Annual Plan Summary

Athlete: YOU!

Training Focus: Expert Mountain Bike Cross Country

Season Goals:

1. **Top 5 NMBS Event**
2. **Consistent top 10 Expert**
3. **Improve throughout the year**
4. **Win A Race!**

Top "A" Events

1. **Mammoth Natl Champs – July 20 - 23**
2. **Sonoma NMBS – July 15- 16**
3. **Mt Snow NMBS – June 16 - 18**
4. **Bonelli Park NMBS – May 5-7**

Annual Overview:

Based on our conversations and the information from your Enrollment Form we are building your annual plan around a **500 Hour** year. We are advancing your training a bit so rather than following a 3 Base, 2 Build, Peak/Race design we'll start you in the Base 2/3 phase. This allows us to get you some top end for the Bonelli Park NMBS race, while still developing enough fitness for a more "true" peak or two later in the year. Expect variation in your training plan but each phase will break down roughly as follows:

ATHLETE:	YOU!						
TEAM:							
Annual Hours	**500**	Week 1	Week 2	Week 3	Week 4	Variation	Actual Hours
Prep	8.75	8.75	8.75	8.75	8.75	(1.06)	
Base 1	42.50	11.69	12.75	13.81	5.31	(1.19)	43.56
Base 2	47.50	13.06	14.25	15.44	5.94	(1.38)	48.69
Base 3	55.00	15.13	16.50	17.88	6.88	0.24	56.38
Build 1	48.75	14.14	14.14	14.14	6.09	0.23	48.51
Build 2	46.25	13.41	13.41	13.41	5.78	0.00	46.02
Peak	27.50	15.13	12.38				27.50
Race	8.75	8.75	8.75	8.75	8.75		

Training Zones:

The first step towards true success is following a structured training plan. That means adhering to specific training zones for specific goals. Based on our first effort your training zones are as follows:

LT Calc	170				
Zone	**HR Range %**	**LTHR - low**	**%LTHR - high**	**LT Power Range**	**Purpose**
1	65 - 81%	110.5	137.7	25 - 39%	Recovery
2	82 - 88%	139.4	149.6	40 - 79%	Aerobic
3	89 - 93%	151.3	158.1	80 - 87%	Tempo
4	94 - 100%	159.8	170	88 - 99%	Threshold
5a	100 - 102%	170	173.4	100 - 104%	Super Thresh
5b	103 - 105%	175.1	178.5	105 - 150%	Aero. Cap.
5c	105% +	178.5	202	150% +	Anaerobic Cap.

Training Overview:

March – Base 3 – Build 1
Getting after a bit of muscle endurance building combined with some higher intensity efforts to prep for the NCS Race in early May. You should be fine for the volume based on having ridden regularly over the past few months. One key is to keep an eye on your resting heart rate each day. If it is 6 or more beats above normal then take another rest/easy day. Become familiary with the training zones this month too…learn how to feel about how hard you are working, it'll help your ability to pace well in races.

April – Build 1
This will be a good month of refinement as we move towards a decent base of fitness. You should be looking for a couple of events to tackle this month. either road or mountain. You should also try to schedule time to pre-ride any courses that you can, including a trip to Fontana to pre-ride the NMBS course, though that is less of a priority if you can go to the race site a few days early and pre-ride the week of. This month you'll be focusing on Lactate Threshold work quite a bit. Lots of intervals in the 5 – 30 minute range at LT +/-5 should help you to keep a good pace in races. We'll throw in some high intensity efforts too…just to keep you honest!

Nutrition Overview:
Your nutrition will be a fundamental element of your success! You MUST try to eat responsibly and as an athlete. That means no more random junk food fests, extraneous ice cream binges or deprivation of needed calories trying to "get lean."

ATHLETE:	YOU!						
Body Weight	145						
Phase	TOTAL CALS	% CHO	GRAMS	% PRO	GRAMS	% FAT	GRAMS
foundation	2175	0.65	353.44	0.13	70.69	0.22	53.17
preparation	3175.5	0.65	516.02	0.13	103.20	0.22	77.62
specialization	3857	0.7	674.98	0.14	135.00	0.16	68.57
Transition	2283.75	0.6	342.56	0.18	102.77	0.22	55.83
Phase Range	G/LB	G CHO Low	G CHO High	G PRO Low	G PRO High	FAT	
foundation	C 2.5-3, P .5-.6	362.5	435	72.5	87	(48.33)	
preparation	C 3-3.5, P .6-.7	435	507.5	87	101.5	(120.83)	
specialization	C 4-4.5, P .8-.9	580	652.5	116	130.5	(119.22)	
Transition							