Drake High School Mountain Bike Team
Weekly Training Hours

Name:_____
Grade:___
Years of Riding Experience:_____
Weekly Hours:_____ (KEY: 0-1 yr =3-4; 2-3yrs = 4-6;4-5 yrs= 5-7; 6+yrs = 7-10)

To build yourself up to peak performance in a safe and smart way, follow the training guidelines.

Base 1 Training	Hours	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Total
Week 1: 12/11-17									
Week 2: 12/18-24									
Week 3: 12/25-31									
Week 4: 1/1-7	Rest Week								

Base 2 Training	Hours	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Total
Week 1: 1/8-14									
Week 2:1/15-21									
Week 3: 1/22-28									
Week 4: 1/29-2/4	Rest Week								

Base 3 Training	Hours	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Total
Week 1: 2/5-11									
Week 2: 2/12-18									
Week 3: 2/19-25									
Week 4: 2/26-3/4	Rest Week							RACE	

Build 1 Training	Hours	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Total
Week 1: 3/5-11									
Week 2: 3/12-18								RACE	
Week 3: 3/19-25									
Week 4:3/26-4/1	Rest Week							RACE	

Build 2 Training	Hours	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Total
Week 1: 4/2-8									
Week 2: 4/9-15								RACE	
Week 3: 4/16-22									
Week 4: 4/23-29	Rest Week							RACE	

Peak	Hours	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Total
4/30 to 5/6							x	x	
5/7 to 5/13									

CHAMPS WEEK!!!	Hours	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Total
5/8 to/5/14								**RACE**	