



COACHES CORNER

Winter Training Plan

November	Get Ready Set your Goals Riding/Strength - 3 month window	
December	Get Moving Ski/Bike Focus on Volume and Strength	Strength Adaptation phase: high reps, low weights
January	Continuing Volume/Strength Progressive building	Strength Endurance phase: mid-reps, higher weights
February	Adding mid-intensity - 2 x per week (eg. 1 on Tuesday, 1 on weekend) Strength	Strength Power phase: lower reps, higher weights
March	Grow the length of intensity - add hills Taper Strength training - 3:1	

SAMPLE WEEK 1

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	TOTAL
	1.5 hr bike		1.5 hr bike	Recover	3 hr bike		6 bike
Strength		Strength				Strength	3 strength

SAMPLE WEEK 2

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	TOTAL
	1.5 hr bike		1.5 hr bike	Recover	2 hr bike	2 hr bike	7 bike
Strength		Strength					2 strength

SAMPLE WEEK 3

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	TOTAL
	1.5 hr bike	1 hr bike	1.5 hr bike	Recover	2 hr bike	3 hr bike	
		Strength					9 bike
Strength							2 strength

SAMPLE MONTH AT A GLANCE

Week 1	Week 2	Week 3	Week 4
		10 hours	
	8 hours		
6 hours			
			5 hours

Times include strength training and riding. Doesn't include activities such as yoga, stretching or pilates