

Regional Australia Bank 2 Wheel Academy NEMTB - Training Plan

Base training				Session			Total ride time*					
Date	Name	Summary	Effort	U15	U17	U19	U15	U17	U19			
Mon	18-Mar-19	Travel/Rest	Travel - If you can make Summer Series - do it!			High - Understand will not be your best race	0:45hr	0:45hr	0:45hr			
Tue	19-Mar-19	Rest										
Wed	20-Mar-19	Climbing	2min climbs and 2min rest			High	x6	x8	x10	1:00hr	1:10hr	1:30hr
Thu	21-Mar-19	Fun ride	Mod							1:00hr	1:00hr	1:00hr
Fri	22-Mar-19	Technical	5:30pm Piney - Group session			Low			1:10hr	1:10hr	1:10hr	
Sat	23-Mar-19	Road Race**	Road Crit or high intensity			Mod/high			1:00hr	1:10hr	1:30hr	
Sun	24-Mar-19	Long ride	Inc 8 x 20sec efforts with 40 sec rest			Mod			1:30hr	2:00hr	2:30hr	
Mon	25-Mar-19	Short XCO Race	Summer Series - 35min short race above threshold			Threshold and greater			0:45hr	0:45hr	0:45hr	
Tue	26-Mar-19	Fun ride	Low/Mod							1:00hr	1:00hr	1:00hr
Wed	27-Mar-19	Climbing	Vertical metres			Moderate	500	650	750	1:30hr	1:30hr	1:30hr
Thu	28-Mar-19	Rest	Threshold and greater							0:45hr	0:45hr	0:45hr
Fri	29-Mar-19	Technical	5:30pm Piney - Group session			Low			0:45hr	0:45hr	0:45hr	
Sat	30-Mar-19	Road Race**	Road Crit or high intensity			Mod/high			1:00hr	1:10hr	1:30hr	
Sun	31-Mar-19	Long ride	Moderate							2:00hr	2:00hr	2:00hr
Mon	1-Apr-19	Short XCO Race	Summer Series - 35min short race above threshold			Threshold and greater			0:45hr	0:45hr	0:45hr	
Tue	2-Apr-19	Fun ride	Low							1:00hr	1:00hr	1:00hr
Wed	3-Apr-19	Travel Bright	Rest									
Thu	4-Apr-19	Practice XCO course	With activations and also Nat Champs Team Relay			Low			2:00hr	2:00hr	2:00hr	

*includes 10min warmup and cooldown

**Swap Sat and Sun session if racing on Sunday

Drop low effort session if time constrained

Notes:

Your training needs to be flexible. If you need to swap days don't place two high effort sessions in a row.