

ZIONS BANK.
BOULDER
MOUNTAIN TOUR
SUN VALLEY, IDAHO

ADVANCED TRAINING PLAN

A CUSTOM DESIGNED 9-WEEK TRAINING PROGRAM
TO GET YOU READY TO ROCK THE BOULDER

FEBRUARY 1 - 7, 2021

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. Precede intensity workouts with a 20min warm up and cool down.
- **Listen to your body and adapt your training accordingly.**

Training Levels Explained

Level 1 (L1)

Easy effort/recovery

Level 2 (L2)

Moderate effort

Level 3 (L3)

Medium hard effort

Level 4 (L4)

Hard effort / race pace

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
- Do higher reps and low weights at this time of the season. Be fast and strong.
- Do not use heavy weights with fewer repetitions. That should be done in summer.
- 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 OD or Intensity - those are the cornerstone workouts
- The classic BMT course has lots of V2 after Baker Creek - make sure to practice 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 - think chocolate chip cookies!
- Maintain COVID precautions and protocols

Advanced 9 week
training program created
for the Zions Bank
Boulder Mountain Tour
by Betsy Youngman

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Week 1: Volume 1 - Build

Mon	Tue	Wed	Thur	Fri	Sat	Sun
Recovery / Strength	Overdistance 1 hour 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 hour, 30 min

Total: 10 hours Intensity: 24 min

Week 2: Volume 2 - Build

Mon	Tue	Wed	Thur	Fri	Sat	Sun
Recovery / Strength	Overdistance 2 hours	Intensity L3 8 x 2 min on 2 min off	Easy Distance + Strength	Off or Easy Distance	L3 Intensity 8 x 2 min on 5 min off Strength	Overdistance 2 hours 30 min

Total: 12 hours Intensity: 32 min

Week 3: Decrease Volume - Recovery

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 hours

Total: 6 hours Intensity: 15 min

Week 4: Build 2/Intensity

Mon	Tue	Wed	Thur	Fri	Sat	Sun
Recovery / Strength	Overdistance 2 hours 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 hours

Total: 10 hours Intensity: 32mins

Week 5: Volume 1 + Practice Race or TT

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

Total: 12 hours Intensity: 90 mins

Week 6: Volume 2

Mon	Tue	Wed	Thur	Fri	Sat	Sun
Recovery / Strength	Overdistance 2 hour 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 hours

Total: 14 hours Intensity: 40 min

Week 7: Peak Intensity 1 Threshold

Mon	Tue	Wed	Thur	Fri	Sat	Sun
Recovery / Strength	Overdistance 2 hours - 2 hours 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	Time Trial	Overdistance 2 hours - 2 hours 30 min

Total: 8 hours Intensity: 32 min

Week 8: Peak Intensity 2, max VO2

Mon	Tue	Wed	Thur	Fri	Sat	Sun
Recovery / Strength	Easy Distance	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 hours 30 min - 3 hours

Total: 7 hours Intensity: 15 min

Week 9: RACE WEEK**

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

Total: 10 hours Intensity: 32mins

Tips

*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!