

ZIONS BANK®
BOULDER
MOUNTAIN TOUR
SUN VALLEY, IDAHO

INTERMEDIATE TRAINING PLAN

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

FEBRUARY 1 - 7, 2021

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

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
- 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 intervals or long distance - 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

Intermediate 10-week
training program created
for the Zions Bank
Boulder Mountain Tour
by Muffy Ritz

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INTERMEDIATE PLAN

Week 1: Get Used to Skis

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 hour, 45 min

Total: 5 - 6 hr

Week 2: Volume 1 Build

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 hours

Total: 6 hours Intensity: 18 mins

Week 3: Volume 2 Build

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 hour 30 min

Total: 8 hours Intensity: 26 mins

Week 4: Easy-Decrease Volume

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 hour 15 min

Total: 5 hours Intensity: 15 mins

Week 5: Build Intensity

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 hour 30 min

Total: 7 hours Intensity: 26 mins

INTERMEDIATE PLAN

Week 6: Practice Race or Time Trial

Mon	Tue	Wed	Thur	Fri	Sat	Sun
Off / Active Rest Strength	L1-2 Easy Distance 2 hour	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 hour 30 min

Total: 9 hours Intensity: 90 mins

Week 7: Volume 2

Mon	Tue	Wed	Thur	Fri	Sat	Sun
Off / Active Rest Strength	L1-2 Easy Distance 1 hour 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 hour 30 min

Total: 10 hours Intensity: 28 mins

Week 8: Peak Intensity

Mon	Tue	Wed	Thur	Fri	Sat	Sun
Off / Active Rest Strength	L1-2 Easy Distance 1 hour 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 hour 30 min

Total: 6 hours Intensity: 24 mins

Week 9: 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 hour

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 East Ski <i>Hydrate and eat!</i>	Easy with Speeds <i>Get mentally prepared!</i>	RACE DAY!	L1 Overdistance 2 hour

No workouts over 1.5 hr - lots of speed and rest