

ZIONS BANK.

BOULDER

MOUNTAIN TOUR

SUN VALLEY, ID



INTERMEDIATE TRAINING PLAN

A custom-designed 10-week training program
to get you ready to Rock the Boulder

FEBRUARY 4, 2023

WWW.BOULDERMOUNTAINTOUR.COM

INTERVAL TRAINING

- When doing intervals, try and use the same course for each interval.
- Pick a spot to start each interval. Notice where you end each one. If you notice a substantial decrease in the distance you travel for the interval time, this is an indication that you are tired and should not continue.
- Alternate structured intervals with intervals on rolling terrain.
- When performing L3 intervals, allow 2 - 3 minutes of easy L1/recovery between intervals.
- When performing L4 intervals, allow equal parts L1/recovery between intervals.
- All warm-ups and cool-downs should be an easy L1. Include some speed training into your routines.
- Listen to your body and adapt your training accordingly.

TRAINING LEVELS

Level 1 (L1)

Easy effort

Level 2 (L2)

Moderate effort - can talk in sentences

Level 3 (L3)

Medium-hard effort - hard to talk

Level 4 (L4)

Hard effort / race pace - no talk

Level 5 (L5)

Over race pace - very hard

WEEKLY TRAINING OUTLINE

- Monday : Off / Active Rest
- Tuesday : Easy Distance L1- 2
- Wednesday : Intervals L3 - 4
- Thursday: Easy Distance L1 - 2 / Strength
- Friday: Off / Easy L1 Ski
- Saturday: Intervals L3 - 4
- Sunday: Overdistance L1

STRENGTH TRAINING

- Best exercises include: push ups, pull ups, tricep dips, sit ups, squats, wall sits, planks, lunges, step-ups.
- As the race period approaches, change your strength routine from max strength to maintenance strength, i.e. higher reps and lower reps.
- Warm up and cool down with an easy 10 min walk or run

USEFUL TIPS

- If you need to decrease training, cut out easy distance workouts not the intervals or long distance - those are the cornerstone workouts.
- The second half of the normal BMT course includes long flat sections – make sure to practice V2 and V2 alternate at race pace.
- Rearrange the plan to fit your schedule and chosen race day.
- Keep track of training in a log/calendar.
- Carry water and food, keep dry clothes in your car.
- Don't train if sick or overtired. It's better to under do it than over do it.

**INTERMEDIATE 10-WEEK TRAINING
PROGRAM CREATED FOR THE ZIONS BANK
BOULDER MOUNTAIN TOUR
BY BETSY YOUNGMAN**

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INTERMEDIATE PLAN

WEEK 1	Mon	Tue	Wed	Thur	Fri	Sat	Sun
	Off / Active Rest Strength	L1-2 Easy Distance	L1-2 Easy Distance Easy Speeds 6 x 30 secs	L1-2 Easy Distance Strength	Off or Easy Ski	L3 Intervals 2 x 6 min	L1 Overdistance 1 hr, 45 min
GET USED TO SKIS						Total: 5 - 6 hr	

WEEK 2	Mon	Tue	Wed	Thur	Fri	Sat	Sun
	Off / Active Rest Strength	L1-2 Easy Distance	L1-2 Easy Distance Focus: Technique 6 x 30 sec x 2	L1-2 Easy Distance Strength	Off or Easy Ski	L3 Intervals 2 x 6 min	L1 Overdistance 2 hr
VOLUME 1 BUILD						Total: 6 hours Intensity: 18 mins	

WEEK 3	Mon	Tue	Wed	Thur	Fri	Sat	Sun
	Off / Active Rest Strength	L1-2 Easy Distance	L3 Intervals 4 x 2 mins on 2 mins off between	L1-2 Easy Distance Strength	L1-2 Easy Distance 6 x 20 sec	L3 Intervals 3 x 6 min	L1 Overdistance 2 hr 30 min
VOLUME 2 BUILD						Total: 8 hours Intensity: 26 mins	

WEEK 4	Mon	Tue	Wed	Thur	Fri	Sat	Sun
	Off / Active Rest Strength	L1-2 Easy Distance	Speeds or Natural Ints	L1-2 Easy Distance Strength	Off or Easy Ski	Time Trial 5km	L1 Overdistance 2 hr 15 min
EASY-DECREASE VOLUME						Total: 5 hours Intensity: 15 mins	

WEEK 5	Mon	Tue	Wed	Thur	Fri	Sat	Sun
	Off / Active Rest Strength	L1-2 Easy Distance	Intervals L4 : 4 x 2 mins on 2 mins off L3 : 1 x 6 mins	L1-2 Easy Distance Strength	Off or Easy Ski	L4 Intervals 4 x 4 mins	L1 Overdistance 2 hr 30 min
BUILD INTENSITY						Total: 7 hours Intensity: 26 mins	

INTERMEDIATE PLAN

WEEK

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Mon	Tue	Wed	Thur	Fri	Sat	Sun
Off / Active Rest Strength	L1-2 Easy Distance 2 hr	Double Pole 4 x 1 min or V2	Off or Easy Ski	L1-2 Easy Speeds 5 x 45 secs Course Preview	Time Trial Race 15 - 25km	Easy Ski 1 hr 30 min
PRACTICE RACE OR TIME TRIAL					Total: 9 hours Intensity: 90 mins	

WEEK

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VOLUME 2

Mon	Tue	Wed	Thur	Fri	Sat	Sun
Off / Active Rest Strength	L1-2 Easy Distance 1 hr 30 min	Intensity Speed V1 Uphill 5 x 2 min	L1-2 Easy Distance Strength	Off or Easy Ski	Intensity Speed 3 x 6 min 5min L1 between continuous V2	L1 Overdistance 2 hr 30 min
					Total: 10 hours Intensity: 28 mins	

WEEK

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PEAK INTENSITY

Mon	Tue	Wed	Thur	Fri	Sat	Sun
Off / Active Rest Strength	L1-2 Easy Distance 1 hr 30 min	L3 Intensity 4 x 6 mins on Varied Terrain	L1-2 Easy Distance Strength	Intensity Speed 5 x 30 sec Repeat x 3 Each diff. technique	Time Trial 5/10km	L1 Overdistance 1 hr 30 min
					Total: 6 hours Intensity: 24 mins	

WEEK

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PEAK INTENSITY

Mon	Tue	Wed	Thur	Fri	Sat	Sun
Off / Active Rest Strength	L1-2 Easy Distance	L4 Intensity 5 x 3 min 3 min off between	L1-2 Easy Distance with 10 x 20 sec speeds	Off or Easy Ski	Threshold Workout Just below race pace	L1 Overdistance 2 hr
					Total: 6 hours Intensity: 15 mins	

WEEK

10

RACE WEEK

Mon	Tue	Wed	Thur	Fri	Sat	Sun
Off / Active Rest Strength	L3 Intensity 3 x 6 min optional: only if you're feeling great	L1-2 Easy Distance 1 hour	Off or Easy Ski <i>Hydrate and eat!</i>	Easy with Speeds <i>Get mentally prepared!</i>	RACE DAY!	L1 Overdistance 2 hr
						No workouts over 1.5 hr - lots of speed and rest