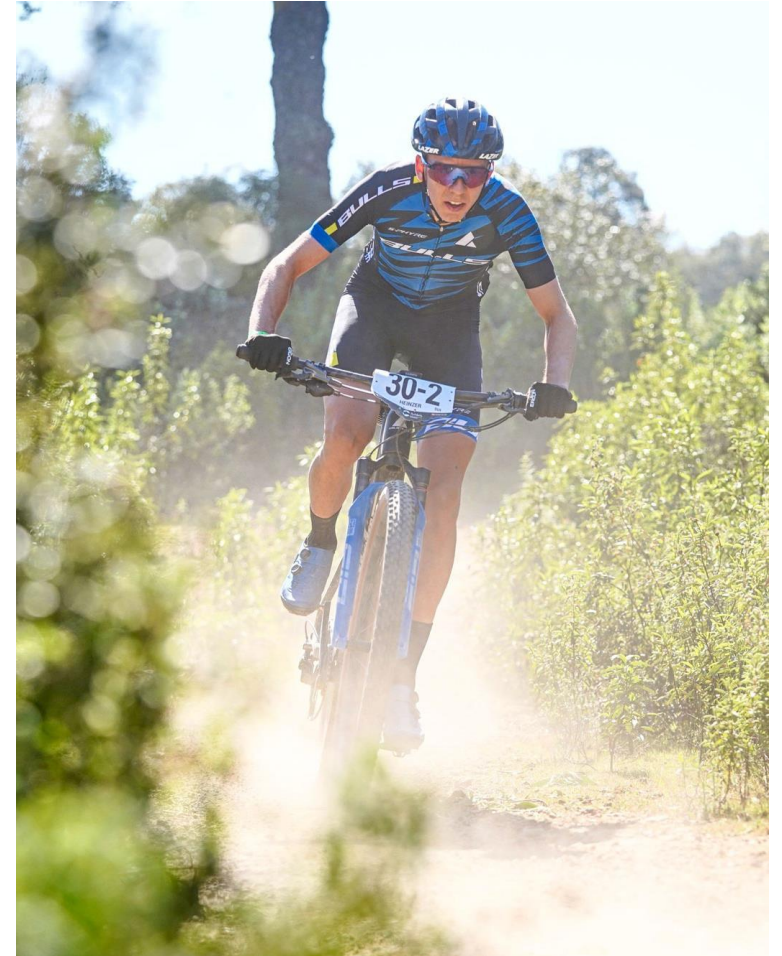


IN 16 WEEKS TO TOP FORM

Training plan for a mountain bike marathon



WEEK 1 TO 4

KEY UNITS

WEEK 1 **5-8h TRAINING**

- Intervall Training 3x10min (Break: 5min) Zone 3
- FTP Test*
- Long Ride 1.5-2.5h Zone 2
- Optional Ride (1-2h) Zone 2
- Optional Ride (1-2h) Zone 2

WEEK 2 **6-9h TRAINING**

- Intervall Training 3x12min (Break: 5min) Zone 3
- Intervall Training 4x6min (Break: 5min) Zone 4
- Long Ride 2-3h Zone 2
- Optional Ride (1-2h) Zone 2
- Optional Ride (1-2h) Zone 2

*If power meter available: 5min full throttle --> 20min rest --> 20min full throttle
 --> FTP: 95% of 20min power
 *If only heart rate monitor available: 30min full throttle
 --> FTP pulse: average pulse during the last 20min (first 10min the pulse settles --> do not include)
 --> Alternative: Take maximum pulse from competitions, if known.

WEEK 3 (Rest Week) **4-6h TRAINING**

- Intervall Training 4x6min (Break: 5min) Zone 4
- Long Ride 1.5-2.5h Zone 2
- Optional Ride (1-2h) Zone 3

WEEK 4 **5-8h TRAINING**

- Intervall Training 3x14min (Break: 5min) Zone 3
- Intervall Training 4x7min (Break: 5min) Zone 4
- Long Ride 2-3h Zone 2
- Optional Ride (1-2h) Zone 2
- Optional Ride (1-2h) Zone 2

WEEK 5 TO 8

KEY UNITS

WEEK 5 **6-9h TRAINING**

- Intervall Training 2x20min (Break: 5min) Zone 3
- Intervall Training 3x10min (Break: 5min) Zone 4
- Long Ride 2-3.5h Zone 2
- Optional Ride (1-2h) Zone 2
- Optional Ride (1-2h) Zone 2

WEEK 6 **7-10h TRAINING**

- Intervall Training 4x11min (Break: 5min) Zone 3
- Intervall Training 4x8min (Break: 5min) Zone 4
- Long Ride 2.5-4h Zone 2
- Optional Ride (1-2h) Zone 2
- Optional Ride (1-2h) Zone 2

WEEK 7 (Rest Week) **4-6h TRAINING**

- Intervall Training 3x10min (Break: 5min) Zone 3
- Long Ride 1.5-2.5h Zone 2
- Optional Ride (1-2h) Zone 2

WEEK 8 **8-12h TRAINING**

- Intervall Training 4x12min (Break: 5min) Zone 3
- Intervall Training 3x11min (Break: 5min) Zone 4
- Long Ride 2.5-4h Zone 2
- Medium Ride 1.5-2h Zone 2
- Optional Ride (1-2h) Zone 2

Summer holidays (week 8 & 9):
Two weeks with increased volume and intensity

WEEK 9 TO 12

KEY UNITS

WEEK 9 **9-13h TRAINING**

- Intervall Training 3x20min (Break: 5min) Zone 3
- Intervall Training 4x10min (Break: 5min) Zone 4
- Long Ride 2.5-4.5h Zone 2
- Medium Ride 1.5-2h Zone 2
- Optional Ride (1-2h) Zone 2

WEEK 11 **4-6h TRAINING**

- Intervall Training 4x3min (Break: 5min) Zone 5
- FTP Test*
- Long Ride 2-3.5h Zone 2
- Optional Ride (1-2h) Zone 2
- Optional Ride (1-2h) Zone 2

WEEK 10 (Rest Week) **4-6h TRAINING**

- Long Ride 1.5-2.5h Zone 2
- Optional Ride (1-2h) Zone 2

WEEK 12 **7-10h TRAINING**

- Intervall Training 5x3min (Break: 5min) Zone 5
- Intervall Training 3x12min (Break: 5min) Zone 4
- Long Ride 2.5-4h Zone 2
- Optional Ride (1-2h) Zone 2
- Optional Ride (1-2h) Zone 2

Summer holidays (week 8 & 9):
Two weeks with increased volume and intensity

***If power meter available:** 5min full throttle --> 20min rest --> 20min full throttle
--> FTP: 95% of 20min power
***If only heart rate monitor available:** 30min full throttle
--> FTP pulse: average pulse during the last 20min (first 10min the pulse settles --> do not include)
--> Alternative: Take maximum pulse from competitions, if known.

WEEK 13 TO 16

KEY UNITS

WEEK 13 **8-11h TRAINING**

- Intervall Training 4x4min (Break: 5min) Zone 5
- Intervall Training 5x8min (Break: 5min) Zone 4
- Long Ride 2.5-4.5h Zone 2
- Optional Ride (1-2h) Zone 2
- Optional Ride (1-2h) Zone 2

WEEK 14 (Rest Week) **4-6h TRAINING**

- Intervall Training 5x3min (Break: 5min) Zone 5
- Long Ride 1.5-2.5h Zone 2
- Optional Ride (1-2h) Zone 2

WEEK 15 **6-9h TRAINING**

- Intervall Training 4x8min (Break: 5min) Zone 4
- Intervall Training 5x3min (Break: 5min) Zone 5
- Long Ride 2.5-4h Zone 2
- Optional Ride (1-2h) Zone 2
- Optional Ride (1-2h) Zone 2

WEEK 16 (Raceweek) **4-6h TRAINING**

- Intervall Training 3x6min (Break: 5min) Zone 4
- Intervall Training 1x10min + 1x5min (Break: 5min) Zone 3/4
- Optional Ride (1-2h) Zone 2
- Optional Ride (1-2h) Zone 2

Week 16:
Key unit on Tuesday or Wednesday

OVERVIEW ZONES

Zone	Reference	% FTP	% Max HR	% Threshold HR	RPE*
1	Active recovery	<60%	50-60%	<68%	<3
2	Extensive aerobic	55-75%	60-70%	68-85%	3-4
3	Intensive aerobic	75-90%	70-80%	85-95%	5-6
4	Lactate threshold	90-105%	80-90%	95-105%	7
5	V02max (aerobic capacity)	105-120%	90-100%	>105%	8
6	VLamax (anaerobic capacity)	120-130%	N/A	N/A	9
7	Neuromuscular power	>130%	N/A	N/A	10