



Off-road cycling plan

Week 1 - Getting started

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Session Type	Off-road ride	Rest	Off-road ride	Cross training	Off-road ride	Rest	Off-road ride
Session Details	Ride for 45mins.		Ride for 60mins.	30mins of different exercises.	Ride for 60mins.		Ride for 90mins.
Focus	Introduction week - keep the pace comfortable.		Easy pace.	Perform 3 x 10 reps of the following exercises - step-ups, calf raises, squats, knee-ups.	Easy pace.		Find an undulating route to build your fitness.

Week 2 - Building confidence

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Session Type	Rest	Off-road ride	Cross training	Rest	Off-road ride	Rest	Off-road ride
Session Details		Ride for 60mins.	30mins of different exercises.		Ride for 60mins.		Ride for 120mins.
Focus		Steady pace.	Perform 3 x 10 reps of the following exercises - step-ups, calf raises, squats, knee-ups.		Steady pace.		Find a challenging route to build your technique.

Week 3 - Building time and distance

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Session Type	Rest	Off-road ride	Cross training	Rest	Off-road ride	Rest	Off-road ride
Session Details		Ride for 60mins.	30mins of different exercises.		Ride for 60mins.		Ride for 120mins.
Focus		Steady pace.	Perform 3 x 10 reps of the following exercises - step-ups, calf raises, squats, knee-ups.		Steady pace.		Find an undulating route to build your fitness.

Week 4 - Building time and distance

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Session Type	Off-road ride	Rest	Cross training	Rest	Off-road ride	Rest	Off-road ride
Session Details	Ride for 30mins.		30mins of different exercises.		Ride for 90mins.		Ride for 180mins.
Focus	Recovery session after yesterday, take it slow.		Perform 3 x 10 reps of the following exercises - step-ups, calf raises, squats, knee-ups.		Find some big hills for a challenge!		Starting to build distance, maintain a steady pace.

Week 5 - Building time and distance

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Session Type	Rest	Off-road ride	Off-road ride	Rest	Off-road ride	Rest	Off-road ride
Session Details		Ride for 90mins.	Ride for 60mins.		Ride for 90mins.		Ride for 210mins.
Focus		Steady pace.	Push yourself during this shorter session. Include some hill repeats - cycle up a steep hill and roll back down a few times.		Steady pace.		Steady pace.

Week 6 - Building time and distance

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Session Type	Rest	Cross training	Off-road ride	Rest	Off-road ride	Rest	Off-road ride
Session Details		30mins of different exercises.	Ride for 90mins.		Ride for 90mins.		Ride for 240mins.
Focus		Perform 3 x 10 reps of the following exercises - step-ups, calf raises, squats, knee-ups.	Steady pace.		Steady pace.		Take water and snacks to start getting used to carrying a pack.

Week 7 - First back to back weekend

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Session Type	Off-road ride	Rest	Off-road ride	Cross training	Rest	Off-road ride	Off-road ride
Session Details	Ride for 30mins.		Ride for 90mins.	30mins of different exercises.		Ride for 30mins.	Ride for 300mins.
Focus	Recovery session, take it slow.		Find a challenging route to build your technique.	Perform 3 x 10 reps of the following exercises - step-ups, calf raises, squats, knee-ups.		Easy session in preparation for tomorrow.	Try out a different route with some hills and single tracks.

Week 8 - Reaching your peak

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Session Type	Rest	Off-road ride	Cross training	Rest	Off-road ride	Rest	Off-road ride
Session Details		Ride for 90mins.	30mins of different exercises.		Ride for 90mins.		Ride for 300mins.
Focus		Steady pace.	Perform 3 x 10 reps of the following exercises - step-ups, calf raises, squats, knee-ups.		Steady pace.		Final long ride before event day, keep the pace steady.

Week 9 - Start of taper

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Session Type	Off-road ride	Cross training	Off-road ride	Rest	Off-road ride	Rest	Off-road ride
Session Details	Ride for 30mins.	30mins of different exercises.	Ride for 90mins.		Ride for 90mins.		Ride for 240mins.
Focus	Recovery session, take it slow.	Perform 3 x 10 reps of the following exercises - step-ups, calf raises, squats, knee-ups.	Steady pace.		Steady pace.		Steady pace, find a hilly route.

Week 10 - Tapering

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Session Type	Off-road ride	Rest	Cross training	Rest	Off-road ride	Rest	Off-road ride
Session Details	Ride for 30mins.		30mins of different exercises.		Ride for 90mins.		Ride for 210mins.
Focus	Recovery session, take it slow.		Perform 3 x 10 reps of the following exercises - step-ups, calf raises, squats, knee-ups.		Steady pace.		Steady pace, find an undulating route.

Week 11 - Tapering week

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Session Type	Off-road ride	Cross training	Rest	Off-road ride	Off-road ride	Rest	Off-road ride
Session Details	Ride for 30mins.	30mins of different exercises.		Ride for 60mins.	Ride for 60mins.		Ride for 210mins.
Focus	Recovery session, take it slow.	Perform 3 x 10 reps of the following exercises - step-ups, calf raises, squats, knee-ups.		Steady pace.	Easy pace.		Steady pace, find a varied route.

Week 12- Event week!

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Session Type	Rest	Off road ride	Rest	Off road ride	Rest	Off road ride	Event day
Session Details		Ride for 60mins.		Ride for 60mins.		Ride for 30mins.	Today is the day!
Focus		Easy pace.		Easy pace.		Very easy pace, stay relaxed in preparation for tomorrow.	Stay relaxed and enjoy the day. You've come so far in such a short time, well done!