

RME race series MTB 28 week Half Marathon Race Plan \$239.00-Rob Lockey USA Cycling L2/CSCS (Copy)

Author: Rob Lockey, CSCS, USA Cycling Coach L2, ACSM

28 weeks - \$239.00

Total Hours: 299



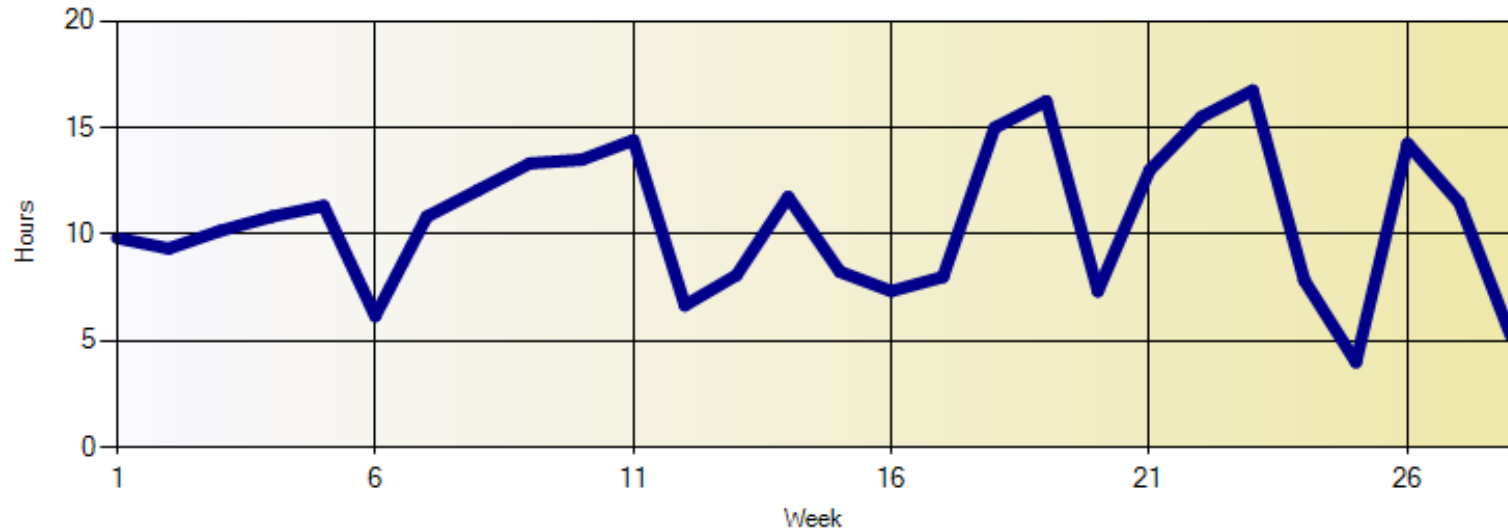
28-week Rocky Mountain Endurance Series (RME) MTB Half Marathon Race Plan is based on an average 8-13 hours per week commitment with a few weeks of up to 16 hours. Choose this plan if you plan to race B-68 mile mountain bike event and or complete the whole RME series. This plan is designed to get you the saddle time needed to race the series for a personal best.

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 RME race series MTB 28 week Half Marathon Race Plan \$239.00-Rob Lockey USA Cycling L2/CSCS (Copy)



Sample workouts:

Workout #1 : Custom

Note to Client Starting the RME

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 RME MTB race series. 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 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 future having an Lactate Threshold test performed by Optimize Endurance Services, this will give you the true snapshot of your current fitness from which to train.

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: 0:40:00

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 adaptions for a better pedal stroke. Become a 'Better Pedaler' to increase your efficiency and power output.