



BEGINNER TRAINING PLAN

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

FEBRUARY 1, 2025

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.
- Using 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
- Listen to your body and adapt your training accordingly.

TRAINING LEVELS

Level 1 (L1)

Easy effort. You should be able to talk in full sentences.

Level 2 (L2)

Moderate effort.

Level 3 (L3)

Medium hard effort. You should be able to maintain this effort for 1 hour.

Level 4 (L4)

Hard effort. You should be able to maintain this effort for 5km

WEEKLY TRAINING OUTLINE

- Monday: Rest Day
- Tuesday: L3 Intervals
- Wednesday: Strength
- Thursday: Easy L1 Distance Ski
- Friday: Rest Day
- Saturday: L4 Intervals
- Sunday: Long Easy L1 Distance Ski

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

- The most important weekly workouts are intervals and long distance
- If you need to decrease training, cut out easy distance workouts
- Rearrange the plan to fit your schedule
- 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.



**BEGINNER 10-WEEK TRAINING PROGRAM
CREATED FOR THE ZIONS BANK BOULDER
MOUNTAIN TOUR
BY KATE ELLIS**

BEGINNER PLAN

WEEK 1	Mon	Tue	Wed	Thur	Fri	Sat	Sun
	Rest	L3 Intervals 15m Warm Up 3 x 8 min 10m Cool Down	Strength Training	L1 Easy Distance 45 minutes	Rest	L4 Intervals 15m Warm Up 7 x 3 min 10m Cool Down	L1 Easy Distance 1 hour, 40 min Total: 5 hr, 15 min

WEEK 2	Mon	Tue	Wed	Thur	Fri	Sat	Sun
	Rest	L3 Intervals 15m Warm Up 2 x 8 min 15m Cool Down	Strength Training	L1 Easy Distance 45 min	Rest	L4 Intervals 15m Warm Up 8 x 3 min 15m Cool Down	L1 Easy Distance 1 hour, 55 min Total: 5 hr, 20 min

WEEK 3	Mon	Tue	Wed	Thur	Fri	Sat	Sun
	Rest	L3 Intervals 20m Warm Up 2 x 8 min 15m Cool Down	Strength Training	L1 Easy Distance 1 hour	Rest	L4 Intervals 20m Warm Up 8 x 2 min 15m Cool Down	L1 Easy Distance 1 hour, 35 min Total: 6 hr

WEEK 4	Mon	Tue	Wed	Thur	Fri	Sat	Sun
	Rest	L3 Intervals 20m Warm Up 2 x 10 min 15m Cool Down	Strength Training	L1 Easy Distance 1 hour	Rest	L4 Intervals 20m Warm Up 8 x 3 min 15m Cool Down	L1 Easy Distance 1 hour, 30 min Total: 4 hr, 20 min

WEEK 5	Mon	Tue	Wed	Thur	Fri	Sat	Sun
	Rest	L3 Intervals 15m Warm Up 2 x 11 min 15m Cool Down	Strength Training	L1 Easy Distance 1 hour, 10 min	Rest	L4 Intervals 20m Warm Up 3-5 x 5 min 15m Cool Down	L1 Easy Distance 1 hour, 40 min Total: 5 hr, 30 min

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WEEK 6

Mon	Tue	Wed	Thur	Fri	Sat	Sun
Rest	L3 Intervals 15m Warm Up 3 x 8 min 10m Cool Down	Strength Training	L1 Easy Distance 45 minutes	Rest	L4 Intervals 15m Warm Up 7 x 3 min 10m Cool Down	L1 Easy Distance 1 hour, 40 min Total: 5 hr, 15 min

WEEK 7

Mon	Tue	Wed	Thur	Fri	Sat	Sun
Rest	L3 Intervals 20m Warm Up 2 x 15 min 10m Cool Down	Strength Training	L1 Easy Distance 1 hour, 10 min	Rest	L4 Intervals 20m Warm Up 5 x 4 min 10m Cool Down	L1 Easy Distance 1 hour, 55 min Total: 6 hr

WEEK 8

Mon	Tue	Wed	Thur	Fri	Sat	Sun
Rest	L3 Intervals 15m Warm Up 3 x 9 min 10m Cool Down	Strength Training	L1 Easy Distance 1 hour, 15 min	Rest	L4 Intervals 15m Warm Up 6 x 3 min 15m Cool Down	L1 Easy Distance 2 hours Total: 5 hr

WEEK 9

Mon	Tue	Wed	Thur	Fri	Sat	Sun
Rest	L3 Intervals 215m Warm Up 3 x 11 min 10m Cool Down	Strength Training	L1 Easy Distance 1 hour	Rest	L4 Intervals 15m Warm Up 6 x 3 min 10m Cool Down	L1 Easy Distance 1 hour, 40 min Total: 5 hr, 15 min

WEEK 10

Mon	Tue	Wed	Thur	Fri	Sat	Sun
Rest	Strength Training	L3 Intervals 15m Warm Up 2 x 11 min 10m Cool Down	L1 Easy Distance 45 min	Rest	RACE DAY!	L1 Easy Distance 1 hour, 30 min RACE WEEK!