

# 12-Week Beginner Mountain Bike Training Plan

12 weeks - 4 rides/week - RPE-based



## THIS PLAN ASSUMES

**EFFORT SYSTEM**  
RPE (1-10 scale)

**WEEKLY HOURS**  
5h

**RIDES / WEEK**  
4

## PLAN OVERVIEW

### Adaptation

Weeks 1-4 · 2.5-3.5h/week

Four weeks to build the riding habit, develop comfort on trails, and establish your aerobic base. All rides are at an easy effort with weekly skills sessions on easy terrain. The longer adaptation phase gives your joints, muscles, and connective tissue time to adjust without rushing.

### Build

Weeks 5-9 · 3.5-5.5h/week

Five weeks of progressive volume and intensity. Your long ride grows steadily, weekday rides introduce trail tempo efforts and climb repeats, and skills sessions tackle more challenging features. The gradual ramp gives you time to absorb each increase.

### Peak

Weeks 10-11 · 5.5-6.5h/week

Two weeks at your highest volume. The long trail ride reaches its maximum duration and skills are refined on more technical terrain. These weeks build the deep confidence and fitness you need.

### Taper

Weeks 12 · 3-3.5h/week

Reduce volume by 40% while keeping a couple of short rides and a final skills session to stay sharp. Rest and recovery are the priority. Enjoy how far you have come.

## ADAPTATION

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 1	Rest -	Fire road endurance @ RPE 3-4 35 min	Rest -	Trail ride @ RPE 3-4 35 min	Rest -	Long trail ride @ RPE 3-4 50 min	Technical skills session @ RPE 3-5 20 min
Week 2	Rest -	Fire road endurance @ RPE 3-4 40 min	Rest -	Trail ride @ RPE 3-4 40 min	Rest -	Long trail ride @ RPE 3-4 60 min	Technical skills session @ RPE 3-5 25 min
Week 3	Rest -	Fire road endurance @ RPE 3-4 40 min	Rest -	Trail ride @ RPE 3-4 40 min	Rest -	Long trail ride @ RPE 3-4 70 min	Technical skills session @ RPE 3-5 25 min
Week 4	Rest -	Fire road endurance @ RPE 3-4 45 min	Rest -	Trail ride @ RPE 3-4 45 min	Rest -	Long trail ride @ RPE 3-4 75 min	Technical skills session @ RPE 3-5 25 min

## BUILD

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 5	Rest -	Fire road endurance @ RPE 3-4 45 min	Rest -	Trail tempo @ RPE 5-6 50 min	Rest -	Long trail ride @ RPE 3-4 85 min	Technical skills session @ RPE 3-5 30 min
Week 6	Rest -	Fire road endurance @ RPE 3-4 50 min	Rest -	Trail tempo + 2x5min @ RPE 5-6 55 min	Rest -	Long trail ride @ RPE 3-4 95 min	Technical skills session @ RPE 3-5 30 min
Week 7	Rest -	Fire road endurance + 2x8min @ RPE 5-6 55 min	Rest -	Trail tempo + climb repeats @ RPE 5-6 55 min	Rest -	Long trail ride @ RPE 3-4 105 min	Technical skills session @ RPE 3-5 30 min
Week 8	Rest -	Fire road endurance + 3x8min @ RPE 5-6 60 min	Rest -	Trail tempo + climb repeats @ RPE 5-6 60 min	Rest -	Long trail ride @ RPE 3-4 2h	Technical skills session @ RPE 3-5 30 min
Week 9	Rest -	Fire road endurance + 3x8min @ RPE 5-6 65 min	Rest -	Trail tempo + climb repeats @ RPE 5-6 65 min	Rest -	Long trail ride + tempo finish @ RPE 5-6 2h 15min	Technical skills session @ RPE 3-5 30 min

## PEAK

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 10	Rest -	Fire road endurance + 3x10min @ RPE 5-6 70 min	Rest -	Trail tempo + climb repeats @ RPE 5-6 65 min	Rest -	Long trail ride @ RPE 3-4 2h 20min	Technical skills session @ RPE 3-5 30 min
Week 11	Rest -	Fire road endurance + 2x12min @ RPE 5-6 70 min	Rest -	Trail tempo + climb repeats @ RPE 5-6 65 min	Rest -	Long trail ride @ RPE 3-4 2h 30min	Technical skills session @ RPE 3-5 30 min

## TAPER

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 12	Rest -	Fire road endurance @ RPE 3-4 45 min	Rest -	Trail ride @ RPE 3-4 40 min	Rest -	Long trail ride @ RPE 3-5 2h	Technical skills session @ RPE 3-5 25 min