

100K Road Fondo/40K Mountain Bike

8 Weeks – By Jenny Brown

IMPACT
MAGAZINE

If you have a mountain bike race or gran fondo in your plans this season, here are some training guidelines to help make your race a success. If you can already ride two hours steady state, the eight-week plan below highlights key workouts to get more out of your efforts. Training smart will yield greater rewards than exhausting yourself and getting sick. Here's how to prepare for a 4-hour ride that includes hilly terrain and ambitions to be competitive in the top 20 for your age group:

LEGEND

Tempo Ride = This challenging effort prepares your body for getting faster. It will be difficult to talk and you will feel your legs burning but able to carry this for 20-60 minutes.

Endurance Ride = This ride is enjoyable as it doesn't challenge the heart rate or legs. You are at 60-70% of your capacity. Hills may take you above this level, however, you will recover and settle back into this easier pace.

Recovery Ride = Low tension, short ride that helps your body recover from hard efforts. Recovery needs differ for the masters athlete and the under-30 rider. If you are feeling run down, better to have a rest day than force yourself to ride.

WEEK	TOTAL RIDING HOURS	KEY WORKOUT DESCRIPTION
1	6	Increase your mileage 10K without increasing intensity on a long ride that includes rolling terrain.
2	7	Increase mileage 10K without increasing intensity.
3	7	Same mileage, 1x tempo workout at 7-8/10 intensity level.
4 Recovery Week	4-5	<ul style="list-style-type: none">• 1x 2-hour endurance ride• 1x tempo ride• 1x recovery ride
5	7	<ul style="list-style-type: none">• 1x endurance ride (faster by 1-2 km/h)• 1x tempo workout at 8/10 intensity level (or very hilly route for 1.5 hours)
6 Hardest Week	8	<ul style="list-style-type: none">• 1x 3.5-hour ride that is 6-7/10 intensity level• 1x short tempo workout of hills or speed• 1-2x recovery rides of 1 hour (include XC bike technical ride to boost bike skills)
7	6	<ul style="list-style-type: none">• 1x 3-hour endurance workout with rolling hills• 1x tempo workout of 1 hour• 1x hilly ride (add a technical trail ride if XC event)• 1x recovery ride
8 Race Week	Taper	Reduce volume and intensity to prepare for your event. Rest, gather travel plans, food, directions, course inspection, bike tune up