiced through all phases of training. Experienced riders shoot for 90 minutes.	60-90 minute practice with an Endurance focus. This is a fairly mellow pace, especially considering that some of the kids may not have been on bikes. A good way to keep things at a reasonable pace early in the practice season is to spend time working on cornering and obstacle skills.	Shifting, braking, cornering. Learn to spin a fast cadence without bouncing. Practicing on grass or other semistable environment for the beginners is perfect. Pay special attention to how the kids are positioning themselves for a particular skill. Remind them ELBOWS OUT, HEELS DOWN, BUTT BACK. If you can't see your elbows in the periphery they are too far back.	N/A	N/A
2 29June	60 minute workout with Endurance pace. Focus on pedaling technique with good turnover and learning to be in the right gear for the terrain. Proper braking and shifting should still have major focus. Remind the kids that they have a lot of gears to work with and they should use them to match the terrain.	60-90 minute practice with surge efforts. This will likely be a new exercise for most athletes. After a 15 minute warmup, do 30 second surges and 30 seconds super easy repeated for 5 minutes. Take 5 minutes to recover and repeat 3-5 times depending on rider ability. These neuromuscular workouts will help build the connection between the nervous system and muscles in addition to building overall strength. Sprints help to engage the neuromuscular connection and should be practiced through all phases of training. Experienced riders shoot for 90 minutes.	90-120 minute practice focused on skill building with cornering and riding in the proper gear for the terrain. Experienced riders should complete 2 hours of riding, however early in the practice season the experienced riders should be doing the main part of the practice with the team. There is plenty of time to build high end fitness.	Focus on shifting, braking and cornering. Shifting is a skill and can make all the difference in efficiency on a variety of terrain. Start to consider obstacles on the trail. Practicing on grass or other semistable environment is great for the beginners.	N/A	N/A
3 6July	60-90 minute practice focused on handling the downhill sections of the trails. Effort should be fairly easy so the focus can be on the skill.	60-90 minute practice with Neuromuscular focus. Warm up for at least 10 minutes then 6- 8x10 second sprints with 5 minutes recovery between sprints. Sprints help to engage the neuromuscular connection and should be practiced through all phases of training. Experienced riders shoot for 90 minutes.	60-90 minute practice with an Endurance focus. This is a fairly mellow pace, especially considering that some of the kids may not have been on bikes. A good way to keep things at a reasonable pace early in the practice season is to spend time working on cornering and obstacle skills.	Shifting, braking, cornering. Learn to spin a fast cadence without bouncing. Practicing on grass or other semistable environment for the beginners is perfect.	N/A	N/A
4 13July	60-90 minute practice focusing on introducing Tempo repeats. After a 15 minute warmup do 4x5 minutes at a low Tempo pace with 5 minutes recovery between intervals. Ride the remaining time in Endurance. Still introducing those "work" sessions to help develop a sense of Perceived Exertion	60-90 minute practice with overall focus on Endurance and cornering. During the ride do 6x20 seconds of attacking out of corners. Take 5 minutes recovery between each attack. Building and maintaining Neuromuscular capability is always important	Up to 2 hours of practice focusing on building Tempo capability. Warm up for 15 minutes with comfortable riding. Ideally you can do this workout on a hill that is not too steep. Do 4x10 minutes at a Tempo effort. Tempo is a great way to get a sense of being able to hold a working pace without feeling super worked over. Again, like Monday we are trying to help the kids get a solid handle on Perceived Exertion.	While we always need to stay focused on trail skill we also need to build capability with physiological skill. Understanding Perceived Exertion is super important. Tempo efforts help get a sense of what is harder than Endurance efforts while not pushing into Threshold.	N/A	N/A
5 20July	60-90 minute practice overall at Endurance pace with 4x1 minute Anaerobic effort. Take 5 minute recovery between intervals. Advanced riders could add on a few 15 second sprints after the 1 minute interval session. When doing all out sprints make sure to take 5 minutes recovery between so each sprint is completed with best quality.	90 minute practice. After a 10 minute warmup do 5x6 minute at Threshold. Between intervals take 5 minutes recovery. After the interval session work on braking into corners without losing too much speed. Advanced riders work on sprinting out of the corners.	Up to 2.5 hours of practice focusing on how a race will start. We are roughly a month out from racing. After a 15 minute warmup, do a few practice starts. Start fast for 4 minutes, recover for 3 minutes. Do 2x5 minutes at Threshold with 5 minutes recovery between. Finish the practice at Endurance to Tempo while having riders focus on cornering and overall handling skills.	Taking as much speed as possible into corners as well as quick accelerations out. Braking with control should be a big focal point. Riders should be very familiar with braking before turns and then carrying smooth momentum through the turn. Starting hard in a large group is something to visualize.	N/A	N/A
6 27July	Easy mountain bike riding for 60-90 minutes. Get out on the trail and have some fun. Overall the ride should feel really easy. Great opportunity to focus on skills and drills.	60 minute practice. Focus is purely on Endurance today. Take time to go over braking and cornering and general skills maintenance. Keep the effort mellow.	60-90 minute practice with Neuromuscular focus. Warm up for at least 10 minutes then 6x10 second sprints with 5 minutes recovery between sprints. Sprints help to engage the neuromuscular connection and should be practiced through all phases of training. Experienced riders shoot for 90 minutes.	Recovery weeks are super important. The first few weeks of practice in July were pretty easy. Remind the kids that during recovery is when you build strength.	N/A	N/A
7 3August	Up to 90 minutes of practice focusing on Tempo. Warm up for 15 minutes with comfortable riding. Do 4x15 minutes at a Tempo effort. Have the kids focus on a steady effort during these efforts. Have them avoid surging.	60-90 minute practice overall at Endurance pace with 4x1 minute Anaerobic effort. Take 5 minute recovery between intervals. Advanced riders could add on a few 15 second sprints after the 1 minute interval session. When doing all out sprints make sure to take 5 minutes recovery between so each sprint is completed with best quality.	MTB Endurance 2-2.5 hour workout. Overall this should feel like an Endurance effort. Group the kids by strength and have them ride steady on trails. It's ok to push the pace here and there on climbs. Keep things mellow on the flats. Punch it hard on less than 30 second climbs.	We are getting close to racing. Visualizing fast starts and motoring in and out of corners are key skills to have and build. Braking with control is very important. Heels down, elbows out, butt back!	N/A	N/A

Week	Practice 1	Practice 2	Practice 3	Weekly Skills Work	Race	Skill Set Needed for Race
8 10 August	90 minute practice focusing on Threshold capability. This is a practice that will hurt a bit. You could use it as a chance to do an uphill Time Trial on trails. After a 15 minute climb at race pace. Make sure to get their feedback post effort to know when/if they blew up and how bad. This is a workout that should hurt. Do some mellow Active Recovery to Endurance riding after the Time Trial effort.	MTB Endurance 90 minute workout. This is more of an open ride for the kids to have some fun with each other. Maybe pair up a fast rider with a slower rider. They have to stay together throughout the ride. Camaraderie builder!	Do a 12 minute warmup building to upper end Tempo by minute 7 holding it until minute 12. Pedal at Active Recovery for 3 minutes.-After warmup start an interval pyramid with the following minute pattern: 4-3-2-1-1-2-3 4.-Take the same amount of time at Active Recovery as the previous interval, i.e. 4 minutes at VO2Max, 4 minutes at Active Recovery; 3 minutes at VO2Max, 3 minutes at Active Recovery; etc. Start out this effort hard, but make sure to not go over the top and have to reduce your effort the last half of the interval. It takes time for your HR to catch up with your effort. With the 3 and 4 minute rounds, your HR will take around 2 minutes to hit VO2Max HR zone. The 1 and 2 minute rounds will have to be based on what your perceived effort is to be at VO2Max HR zone, a 9 out of 10 perceived effort. After all the intervals are complete, cool down for 10-15 minutes. Any time scheduled above the workout should be done at Endurance	We are only a few weeks out from racing. Riders should be familiar with going hard for moderately extended timeframes. We don't necessarily want them to be in peak fitness for the first race, just ready to race. Don't forget to keep them on track with skills work in addition to all of the efforts to keep building fitness.	N/A	N/A
9 17 August	60 minute recovery ride with some discussion about race preparation and nutrition/hydration strategies.	Up to 2 hours of practice focusing on how a race will start. After a warmup, do a practice start. Start fast for 3 minutes, recover for 5 minutes. Do 2x8 minutes at Tempo with 5 minutes recovery between. Finish the practice at Endurance to Tempo while having riders focus on cornering and overall handling skills with obstacle practice. This type of practice could be done at a park on grass where the focus can be on starting hard and holding it.	Practice the Soldier Hollow race course. Do a mellow lap to check out the course. Make sure significant obstacles are handled with a skill development discussion. Push hard on a following lap, then do another lap if possible to readdress difficult sections.	Focus on not getting nervous in a fast start with lots of other racers around you. Visualizing an amazing performance is key. Amazing performance is all relative so make sure to help your athletes understand that they are the most important racer ever!	N/A	N/A
10 24 August	60 minute overall effort with some discussion prior to start of practice about how to prepare for racing. Sleep is a key factor for a race week. Reiterate the importance of phenomenal nutrition and hydration the entire race week.	60 minute practice with a 10 minute warmup followed by 2x3 minutes at Threshold pace with 3 minutes recovery. Ride easy for 5 minutes and then do 3x15 second sprints with 3-5 minutes recovery.	Check out the course. Make sure you are familiar with the technical sections as well as areas that are easy to make up time. Get out on the course and do 3x10 second uphill sprints once the legs are open. Take 5 minutes between the sprints.	Focus should be on keeping calm and relaxed for the race. Good nutrition and hydration all week long.	Soldier Hollow	Don't rest on your laurels thinking you are ready for this race. Corners will be key. If you can carry momentum in and out of the corners you will be at a serious advantage!
11 31 August	Practice today should take some time for a race debrief. Do an endurance ride of 60 to 90 minutes. Talk about skill preparation for the upcoming race in Draper. Have a discussion on technical skill needs for this race and maybe do some specific skills and drills related to the course.	Up to 2 hours of practice focusing on how a race will start. After a warmup, do a practice start. Start fast for 3 minutes, recover for 5 minutes. Do 2x8 minutes at Tempo with 5 minutes recovery between. Finish the practice at Endurance to Tempo while having riders focus on cornering and overall handling skills with obstacle practice. This type of practice could be done at a park on grass where the focus can be on starting hard and holding it.	Practice the Corner Canyon race course. Do a mellow lap to check out the course. Make sure significant obstacles are handled with a skill development discussion. Push hard on a following lap, then do another lap if possible to readdress difficult sections.	Take some ideas from Race #1 debrief to decide what race skills the kids need to build and advise them to visualize and practice. If it is a skill that can be practiced as a group, do it!	N/A	N/A
12 7 September	60 minute Endurance effort with some discussion about race preparation and nutrition/hydration strategies	60-90 minute practice with a 10 minute warmup followed by 3x3 minutes at Threshold pace with 3 minutes recovery. Ride easy for 5 minutes and then do 3x15 second sprints with 3-5 minutes recovery.	Check out the course. Make sure you are familiar with the technical sections as well as areas that are easy to make up time. Get out on the course and do 3x10 second uphill sprints once the legs are open. Take 5 minutes between the sprints.	This course is going to require some finesse both in the start and in deciding when to lay out effort. You need to be ready to punch it at just the right time to hit the singletrack in optimal position and then burn up the trail for each descent.	Draper!	Singletrack heaven. Make sure you are familiar with the course and know the best places to pass. You need to be familiar with fast starting, fighting for position leading into singletrack, dealing with course obstacles as well as loose conditions on hardpack. This course will challenge the best of riders!
13 14 September	Practice today should take some time for a race debrief. Do an endurance ride of 60 to 90 minutes. Talk about skill preparation for Moab. The Moab race course is technically and physically demanding. You need to have tenacity to survive this race at the front!	Practice today should be roughly 90 minutes. Warm up for 15 minutes at Endurance with a few surges after 10 minutes into the warmup. Find a steep hill and do 4x90-120 seconds at VO2Max. Stay seated for the first 60-90 seconds and stand the final 30 seconds. Ride at Active Recovery for 5 minutes. After the climb efforts, ride at Threshold for 10 minutes on a moderate climb. Additional time to be done in Endurance	It's tough to pre ride the Moab course. If you can make it down that is awesome. If not, find some technically demanding terrain and session on it with your riders. Be comfortable with heavy surges and steady pacing. Technical terrain requires sprint after sprint. Get after it!	Make sure the kids are focused on technical skills this week and next. Moab is a demanding course that will try the skills of all riders.	N/A	N/A
14 21 September	We are more than halfway through the season at this point. Those kids not focused on State Champs in particular should be ready to rumble at this race. Make sure the kids are focused on rest and fueling/hydration.	60 minute workout - warmup for around 10 minutes. Follow with 3x3 minutes at Threshold pace with 3 minutes recovery. Include 3x10 second uphill sprints. Take 5 minutes recovery between sprint efforts.	Check out the course. Make sure you are familiar with the technical sections as well as areas that are easy to make up time. Get out on the course and do 3x10 second uphill sprints once the legs are open. Take 5 minutes between the sprints.	Technical skills. Physical skills. Pumping the bike through impossible terrain. Moab provides the ultimate test to endurance and technical skill.	Moab - Braap!!!	Moab is amazingness. Two years ago this was the race of the century. Be ready for another epic day out on desert singletrack and slickrok. Skills will be challenged. Tenacity will win out over impatience.

Week	Practice 1	Practice 2	Practice 3	Weekly Skills Work	Race	Skill Set Needed for Race
15 28September	60 minute workout - Work on fast off the start line accelerations at 20-30 seconds as well as accelerating out of tighter corners. Find some terrain to simulate quick accelerations up short hills. Also do a race debrief from Moab to address issues and assess if skills practice will help.	60-90 minute practice with a Threshold to VO2 effort focus. Do 5x3 minute intervals at VO2 effort with 3 minutes recovery between each on a moderate hill. Take 5-10 minutes recovery after last VO2 interval. Final effort should be 8- 10 minutes at Threshold. Finish off the practice with some Endurance riding.	Practice Eagle Mountain course. This is a new course that looks to be a fast and flow rider's dream! Be ready to burn the corners and push a solid gear throughout.	Turns, turns, turns! Fast and flowy. Think Rush Trail but flatter. You'll be burning up the trail and burning fuel to keep the pedals turning.	N/A	N/A
16 5October	This workout is all about short accelerations. Do 8x20 second flat out sprints. Make sure to take 5 minutes of recovery/slow riding between each sprint.	60-90 minute effort - once riders are warmed up, ride at Endurance overall on the MTB. Focus on skills and .	Check out the course. Make sure you are familiar with the technical sections as well as areas that are easy to make up time. Get out on the course and do 3x10 second uphill sprints once the legs are open. Take 5 minutes between the sprints.	Visualize speed and cornering. Heels are down and you are carving into every corner.	Eagle Mountain	New course! From my understanding this course is all about turns and flow. Go fast, stay off the brakes and push those heels down to carve through the turns!
17 12October	Practice today should be roughly 90 minutes. Warm up for 15 minutes at Endurance with a few surges after 10 minutes into the warmup. Find a steep hill and do 4x90-120 seconds at VO2Max. Stay seated for the first 60-90 seconds and stand the final 30 seconds. Ride at Active Recovery for 5 minutes. After the climb efforts, ride at Threshold for 10 minutes on a moderate climb. Additional time to be done in Endurance	Do a 12 minute warmup building to upper end Tempo by minute 7 holding it until minute 12. Pedal at Active Recovery for 3 minutes.-After warmup start an interval pyramid with the following minute pattern: 4-3-2-1-1-2-3- 4.-Take the same amount of time at Active Recovery as the previous interval, i.e. 4 minutes at VO2Max, 4 minutes at Active Recovery; 3 minutes at VO2Max, 3 minutes at Active Recovery; etc. Start out this effort hard, but make sure to not go over the top and have to reduce your effort the last half of the interval. It takes time for your HR to catch up with your effort. With the 3 and 4 minute rounds, your HR will take around 2 minutes to hit VO2Max HR zone. The 1 and 2 minute rounds will have to be based on what your perceived effort is to be at VO2Max HR zone, a 9 out of 10 perceived effort. After all the intervals are complete, cool down for 10-15 minutes. Any time scheduled above the workout should be done at	Not many of the riders will be able to pre ride the St. George course. The key here is to make sure high end fitness is locked and loaded. If you can practice the course take 1 lap super mellow and recon every technical outcropping. Take a 2nd lap at race pace and figure out deficiencies. If a pre ride is not in the cards make sure to do 8-10 x 15-30 second surges on loose to technical terrain. Take 3-4 minutes between surges. This workout should be painful!	Step ups, loose sand, multiple terrain changes. It's all in your face each lap in St. George!	N/A	N/A
18 19October	This workout is all about short accelerations. Do 8x20 second flat out sprints on a hill. Make sure to take 5 minutes of recovery/slow riding between each sprint.	60-90 minute effort - once riders are warmed up, ride at Endurance overall on the MTB. Focus on skills and .	Get familiar with this course. Make sure you know the ups and downs, the washes and descents as well as how long you can hold the pace on the starting straight. Don't let anyone catch you on the finishing singletrack! Do a lap mellow to remember all of the terrain changes and then push the pace. Make sure to take some downtime after your couple of laps. Stay hydrated and fueled.	This course will work you over. Make sure you know what to expect out of your equipment and from yourself. Push like there is no tomorrow. From a racing perspective there isn't a tomorrow. This is the final race of the season. Make the most of it!	St. George	State Championships - you have to be ready for anything. Even if you know this course like the back of your hand you need another trick to pull out of the bag. This course ranges the skill level of every course we do in 2015. Tight singletrack, technical inclines, tough drops and loose terrain make for the ultimate challenge for 2015.