



DAY	1	2	3	4	5	6	7
SUGGESTED SCHEDULE	Monday	Tuesday XC	Wednesday PCH River Trail	Thursday XC	Friday	Saturday Coach Ride or Fire Road Spin	Sunday XC
PROGRAM	REST DAY	Hill Repeat Spins	Base Fitness	Technical Day	REST DAY	PACE	RACE PACE
RIDING GOAL FOR THE DAY	CORE BODY PROGRAM IF YOU HAVE TIME	On any local course spin hard over the hills and recover on flat and downhill	Long Steady Distance - MUST be heart rate controlled.	Downhill Cornering, Counter-Steering, Power slides, Drop-offs etc	CORE BODY PROGRAM IF YOU HAVE TIME	Coach Spin Ride or Fire Road GRANNY GEAR SPIN up and fast down	HAVE FUN DON'T WORK TOO HARD
SKILL GOAL		Spin Climb	Base Fitness	Choose one		DOWNHILL CORNERS	TECHNICAL SKILLS
TERRAIN		Rolling	FLATTISH	Rough		FIRE ROAD ONLY	CROSS COUNTRY
CADENCE		85-95	85-95			85-95	90 >
H.R.ZONE		DON'T LOOK	AEROBIC			CONTROLLED EFFORT -	DON'T GO CRAZY
SPEED						+20 mph	
DISTANCE							