



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.

A large, yellow, scalloped-edged callout box with a blue border. It contains the text 'EQUIPMENT WHICH COULD HELP YOU ACHIEVE YOUR GOAL:' followed by a list of three items, each preceded by a blue circle with a white dot. Below the list, the text 'SO, IT'S TIME TO RIDE!' is written in a bold, black, uppercase font.

EQUIPMENT WHICH COULD HELP YOU ACHIEVE YOUR GOAL:

- A pedalling cadence sensor and/or
- A power meter and/or
- A heart rate monitor

**SO, IT'S TIME
TO RIDE!**

* Subjective Estimation of Exercise Intensity

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.

ZONES	INTENSITY	PERCEPTION SENSATIONS EXPERIENCED DURING THE EXERCISE	HEART RATE
I7	Maximum	No leg muscle pain - Impression of an exercise in apnoea - Hyperventilation at the end of the exercise	Rate not significant
I6	Sub-Max	Extreme discomfort during the exercise close to nausea - Conversation impossible	Rate not significant
I5	Super-critical	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	> 96 % maximum heart rate
I4	Critical	Gradual but bearable increase in leg muscle pain - conversation difficult - Significant exhaustion after 20 minutes	Between 92 and 96% maximum heart rate
I3	Sustained	Beginning of pain - conversation difficult - Exhaustion after 2 hours	Between 85 and 92% maximum heart rate
I2	Medium	No leg muscle pain - easy to maintain exercise intensity - Fatigue after 3-4 hours	Between 75 and 85% maximum heart rate
I1	Light	No muscle pain - Completely relaxed pedalling - Conversation very easy - Fatigue over several hours	< 75% maximum heart rate

This training programme uses Frédéric Grappe's ESIE scale as an indicator of the effort required during the sessions.



TRAINING PLAN PERFORMANCE



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WEEK 01	WEEK 02	WEEK 03	WEEK 04	WEEK 05	WEEK 06	WEEK 07
<p>Session 01 OVERSPEED</p> <p>1h30: I2 on road or easy riding XC.</p> <p>Exercise: 3 x 3 km on a downhill false flat at I3 at 110/120 rpm.</p> <p>Return to starting point at I2, usual pedalling cadence.</p>	<p>Session 01 CONDITION TEST</p> <p>1h30: including warm-up, reconnaissance, test and cool-down.</p> <p>Find a route of about 10' which comprises the various frequencies of an XC race: short and long climbs, acceleration sectors...</p> <p>After a complete warm-up (at least 40'), ride a timed circuit to test your condition.</p>	<p>Session 01 OVERSPEED</p> <p>1h30: I2 on road.</p> <p>Exercise: On flat or downhill false flat.</p> <p>4 x [I4 5' 110 rpm + I2 5' 80 rpm]</p>	<p>Session 01 STRENGTH</p> <p>1h30: I2 on road or easy riding XC.</p> <p>Exercise: Find a regular climb with a slope of about 6-7%.</p> <p>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.</p> <p>Exercise to be carried out twice.</p> <p>10' active recovery between the 2 repetitions.</p>	<p>Session 01 PEDALLING</p> <p>XC</p> <p>1h30 broken down as follows: I2 20' + Exercise 1h00 + I1 10'.</p> <p>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.</p>	<p>Session 01 CARDIO STRENGTHENING</p> <p>20' Home trainer at I1/I2</p> <p>20' Rowing machine</p> <p>10' Core work</p>	<p>Session 01 STRENGTH</p> <p>On road</p> <p>1h30: I1/I2</p> <p>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.</p> <p>Ignore the heart rate monitor during the lower intensity phase; trust your own perception of effort.</p>
<p>Session 02 ENDURANCE</p> <p>2h00: I2 on hilly road or XC with no extremely steep climbs.</p> <p>Exercise: Carry out all the climbs at I3, between 90 and 110 rpm.</p>	<p>Session 02 STRENGTH</p> <p>2h00: I2 on road.</p> <p>Exercise: Find a regular climb with a slope of about 5%.</p> <p>Ride seated at intensity I3 at 60 rpm until you can no longer maintain the effort.</p> <p>Exercise to be carried out twice.</p> <p>5' active recovery between the 2 repetitions.</p>	<p>Session 02 INTERVAL TRAINING</p> <p>XC</p> <p>2h00: Fartlek with intervals of your choosing.</p>	<p>Session 02 MUSCLE STRENGTHENING</p> <p>15' Home trainer at I2</p> <p>15' Rowing machine</p> <p>15' Abdominal wall</p> <p>15' Back/Pectorals - Biceps/ Triceps - Shoulders</p> <p>15' Stretching</p>	<p>Session 02 INTERVAL TRAINING</p> <p>2h00: I2</p> <p>Exercise: Gentle climb</p> <p>3 x [I2 2' + I5 2']</p>	<p>Session 02 CARDIO RELAXATION</p> <p>Swimming</p> <p>40' Total swimming</p>	<p>Session 02 INTERVAL TRAINING</p> <p>Road or easy riding XC</p> <p>2h00: I2</p> <p>Exercise: 3 x [I4 10' + I2 5']</p>
<p>Session 03 MUSCLE STRENGTHENING</p> <p>15' Home trainer at I2 - 80 rpm</p> <p>15' Rowing machine</p> <p>15' Abdominal wall</p> <p>15' Back/Pectorals - Biceps/ Triceps - Shoulders</p> <p>15' Stretching</p>	<p>Session 03 MUSCLE STRENGTHENING</p> <p>15' Home trainer at I2 - 80 rpm</p> <p>15' Rowing machine</p> <p>15' Abdominal wall</p> <p>15' Back/Pectorals - Biceps/ Triceps - Shoulders</p> <p>15' Stretching</p>	<p>Session 03 MUSCLE STRENGTHENING</p> <p>15' Home trainer at I2</p> <p>15' Rowing machine</p> <p>15' Abdominal wall</p> <p>15' Back/Pectorals - Biceps/ Triceps - Shoulders</p> <p>15' Stretching</p>	<p>Session 03 INTERVAL TRAINING</p> <p>On road</p> <p>2h00: I2</p> <p>Exercise: On flat 6 x [I5 1' + I2 5' 90 rpm]</p>	<p>Session 03 MUSCLE STRENGTHENING</p> <p>15' Home trainer at I2 - 80 rpm</p> <p>15' Rowing machine</p> <p>15' Abdominal wall</p> <p>15' Back/Pectorals - Biceps/ Triceps - Shoulders</p> <p>15' Stretching</p>	<p>Session 03 CARDIO STRENGTHENING</p> <p>20' Home trainer at I1/I2</p> <p>20' Rowing machine</p> <p>Core work at your discretion</p>	<p>Session 03 MUSCLE STRENGTHENING</p> <p>15' Home trainer at I2</p> <p>15' Rowing machine</p> <p>15' Abdominal wall</p> <p>15' Back/Pectorals - Biceps/ Triceps - Shoulders</p> <p>15' Stretching</p>
<p>Session 04 ENDURANCE</p> <p>Training on road or XC</p> <p>3h00: I1/I2</p>	<p>Session 04 ENDURANCE</p> <p>Road or XC</p> <p>3h30: I1/I2</p>	<p>Session 04 ENDURANCE</p> <p>Road or XC</p> <p>3h30: I1/I2</p>	<p>Session 04 ENDURANCE</p> <p>Road or XC</p> <p>4h00: I1/I2</p>	<p>Session 04 ENDURANCE</p> <p>Road or XC</p> <p>4h00: I1/I2</p>	<p>Session 04 ENDURANCE</p> <p>Road or XC</p> <p>4h00: I1/I2</p>	<p>Session 04 ENDURANCE</p> <p>Road or XC</p> <p>4h00: I1/I2</p>



TRAINING PLAN PERFORMANCE



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WEEK 08	WEEK 09	WEEK 10	WEEK 11	WEEK 12	WEEK 13	WEEK 14
<p>Session 01 OVERSPEED</p> <p>Road or easy riding XC 1h30: I2 Exercise: Outing including 40' at I3 at 110/120 rpm.</p>	<p>Session 01 STRENGTH</p> <p>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.</p>	<p>Session 01 CARDIO STRENGTHENING</p> <p>20' Home trainer at I1/I2 20' Rowing machine 10' Core work</p>	<p>Session 01 STRENGTH</p> <p>On road or easy riding XC 1h30: I1/I2 Exercise: 50' at I3 - 110 rpm.</p>	<p>Session 01 ENDURANCE</p> <p>Road or XC 1h30: I1/I2 low-intensity outing</p>	<p>Session 01 INTERVAL TRAINING</p> <p>XC 1h30: I2 Exercise: On a very steep slope (> 15%; ideally > 20%). 2 x [12 x (16 20'/ recovery 40")] 3' recovery at I1 between the 2 series.</p>	<p>Session 01 STRENGTH</p> <p>XC 1h30: At your own pace with no prolonged effort.</p>
<p>Session 02 INTERVAL TRAINING</p> <p>Road or easy riding XC 2h00: I2 Exercise: 6 x [15 1' + I2 45"]</p>	<p>Session 02 CONDITION TEST</p> <p>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.</p>	<p>Session 02 CARDIO RELAXATION</p> <p>Swimming 40' Total swimming</p>	<p>Session 02 INTERVAL TRAINING</p> <p>On road 2h00: I2 Exercise: 9 x [13 4' + I5 1']</p>	<p>Session 02 INTERVAL TRAINING</p> <p>On road 2h00: I2 Exercise: 9 x [13 4' + I5 1']</p>	<p>Session 02 INTERVAL TRAINING</p> <p>On road 2h00: I2 Exercise: 9 x [13 4' + I5 1']</p>	<p>Session 02 INTERVAL TRAINING</p> <p>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.</p>
<p>Session 03 MUSCLE STRENGTHENING</p> <p>15' Home trainer at I2 15' Rowing machine 15' Abdominal wall 15' Back/Pectorals - Biceps/ Triceps - Shoulders 15' Stretching</p>	<p>Session 03 MUSCLE STRENGTHENING</p> <p>15' Home trainer at I2 15' Rowing machine 15' Abdominal wall 15' Back/Pectorals - Biceps/ Triceps - Shoulders 15' Stretching</p>	<p>Session 03 CARDIO STRENGTHENING</p> <p>20' Home trainer at I1/I2 20' Rowing machine 10' Core work</p>	<p>Session 03 MUSCLE STRENGTHENING</p> <p>15' Home trainer at I2 15' Rowing machine 15' Abdominal wall 15' Back/Pectorals - Biceps/ Triceps - Shoulders 15' Stretching</p>	<p>Session 03 MUSCLE STRENGTHENING</p> <p>15' Home trainer at I2 15' Rowing machine 15' Abdominal wall 15' Back/Pectorals - Biceps/ Triceps - Shoulders 15' Stretching</p>	<p>Session 03 MUSCLE STRENGTHENING</p> <p>15' Home trainer at I2 15' Rowing machine 15' Abdominal wall 15' Back/Pectorals - Biceps/ Triceps - Shoulders 15' Stretching</p>	
<p>Session 04 ENDURANCE</p> <p>Road or XC 4h00: I1/I2</p>	<p>Session 04 ENDURANCE</p> <p>Road or XC 4h00: I1/I2</p>	<p>Session 04 ENDURANCE</p> <p>Road or XC 4h00: I1/I2</p>	<p>Session 04 ENDURANCE</p> <p>Road or XC 5h00: I1/I2</p>	<p>Session 04 ENDURANCE</p> <p>Road or XC 5h00: I1/I2</p>	<p>Session 04 ENDURANCE</p> <p>Road or XC 3h00: I1/I2 Exercise: 9 x [13 4' + I5 1']</p>	