



# ADVANCED TRAINING PLAN

A custom-designed 9-week training program  
to get you ready to Rock the Boulder

**FEBRUARY 1, 2025**

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## 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. Precede intensity workouts with a 20 min warm up and cool down. Include some speed training in your routine.
- 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 : Recovery + Strength (L1)
- Tuesday: Overdistance (L1)
- Wednesday: Intensity (L3-4)
- Thursday: Easy Distance + Strength
- Friday: Easy Distance or Off (L1-2)
- Saturday: Intensity/Speed (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.

**ADVANCED 9-WEEK TRAINING PROGRAM  
CREATED FOR THE ZIONS BANK BOULDER  
MOUNTAIN TOUR  
BY MUFFY RITZ**



# ADVANCED PLAN

## WEEK 1

Mon	Tue	Wed	Thur	Fri	Sat	Sun
Recovery / Strength	Overdistance 1 hr 30 min	Easy Speeds 6 x 30 secs x 2 Focus: Technique & Speed	Easy Distance + Strength	Off or Easy Distance	L3 Intervals & Easy Speeds 3 x 6 min	Overdistance 1 hr, 30 min

### VOLUME 1 - BUILD

Total: 10 hours Intensity: 24 min

## WEEK 2

Mon	Tue	Wed	Thur	Fri	Sat	Sun
Recovery / Strength	Overdistance 2 hrs	Intensity L3 8 x 2 min on 2 min off	Easy Distance + Strength	Off or Easy Distance	L3 Intensity 3 x 8 min on rolling terrain Strength	Overdistance 2 hrs 30 min

### VOLUME 2 - BUILD

Total: 12 hours Intensity: 32 min

## WEEK 3

Mon	Tue	Wed	Thur	Fri	Sat	Sun
Recovery / Strength	Overdistance 1 hour 30 min	Intensity Speeds or Natural Ints.	Easy Distance + Strength	Off or Easy Distance	Time Trial 5km Strength	Overdistance 2 hrs

### DECREASE VOLUME- RECOVERY

Total: 6 hours Intensity: 15 min

## WEEK 4

Mon	Tue	Wed	Thur	Fri	Sat	Sun
Recovery / Strength	Overdistance 2 hrs 30 min	Intensity L3 8 x 2 min on 2 min off between 1 x 10 min	Easy Distance + Strength	Off or Easy Distance	Intensity 4 x 4 min on rolling terrain, practice transitions Strength	Overdistance 2 hrs

### BUILD 2/INTENSITY

Total: 10 hours Intensity: 32min

## WEEK 5

Mon	Tue	Wed	Thur	Fri	Sat	Sun
Recovery / Strength	Overdistance 2 hrs	Intensity 5 x 1 min Double Pole or V2 Repeat x 2	Off or Easy Distance	Easy Speeds 5 x 45 sec Course Preview	Time Trial or Practice Race 30km	Overdistance 2 hrs

### VOLUME 1 + PRACTICE RACE OR TT

Total: 12 hours Intensity: 90 min

# ADVANCED PLAN

## WEEK 6

Mon	Tue	Wed	Thur	Fri	Sat	Sun
Recovery / Strength	Overdistance 2 hr 30 min	Intensity Speeds 5 x 2 min V1 Uphill	Easy Distance + Strength	Off or Easy Distance	Intensity 3 x 10 min 5 min recoveries Focus: continuous V2	Overdistance 3 hr
					<b>Total: 14 hours Intensity: 40 min</b>	

### VOLUME 2

## WEEK 7

Mon	Tue	Wed	Thur	Fri	Sat	Sun
Recovery / Strength	Overdistance 2 hr - 2 hr 30 min	Intensity 4 x 6 min L3 on varied terrain	Easy Distance + Strength	Intensity Speeds 5 x 30 sec Repeat x 3 with diff. techniques		Overdistance 2 hr - 2 hr 30 min
					<b>Total: 8 hours Intensity: 32 min</b>	

### PEAK INTENSITY 1 THRESHOLD

## WEEK 8

Mon	Tue	Wed	Thur	Fri	Sat	Sun
Recovery / Strength		Intensity 5 x 3 min 3 min recoveries	Easy Distance interspersed with 10 x 20 sec on/1:30 off *	Off or Easy Distance	Threshold Workout L3	Overdistance 2 hr 30 min - 3 hours
					<b>Total: 7 hours Intensity: 15 min</b>	

### PEAK INTENSITY 2, MAX VO2

## WEEK 9

Mon	Tue	Wed	Thur	Fri	Sat	Sun
Recovery / Strength	Intensity 3 x 6-8 min Threshold L3	Easy Distance 1 hr Course Preview	Off or Easy Distance	Easy Distance with Speeds <i>Get mentally prepared!</i>	<b>RACE DAY!</b>	Overdistance 2 hours - 2 hours 30 min
					<b>Total: 10 hours Intensity: 32min</b>	

### RACE WEEK\*\*



\*10 Days before race begin to taper, train 1/2 the volume of the largest week

\*\*During race week, no workout should last longer than 1.5 hours. Get lots of speed and rest.

Hydrate!

Remember, its better to "under do it" than "over do it" - think chocolate chip cookies!

## TIPS

