

**The FTP Training**  
**Mont 24 Hour 10 Week Training Program**

**Weeks 1 - 2, 4 - 5**

Days	Morning	Afternoon
Mon	<b>Rest day or Session 1R</b>	
Tue	<b>Session 3</b>	
Wed	<b>Session 1E</b>	
Thur	<b>Session 2</b>	
Fri	<b>Rest day no bike riding</b>	
Sat	<b>Session 7</b>	
Sun	<b>Session 4 or Race</b>	

**Recovery Week**

**Weeks 3 & 6**

Days	Morning	Afternoon
Mon	<b>Rest day no bike riding</b>	
Tue	<b>Session 1R</b>	
Wed	<b>Session 1E</b>	
Thur	<b>Session 1R</b>	
Fri	<b>Rest day no bike riding</b>	
Sat	<b>Session 5</b>	
Sun	<b>Session 4 or Race</b>	

## **Mont 24 Hour 10 Week Training Program**

### **Weeks 7 - 9**

Days	Morning	Afternoon
Mon	<b>Rest day no bike riding</b>	
Tue	<b>Session 7</b>	
Wed	<b>Session 2</b>	
Thur	<b>Session 1E</b>	
Fri	<b>Rest day no bike riding</b>	
Sat	<b>Session 6</b>	
Sun	<b>Session 4 or Race</b>	

### **Pre Mont Taper Week**

### **Week 10**

Days	Morning	Afternoon
Mon	<b>Rest day no bike riding</b>	
Tue	<b>Session 1R</b>	
Wed	<b>Rest day no bike riding</b>	
Thur	<b>Session 1E</b>	
Fri	<b>Travel</b>	<b>Session 1P</b>
Sat		<b>Mont 24 Race</b>
Sun	<b>Mont 24 Race</b>	

## *Training Sessions Heart Rate Based*

### **Session 1 Threshold**

**Warm Up** = 10 mins gradually increase HR up to 80% MHR

**Main Set** = 60 – 90 minutes total time @ 70% MHR with 2 x Sets of 5 mins @ 80% + 5 mins @ 84% + 5 mins @ 88% MHR. 10 - 20 mins recovery between sets. Aim to alternate cadence between 80 – 100 RPM during efforts. For instance: 5 mins @ 80, 5 mins @ 90, 5 mins @ 100.

**Cool Down** = 10 mins @ 70 – 50% MHR

**Notes** –This session can be completed on the erg if needed.

### **Session 2 SST**

**Warm Up** = 10 mins gradually increase HR up to 80% MHR

**Main Set** = 60 – 90 minutes total time @ 70% MHR with 3 x 12 mins @ 80 - 85% MHR with 2 mins recovery between efforts. Use a bigger gear than normal with cadence between 60 – 70 rpm during the efforts.

**Cool Down** = 10 mins @ 70 – 50% MHR

**Notes** –This session can be completed on the erg if needed.

### **Session 3 Threshold**

**Warm Up** = 10 mins gradually increase HR up to 80% MHR

**Main Set** = 60 – 90 minutes total time @ 70% MHR with 2 x Sets of 20 mins @ 82 - 88% MHR with 5 minutes recovery between efforts. Cadence 90 – 100 rpm.

**Cool Down** = 10 mins @ 70 – 50% MHR

**Notes** –This session can be completed on the erg if needed.

## *Training Sessions*

### **Session 4 2 - 4 Hours Endurance/Hills**

**Warm Up** = 10 mins gradually increase HR up to 80% MHR

**Main Set** = 120 - 240 mins @ 70 - 90% MHR with 4 x 5 minute seated climbs using a low cadence 50 - 60 rpm, try to find a route that allows you 5 - 10 minutes recovery between efforts.

**Cool Down** = 10 mins @ 70 - 50% MHR

#### **Progression**

Increase up to a total time of 4 hours, do this by increasing time in main set at endurance pace by 30+ minutes each week and increasing efforts up to a total of 6 x 5 minutes during the main set 1 x extra effort each week.

### **Session 5 V02**

**Warm Up** = 15 mins gradually increase HR up to 80% MHR

**Main Session** = 60 - 90 minutes total ride time with,

Interval 1 = 7 minutes at 86% MHR

Interval 2 = 6 minutes at 88% MHR

Interval 3 = 5 minutes at 90% MHR

Interval 4 = 4 minutes at 92% MHR

Interval 5 = 3 minutes at 94% MHR

3 minutes recovery between each Interval.

**Cool Down** = 10 mins @ 70 - 50% MHR

### **Session 6 V02**

**Warm Up** = 15 mins gradually increase Heart Rate up to 80% Max Heart Rate (MHR)

**Main Session** = 60 minutes total ride time with 4 x 5 mins @ 90+% MHR with 3 minute recovery between efforts

**Cool Down** = 10 mins @ 70 - 50% MHR.

## **Training Sessions**

### **Session 7 V02**

**Warm Up** = 15 mins gradually increase Heart Rate up to 80% Max Heart Rate (MHR)

**Main Session** = 60 minutes total ride time with 4 x 3 mins @ 90+% MHR with 3 minute recovery between efforts + 4 x 2 mins @ 92+% MHR with 2 minute recovery between efforts. 5 minutes between the sets

**Cool Down** = 10 mins @ 70 - 50% MHR

### **Session 8 Anaerobic Capacity**

**Warm Up** = 10 mins gradually increase HR up to 80% MHR

**Main Set** = 90 - 120 mins @ 75% MHR with 6 - 10 x 1 mins @ 95%+ MHR with 5 mins recovery between efforts self selected cadence.

**Cool Down** = 10 mins @ 70 - 50% MHR

**Weekly Overload/Variation** - Getting the intensity right for these sessions is difficult without a power meter. Aim to be able to hold the same near maximal intensity in the last 10 seconds as in the first 10 seconds. You should be fully ragged at the end of each interval and cursing my very name by interval 5 ;o)

## **Training Sessions**

### **Recovery Session 1R**

**Warm Up** - 10 minutes @ 50 – 65% MHR.

**Main Session** – 40 minutes @ 50 – 65%MHR with high cadence 95 – 105rpm.

**Cool Down** - 10 minutes @ 65 – 50% MHR with high cadence 95 – 105 rpm.

**Notes** - Super easy session try to keep below 70% MHR and maintain a high cadence. This session is for recovery not training GO VERY EASY.

### **Easy Endurance Session 1E**

**Warm Up** - 10 minutes @ 50 – 75% MHR.

**Main Session** – 60 - 90 minutes @ 65 – 75%MHR with high cadence 95 – 105rpm.

**Cool Down** - 10 minutes @ 75 – 50% MHR with high cadence 95 – 105 rpm.

**Notes** - Easy Endurance session try to keep below 80% MHR and maintain a high cadence.

### **Pre - Race Session 1P**

**Warm Up** - 10 minutes @ 50 – 75% MHR.

**Main Session** - 60 minutes @ 65 – 75%MHR with high cadence 95 – 105rpm. With 3 x 3 minutes @ 85 - 90% MHR. Allow 5 minutes between efforts.

**Cool Down** - 10 minutes @ 75 – 50% MHR with high cadence 95 – 105 rpm.

**Notes** – This session is designed to blow out the cobwebs and get you ready for the race the next day.

## **Training Program Outline/Discussion**

Right then the aim of this Base Phase is to follow the quality over quantity approach that will give you some specific focus and progression. This program looks to focus on the development of your aerobic system through quality intervals near or above your threshold during the week with longer rides at the weekend to increase your overall training load. These intervals require effort to maintain at the correct intensity and are hard to complete. Again the focus is **Quality** over duration so we cut out the fodder and raise the bar on your performance.

I have increased the duration of session 4 to add to the training load and fitness progression and given scope for a slight increase in duration of sessions 1 – 3 during the week.

I have given you the workouts as Heart Rate. I would do at least 2 rides a week on the MTB to keep your eye in if you can.

### **How to complete the Sessions**

Most of these training sessions can be completed with your MONT race team. Use the added stimulus of riding partners to really push yourself and get the most from the sessions. As well as great training you will have a blast. Most of the sessions can be completed on a MTB trail, it is best to find a loop or race track that you know well and that allows you to focus on the effort. A short not too technical looped track is ideal.

### **Session 1**

In the 60 - 90 minute session complete 2 x 15 minute blocks that get harder every 5 minutes. Warm up for at least 10 minutes then start at a pace equivalent to 80% MHR for the first 5 minutes, then attack the group lifting pace to 85% MHR, then attack again and increase to 90% MHR for a further 5 minutes. Then complete a 10 minute recovery lap or circuit before repeating session. Take turns to lead and follow, complete at local trail or on the Road. This session can also be completed up a hill so that everyone gets a super workout.

### **Session 2**

In the 90 minutes session complete 3 x 12 minute blocks at 82 – 88% MHR with 5 minutes recovery between efforts. As in session 1 can be completed as a group session on local trail or around a road circuit without stops or lots of traffic. The focus is to maintain heart rate at desired intensity.

### **Session 3**

In the 90 - 120 minute sessions complete 2 x 20 minute blocks at 85 – 92% MHR. Again this session can be completed on the dirt, but, would be better up a steady climb. The key is the climb and the rest of the ride should be completed at an easy endurance pace. This is a hard ride, but, with lots of great fitness benefits.

## **Training Program Outline/Discussion**

### **Session 4**

This is a great session to complete with the crew. Complete the harder lower cadence efforts on the smaller climbs. Can be completed on the road or MTB.

### **Session 5, 6 and 7**

These are very tough sessions and will be best completed with other riders for extra motivation. They can be completed at a local trail if you can find a short non tech route that is between 2 – 3 minutes long. Start out with timing each other and then completing the efforts and set fastest times. Then you can give short times between starts and chase each other down. These are MAXIMAL efforts and you should feel ready to have a stiff word in my ear ;o) Allow enough recovery between efforts to go full pelt again about 3 – 5 minutes or equal recovery time to interval time. These can also be completed as straight up hill repeats for instance do it return and complete again and again.

The longer rides can be hard to complete on the trainer so try to get out and have some fun on the road or trails.

The program will follow a 2 weeks on and 3<sup>rd</sup> week recovery model, and the rules are if you are tired or not feeling well skip the session and move on. If you need to bring a recovery week forward it's no problem. The aim of the program is to progressively overload the system and get you ready for the more intense sessions after week 6 that will help to bring on your peak for the Mont 24. The key is consistency and being able to gradually overload the systems to create adaptations.

The sessions can be completed in the am or pm whatever suits and can be completed on the erg when necessary. There are key sessions in the week and sessions that just add volume. If pressed for time aim to complete the sessions on the Tuesdays, Thursdays, Saturday and Sunday as these add the greatest training stimulus and will provide the greatest gains in fitness.

## **Training Program Outline/Discussion**

It is important to complete a max heart rate test just to establish zones. The 220 – age model is simply not accurate enough.

### **The outline of the test is as follow.**

Firstly make sure from your doctor that you are able to complete a strenuous training program and complete a max heart rate test.

To establish your heart rate zones accurately please follow the following. Warm up for 60 minutes to a climb of around 8 – 12 minutes long. The climb should be not too steep but one that you can really attack and really open up and go for it. Get to the bottom of the climb and start steady but fast increasing your effort over the first 5 mins and going for broke in the last 5 mins. Record your heart rate and work out your zones accordingly. You will need to be super fresh and have taken at least 2 days off the bike prior to the test. Remember GO HARD OR GO HOME.

I like formalised testing to see if the programs are achieving the outcomes that they are supposed to, with this in mind try and find a specific climb or loop that can be completed on a semi-regular basis to monitor progress. Again a 15 - 20 minute climb is the go if there is one near, or a flat 20 - 40km loop.

Good luck and happy training.

Cheers

Mark Fenner

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<http://www.ftptraining.com/>