

Training program for MNJRC - ages 15-18

April- May

**always start with 10 minutes of warm up and end with 10 minutes of cool down and 10 minutes of stretching

Monday: 40-50 km. recovery ride (easy, light spinning).

Tuesday: 80 km. long distance. Include 4-6 flat sprints (intervals), 200-400 meters each sprint.

Wednesday: 20 km. warm up long distance ride, then, 3 x 10 minute TT w/5 minute rest between. Cool down of 20 km. easy spin.

Thursday: 80 km. long distance, include 3-4 hill intervals at 100-200 meters each, extending over the top of the hill.

Friday: Day off

Saturday: 30 km. warm up long distance ride. Max strength hill training by riding up short steep hill 8-12 reps/ intervals of 20-30 seconds. at max. output, 3-4 minutes between each. Cool down of 20 km. easy spin.

Alternate Saturday: Race

Sunday: 120 km. long distance ride

Alternate Sunday: Race

**long distance ride means 50-60% of maximum intensity, keeping steady pace. Cadence at 80-100 rpm.