

# Bailey Hundo MTB 23 week Finsher Plan \$189.00-Rob Lockey USA Cycling L2/CSCS

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23 weeks - \$189.00

Total Hours: 255



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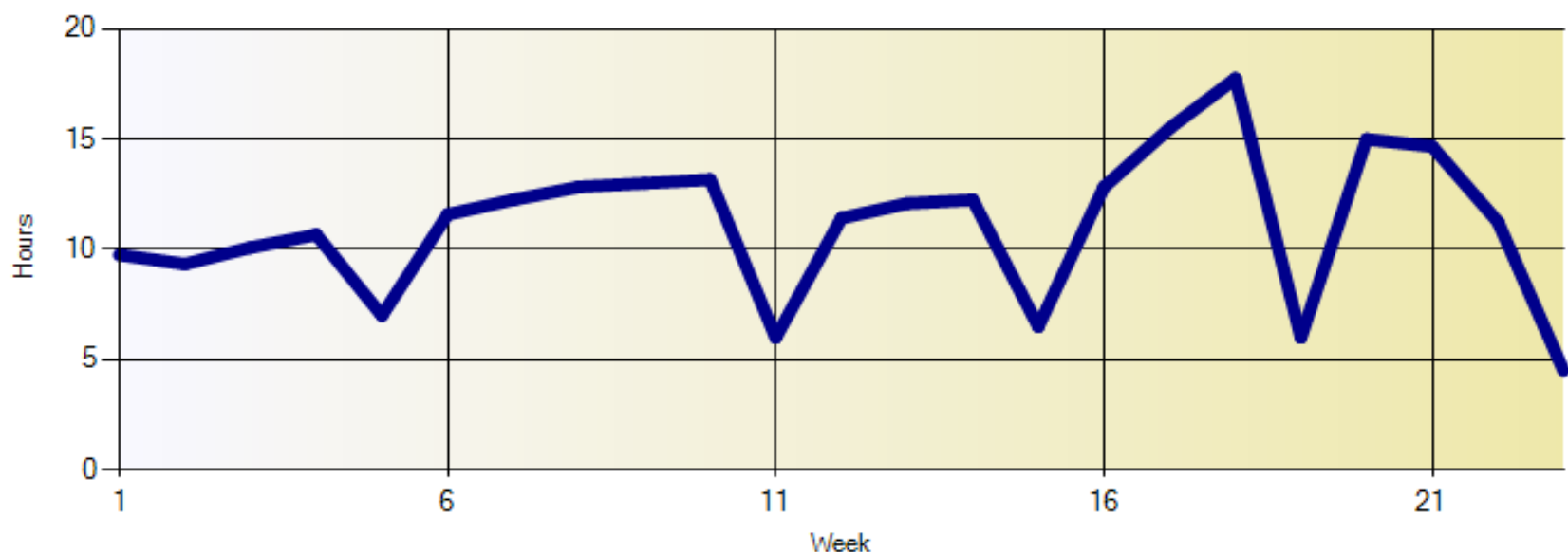
Bailey Hundo 100MTB 23 week Finisher Plan \$189.00-Rob Lockey USA Cycling L2/CSCS is based on an average 6-8 hours per week commitment with a few weeks of 10 hours. Choose this plan if this is your first 100 mile mountain bike event. This plan is designed to get you the saddle time needed to finish the event.

Highlights of the plan include; Benchmark tests and a cycling field test to determine training zones, strength training periodization and core maintenance workouts as well as mileage suggestions. Cycling workouts are both road and mountain bike specific throughout the plan.

Setting annual training hours is one of the most critical decisions you make about training and will help make a realistic decision on which training plan best fits your schedule. To help you determine annual training hours- Add up your hours you have trained in the previous twelve months. Now divide this number by 52 to get your average weekly hours. The number of hours you train in the coming season – including swimming, cycling, running, weights and cross-training – determines your training work load. This workload should be 10-15% higher if this is your longest event to date.

► What do you get with a training plan?

Training Volume for Bailey Hundo MTB 23 week Finsher Plan \$189.00-Rob Lockey USA Cycling L2/CSCS



**Sample workouts:**

Workout #1 : Custom

**Note to Client Starting the Bailey Hundo**

Planned Time: 0:00:00

This is not a Workout, but a place to provide information to you. Welcome to the training plan for completing the Bailey Hundo MTB race. Please take some time to look through the workouts and familiarize yourself with the TrainingPeaks software. Please feel free to contact me at 303.356.9893 or [rob@optimizeendurance.com](mailto:rob@optimizeendurance.com) with questions. I will be glad to help you. I feel this plan will give you the structure you need to have an enjoyable day and get to the finishline to party with friends and family.

Workout #2 : Bike

**Cyclist Field test**

Planned Time: 1:30:00

Please follow the directions provided on the attached PDF document to perform this field test for determining an estimated lactate threshold to design training zones for heart rate. This will enable the training plan design to be effective. Please consider in the

### Workout #3 : Bike

#### **Endurance spinning**

Planned Time: 0:30:00

Use the cadence mode if you have this available. Spin on the high end of your comfortable range in the small chain ring in the 1-2 heart rate zones on a flat to gently rolling course. Allow your feet and legs to relax while spinning. Note and record your average cadence for the ride when done. Attempt to stay at least 5RPM above last time performing this drill. Can be done on a trainer.

### Workout #4 : Strength

#### **ST (Ta) Transition Phase Workout a 2setsx15reps week 1**

Planned Time: 1:00:00

Transition phase lasts 1 week and consists of higher rep/lower weight lifting. Helps give the body rest from a completion of a season or prepares the body for the start of strength training. Perform reps and sets at a 1 to 1 ratio of work to rest (ex: 30sec lifting:30sec rest)

### Workout #5 : Bike

#### **Easy ride**

Planned Time: 1:00:00

Ride in 1-2 zone, mostly 1 zone. Flat course. Low effort--light on pedals. Comfortably high rpm.

### Workout #6 : Bike

#### **Indoors-Isolated Leg Training**

Planned Time: 0:45:00

Isolated Leg Training (ILT)on trainer. After warm-up, alternate 20 seconds with 1 leg--other unclipped. Get a total of 7 minutes of ILT on each leg in workout. Alternate legs as you feel like it. Comfortably high cadence. Focus on eliminating dead spot at top of stroke by pushing toes forward in shoes at top. Pull through the bottom by acting like your scraping mudd off of your shoe and then attempt to hit your knee on the handle bar to complete the revolution. These actions engage the hamstrings and hip flexors to facilitate neuromuscular adaptaions for a better pedal stroke. Become a 'Better Pedaler' to increase your efficiency and power output.