Do you want to record your best time? Then this training plan is for you.

It comprises 4 weekly sessions of differing intensity for a total of 14 weeks. The programme we propose uses Frédéric Grappe’s ESIE* scale as an indicator of the intensity of the effort required during the sessions.

Before following this plan, we recommend that you be in good physical condition and have a baseline endurance level corresponding to 6 hours of cycling per week.

You must not forget about your general health during your preparation and should therefore inform your doctor that you are mountain biking. He or she will then be able to carry out a stress electrocardiogram if necessary. It is also important to adopt a healthy lifestyle throughout the training plan. Good nutrition and sleep recovery are thus vital for the 14 weeks.

* Subjective Estimation of Exercise Intensity
## Training Plan

**Performance**

### Zones

**Intensity Perception**

<table>
<thead>
<tr>
<th>Zones</th>
<th>Intensity</th>
<th>Sensations Experienced During the Exercise</th>
<th>Heart Rate</th>
</tr>
</thead>
<tbody>
<tr>
<td>17</td>
<td>Maximum</td>
<td>No leg muscle pain – Impression of an exercise in apnoea - Hyperventilation at the end of the exercise</td>
<td>Rate not significant</td>
</tr>
<tr>
<td>16</td>
<td>Sub-Max</td>
<td>Extreme discomfort during the exercise close to nausea - Conversation impossible</td>
<td>Rate not significant</td>
</tr>
<tr>
<td>15</td>
<td>Super-critical</td>
<td>Rapid increase in leg muscle pain which rapidly becomes unbearable - Conversation very difficult at end of exercise - Complete exhaustion after between 5 and 10 minutes</td>
<td>&gt; 96% maximum heart rate</td>
</tr>
<tr>
<td>14</td>
<td>Critical</td>
<td>Gradual but bearable increase in leg muscle pain – conversation difficult – Significant exhaustion after 20 minutes</td>
<td>Between 92 and 96% maximum heart rate</td>
</tr>
<tr>
<td>13</td>
<td>Sustained</td>
<td>Beginning of pain - conversation difficult – Exhaustion after 2 hours</td>
<td>Between 85 and 92% maximum heart rate</td>
</tr>
<tr>
<td>12</td>
<td>Medium</td>
<td>No leg muscle pain – easy to maintain exercise intensity – Fatigue after 3-4 hours</td>
<td>Between 75 and 85% maximum heart rate</td>
</tr>
<tr>
<td>11</td>
<td>Light</td>
<td>No muscle pain – Completely relaxed pedalling - Conversation very easy – Fatigue over several hours</td>
<td>&lt; 75% maximum heart rate</td>
</tr>
</tbody>
</table>

### What You Should Remember During the Sessions:

- **rpm**: pedalling cadence in revolutions per minute. When this is not specified, then it’s up to you.
- **Intensities “I…”**: refer to Frédéric Grappe’s ESIE scale (from I1 to I7).
- **The exercises must be carried out within the time allocated to the session.**
- **Muscle strengthening**: the purpose of this type of session is to eliminate any imbalances in order to avoid injury and improve the transfer of the energy produced during pedalling.
  - To be carried out with little or no load if you are training alone. For the first sessions, we recommend calling on the services of an indoor training coach.
  - **3 x [I3 8’ + I2 6’]**: ride for 8 minutes at I3 then 6 minutes at I2, exercise to be repeated 3 times.

*This training programme uses Frédéric Grappe’s ESIE scale as an indicator of the effort required during the sessions.*
### Week 01
**Session 01** OVERSPEED
1h30: 12 on road or easy riding XC.
*Exercise*: 3 x 3 km on a downhill false flat at I3 at 110/120 rpm. Return to starting point at I2, usual pedalling cadence.

**Session 02** ENDURANCE
2h00: 12 on hilly road or XC with no extremely steep climbs.
*Exercise*: Carry out all the climbs at I3, between 90 and 110 rpm.

**Session 03** MUSCLE STRENGTHENING
15’ Home trainer at I2 - 80 rpm
15’ Rowing machine
15’ Abdominal wall
15’ Back/Pectorals - Biceps/Triceps - Shoulders
15’ Stretching

**Session 04** ENDURANCE
Training on road or XC
3h30: 11/12

### Week 02
**Session 01** CONDITION TEST
1h30: including warm-up, reconnaissance, test and cool-down.
Find a route of about 10’ which comprises the various frequencies of an XC race: short and long climbs, acceleration sectors…
After a complete warm-up (at least 40’), ride a timed circuit to test your condition.

**Session 02** STRENGTH
2h00: 12 on road.
*Exercise*: Find a regular climb with a slope of about 5%.
Ride seated at intensity I3 at 50 rpm, followed by an effort out of the saddle at I4 60 rpm until you can no longer maintain the effort.
Exercise to be carried out twice. 10’ active recovery between the 2 repetitions.

**Session 03** INTERVAL TRAINING
XC
2h00: Fartlek with intervals of your choosing.

**Session 04** ENDURANCE
Road or XC
3h30: 11/12

### Week 03
**Session 01** OVERSPEED
1h30: 12 on road.
*Exercise*: On flat or downhill false flat.
4 x [I4 5’ 110 rpm + I2 5’ 80 rpm]

**Session 02** MUSCLE STRENGTHENING
15’ Home trainer at I2
15’ Rowing machine
15’ Abdominal wall
15’ Back/Pectorals - Biceps/Triceps - Shoulders
15’ Stretching

**Session 03** INTERVAL TRAINING
On road
2h00: 12
*Exercise*: On flat 6 x [15’ 1” + I2 5’ 90 rpm]

**Session 04** ENDURANCE
Road or XC
3h30: 11/12

### Week 04
**Session 01** STRENGTH
1h30: 12 on road or easy riding XC.
*Exercise*: Find a regular climb with a slope of about 6-7%.
3: Ride seated at intensity I3 at 50 rpm, followed by an effort out of the saddle at I4 60 rpm until you can no longer maintain the effort.
Exercise to be carried out twice. 10’ active recovery between the 2 repetitions.

**Session 02** MUSCLE STRENGTHENING
15’ Home trainer at I2
15’ Rowing machine
15’ Abdominal wall
15’ Back/Pectorals - Biceps/Triceps - Shoulders
15’ Stretching

**Session 03** INTERVAL TRAINING
On road
2h00: 12
*Exercise*: Gentle climb
3 x [12’ 2’ + 15’ 2’]

**Session 04** ENDURANCE
Road or XC
3h30: 11/12

### Week 05
**Session 01** PEDALLING
1h30 broken down as follows:
I2 20’ + Exercise 1h00 + I1 10’.
*Exercise*: Find a sector with a significant altitude difference (+ 15%) and repeat numerous climbs, varying the slope and the nature of the terrain. The lower the grip, the better the exercise.

**Session 02** MUSCLE STRENGTHENING
15’ Home trainer at I2
15’ Rowing machine
15’ Abdominal wall
15’ Back/Pectorals - Biceps/Triceps - Shoulders
15’ Stretching

**Session 03** INTERVAL TRAINING
20’ Home trainer at 11/12
20’ Rowing machine
10’ Core work

**Session 04** ENDURANCE
Road or XC
3h30: 11/12

### Week 06
**Session 01** CARDIO STRENGTHENING
On road
1h30: 11/12
*Exercise*: On a climb of about 6%, alternate sequences of 30’ at I4 at 60 rpm with 1’ at I2 at 90 rpm (out of saddle) until you can no longer sustain the rate.
Ignore the heart rate monitor during the lower intensity phase; trust your own perception of effort.

**Session 02** MUSCLE STRENGTHENING
15’ Home trainer at I2
15’ Rowing machine
15’ Abdominal wall
15’ Back/Pectorals - Biceps/Triceps - Shoulders
15’ Stretching

**Session 03** INTERVAL TRAINING
Swimming
40’ Total swimming

**Session 04** ENDURANCE
Road or easy riding XC
2h00: 12
*Exercise*: 3 x [I4 10’ + I2 5’]

### Week 07
**Session 01** STRENGTH
1h30: 12 on road.
*Exercise*: Gentle climb
10’ active recovery between the 2 repetitions.

**Session 02** MUSCLE STRENGTHENING
15’ Home trainer at I2
15’ Rowing machine
15’ Abdominal wall
15’ Back/Pectorals - Biceps/Triceps - Shoulders
15’ Stretching

**Session 03** INTERVAL TRAINING
20’ Home trainer at 11/12
20’ Rowing machine
Core work at your discretion

**Session 04** ENDURANCE
Road or XC
3h30: 11/12

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*This guide was drawn up by Frédéric Salomone State Certified Sports Instructor – Cycling*
### Training Plan

#### Week 08

**Session 01: Overspeed**
- **Road or easy riding XC**
- **1h30:** I2
- **Exercise:** Outing including 40' at I3 at 110/120 rpm.

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**Session 02: Interval Training**
- **Road or easy riding XC**
- **2h00:** I2
- **Exercise:** 6 x [15’ I1 + I1/2 45”]

---

**Session 03: Muscle Strengthening**
- 15’ Home trainer at I2
- 15’ Rowing machine
- 15’ Abdominal wall
- 15’ Back/Pectorals - Biceps/Triceps - Shoulders
- 15’ Stretching

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**Session 04: Endurance**
- **Road or XC**
- **4h00:** I1/I2

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#### Week 09

**Session 01: Strength**
- **On road**
- **1h30:** I2
- **Exercise:** On a climb of about 6%, alternate sequences (seated) of 1' at I3 at 50 rpm + 1'30" at I2 at 90 rpm until you can no longer sustain the rate.
- Ignore the heart rate monitor during the lower intensity phase; trust your own perception of effort.

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**Session 02: Condition Test**
- On the same route as in week 2, time your circuit in the same conditions as for the 1st test.
- The result of this test should enable you to measure your progress or identify any premature excessive fatigue.
- At this stage, it is still possible to make any necessary corrections.

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**Session 03: Muscle Strengthening**
- 15’ Home trainer at I2
- 20’ Rowing machine
- 10’ Core work

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**Session 04: Endurance**
- **Road or XC**
- **4h00:** I1/I2

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#### Week 10

**Session 01: Cardio Strengthening**
- **On road**
- **1h30:** I2
- **Exercise:** 50’ at I3 - 110 rpm.

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**Session 02: Interval Training**
- **On road**
- **2h00:** I2
- **Exercise:** 9 x [I3 4’ + I5 1’]

---

**Session 03: Muscle Strengthening**
- 15’ Home trainer at I2
- 15’ Rowing machine
- 15’ Abdominal wall
- 15’ Back/Pectorals - Biceps/Triceps - Shoulders
- 15’ Stretching

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**Session 04: Endurance**
- **Road or XC**
- **5h00:** I1/I2

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#### Week 11

**Session 01: Strength**
- **On road**
- **1h30:** I1/I2
- **Exercise:** 50’ at I3 - 110 rpm.

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**Session 02: Interval Training**
- **On road**
- **2h00:** I2
- **Exercise:** 9 x [I3 4’ + I5 1’]

---

**Session 03: Muscle Strengthening**
- 15’ Home trainer at I2
- 15’ Rowing machine
- 15’ Abdominal wall
- 15’ Back/Pectorals - Biceps/Triceps - Shoulders
- 15’ Stretching

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**Session 04: Endurance**
- **Road or XC**
- **5h00:** I1/I2

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#### Week 12

**Session 01: Cardio Strengthening**
- **Home trainer at I1/I2**
- **20’**
- **Rowing machine**
- **10’**
- **Core work**

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**Session 02: Cardio Relaxation**
- **Swimming**
- **40’**
- **Total swimming**

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**Session 03: Cardio Strengthening**
- **Home trainer at I1/I2**
- **20’**
- **Rowing machine**
- **10’**
- **Core work**

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**Session 04: Endurance**
- **Road or XC**
- **4h00:** I1/I2

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#### Week 13

**Session 01: Interval Training**
- **XC**
- **1h30:** I2
- **Exercise:** On a very steep slope (> 15%; ideally > 20%).
- 2 x [12 x (I6 20''/recovery 40'')]
- 3’ recovery at I1 between the 2 series.

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**Session 02: Interval Training**
- **On road**
- **2h00:** I2
- **Exercise:** 9 x [I3 4’ + I5 1’]

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**Session 03: Muscle Strengthening**
- 15’ Home trainer at I2
- 15’ Rowing machine
- 15’ Abdominal wall
- 15’ Back/Pectorals - Biceps/Triceps - Shoulders
- 15’ Stretching

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**Session 04: Endurance**
- **Road or XC**
- **5h00:** I1/I2

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#### Week 14

**Session 01: Strength**
- **XC**
- **1h30:** At your own pace with no prolonged effort.

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**Session 02: Interval Training**
- **XC easy riding**
- **45'/1h00:** I1/I2
- **Exercise:** 6 rolling start sprints to be spread out during the outing. Max. effort for 7’.
- Recovery: I1 5’ between sprints

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**Session 03: Muscle Strengthening**
- 15’ Home trainer at I2
- 15’ Rowing machine
- 15’ Abdominal wall
- 15’ Back/Pectorals - Biceps/Triceps - Shoulders
- 15’ Stretching

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**Session 04: Endurance**
- **Road or XC**
- **3h00:** I1/I2
- **Exercise:** 9 x [I3 4’ + I5 1’]