

8-Week Beginner Mountain Bike Training Plan

8 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 1-2 · 3-3.5h/week

Get your body used to riding regularly and establish the habit of four rides per week. All rides are at an easy effort. One session per week is dedicated to technical skills practice on easy terrain.

Build

Weeks 3-6 · 3.5-5.5h/week

Gradually increase ride duration and introduce trail tempo efforts. Your long ride grows each week, skills sessions become more challenging, and weekday rides add blocks of moderate intensity to build sustainable power on trails.

Peak

Weeks 7 · 5.5-6h/week

Your highest volume week. The long trail ride reaches its maximum duration. Skills are refined on more technical terrain. This is the hardest week of the plan.

Taper

Weeks 8 · 3-3.5h/week

Reduce volume by 40% while keeping a couple of short, moderate-effort rides to stay sharp. A final skills session keeps your handling fresh. Rest and recovery are the priority.

ADAPTATION

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 1	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 2	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 30 min

BUILD

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 3	Rest -	Fire road endurance @ RPE 3-4 50 min	Rest -	Trail tempo @ RPE 5-6 55 min	Rest -	Long trail ride @ RPE 3-4 90 min	Technical skills session @ RPE 3-5 30 min
Week 4	Rest -	Fire road endurance @ RPE 3-4 55 min	Rest -	Trail tempo + 3x5min @ RPE 5-6 60 min	Rest -	Long trail ride @ RPE 3-4 105 min	Technical skills session @ RPE 3-5 30 min
Week 5	Rest -	Fire road endurance + 2x8min @ RPE 5-6 60 min	Rest -	Trail tempo @ RPE 5-6 60 min	Rest -	Long trail ride @ RPE 3-4 2h	Technical skills session @ RPE 3-5 30 min
Week 6	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 7	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 30min	Technical skills session @ RPE 3-5 30 min

TAPER

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 8	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

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