

ZIONS BANK.  
BOULDER  
MOUNTAIN TOUR  
SUN VALLEY, IDAHO

# **BEGINNER TRAINING PLAN**

A CUSTOM DESIGNED 10-WEEK TRAINING PROGRAM  
TO GET YOU READY TO ROCK THE BOULDER

**FEBRUARY 1 - 7, 2021**

[WWW.BOULDERMOUNTAINTOUR.COM](http://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 Explained

### 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
- Do higher reps and low weights at. this time of the season
- 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

- 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
- Carry water and food, keep dry clothes in your car
- Don't train if sick
- Maintain COVID precautions and protocols

Beginner 10 week training program  
created for the Zions Bank Boulder  
Mountain Tour by Kate Ellis

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# BEGINNER PLAN

## Week 1

Mon	Tue	Wed	Thur	Fri	Sat	Sun
Rest	<b>L3 Intervals</b> 20m Warm Up 2 x 6 min 10m Cool Down	<b>Strength Training</b>	<b>L1 Easy Distance</b> 1 hour	Rest	<b>L4 Intervals</b> 20m Warm Up 3-5 x 5 min 15m Cool Down	<b>L1 Easy Distance</b> 1 hour, 30 min <b>Total: 5 hr, 30 min</b>

## Week 2

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

## Week 3

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

## Week 4

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

## Week 5

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

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## ZIONS BANK 2021 BOULDER MOUNTAIN TOUR 10-WEEK TRAINING PLAN

### Week 6

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

### Week 7

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

### Week 8

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

### Week 9

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

### Week 10

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