

SEASON OVERVIEW

Week Ending	Volume	Workouts	Race
1/6/2019	Base 1	2x Zones 1-2-3; 1-2x Zones 3-4	Practice @ Lake Perris
1/13/2019	Base 2		
1/20/2019	Base 3		
1/27/2019	Base 1		
2/3/2019	Base 2		
2/10/2019	Base 3		
2/17/2019	Build 1	1x Zones 1-2; 1x Zone 3 "Sweet Spot"; 1-2x Zones 4-5 Race serves as Zones 4-5 workout for this week	Lake Perris
2/24/2019	Build 2		
3/3/2019	Build 3		
3/10/2019	Rest/Taper	Easy riding only	
3/17/2019	Peak	1-2x Zones 1-2 (low volume) ; 2x Zones 4-5 (Race is 1x)	Vail Lake
3/24/2019	Peak		Vail Lake
3/31/2019	Peak		
4/7/2019	Rest/Taper	Easy riding only	
4/14/2019	Rebuild	1x Zones 1-2; 1x Zone 3 "Sweet Spot"; 1-2x Zones 4-5	
4/21/2019	Rest/Taper		
4/28/2019	Peak	1-2x Zones 1-2 (low volume) ; 2x Zones 4-5 (Race is 1x)	Keysville
5/5/2019	Peak		Tehachapi
5/12/2019	Peak		

JANUARY – FEBRUARY 16 TRAINING SCHEDULE

High School Riders

Tuesdays

Steady effort climbing

Example: Brown/El P loop non-stop loop (35 min average) at a good zone 4 pace.
Eventually, mix in a 2 lap endurance (zone 3/4-80 minute) every 3 weeks.

Thursdays

Intervals

Cherry gate to 5 points, Conservancy single track climb (Forest Hill), etc. - Sub 3 minute range

Saturdays

Endurance

2.5+ hours, Zones 1-2 (Zone 3 max)

Middle School Riders

Mondays

Circuits/Climbing

15 minute warm-up (ride to Hahamongna) then do circuit laps + short skills clinic (curb hop-ups,etc)

Alternate week

15 minute warm-up ride then steady climbing

Example: to Cherry top bench

Wednesdays

Intervals

15 minute warm-up then interval climb segment

Alternate week

15 minute warm-up interval flat segment

Saturdays

Endurance

Steady climbing effort. Goals such as climbing to the top of Cherry without stopping. Eventually climbing to Brown saddle.