

# 16-Week Advanced MTB Enduro Training Plan

16 weeks - 6 rides/week - RPE-based



## THIS PLAN ASSUMES

### EFFORT SYSTEM

Power zones (% FTP) + HR zones (% max HR)

### WEEKLY HOURS

12h

### RIDES / WEEK

6

## PLAN OVERVIEW

### Base

Weeks 1-4 · 10-12h/week

Extended aerobic base building.

### Build

Weeks 5-11 · 12-15h/week

Progressive intervals and long ride builds.

### Peak

Weeks 12-14 · 12-14h/week

Race simulations and intensity sharpening.

### Taper

Weeks 15-16 · 6-8h/week

Volume reduction, maintained intensity.

## BASE

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 1	Rest	VO2max 4x3min @ 106-120% FTP / 91-100% HR 75 min	Easy endurance @ 56-75% FTP / 60-70% HR 55 min	Enduro skills + explosive efforts @ RPE 8-9 90 min	Easy endurance @ 56-75% FTP / 60-70% HR 50 min	Trail endurance @ 56-75% FTP / 60-70% HR 2.0h	Recovery @ 0-55% FTP / 0-59% HR 45 min
Week 2	Rest	VO2max 4x3min @ 106-120% FTP / 91-100% HR 75 min	Easy endurance @ 56-75% FTP / 60-70% HR 55 min	Enduro skills + explosive efforts @ RPE 8-9 90 min	Easy endurance @ 56-75% FTP / 60-70% HR 50 min	Trail endurance @ 56-75% FTP / 60-70% HR 2.2h	Recovery @ 0-55% FTP / 0-59% HR 45 min
Week 3	Rest	VO2max 4x3min @ 106-120% FTP / 91-100% HR 75 min	Easy endurance @ 56-75% FTP / 60-70% HR 55 min	Enduro skills + explosive efforts @ RPE 8-9 90 min	Easy endurance @ 56-75% FTP / 60-70% HR 50 min	Trail endurance @ 56-75% FTP / 60-70% HR 2.4h	Recovery @ 0-55% FTP / 0-59% HR 45 min
Week 4	Rest	VO2max 4x3min @ 106-120% FTP / 91-100% HR 75 min	Easy endurance @ 56-75% FTP / 60-70% HR 55 min	Enduro skills + explosive efforts @ RPE 8-9 90 min	Easy endurance @ 56-75% FTP / 60-70% HR 50 min	Trail endurance @ 56-75% FTP / 60-70% HR 2.6h	Recovery @ 0-55% FTP / 0-59% HR 45 min

## BUILD

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 5	Rest -	VO2max 5x3min @ 106-120% FTP / 91-100% HR 85 min	Easy endurance @ 56-75% FTP / 60-70% HR 55 min	Enduro skills + explosive efforts @ RPE 8-9 90 min	Easy endurance @ 56-75% FTP / 60-70% HR 50 min	Trail endurance @ 56-75% FTP / 60-70% HR 3.1h	Recovery @ 0-55% FTP / 0-59% HR 50 min
Week 6	Rest -	VO2max 5x3min @ 106-120% FTP / 91-100% HR 85 min	Easy endurance @ 56-75% FTP / 60-70% HR 55 min	Enduro skills + explosive efforts @ RPE 8-9 90 min	Easy endurance @ 56-75% FTP / 60-70% HR 50 min	Trail endurance @ 56-75% FTP / 60-70% HR 3.2h	Recovery @ 0-55% FTP / 0-59% HR 50 min
Week 7	Rest -	VO2max 5x3min @ 106-120% FTP / 91-100% HR 85 min	Easy endurance @ 56-75% FTP / 60-70% HR 55 min	Enduro skills + explosive efforts @ RPE 8-9 90 min	Easy endurance @ 56-75% FTP / 60-70% HR 50 min	Trail endurance @ 56-75% FTP / 60-70% HR 3.4h	Recovery @ 0-55% FTP / 0-59% HR 50 min
Week 8	Rest -	VO2max 5x3min @ 106-120% FTP / 91-100% HR 85 min	Easy endurance @ 56-75% FTP / 60-70% HR 55 min	Enduro skills + explosive efforts @ RPE 8-9 90 min	Easy endurance @ 56-75% FTP / 60-70% HR 50 min	Trail endurance @ 56-75% FTP / 60-70% HR 3.5h	Recovery @ 0-55% FTP / 0-59% HR 50 min
Week 9	Rest -	VO2max 5x3min @ 106-120% FTP / 91-100% HR 85 min	Easy endurance @ 56-75% FTP / 60-70% HR 55 min	Enduro skills + explosive efforts @ RPE 8-9 90 min	Easy endurance @ 56-75% FTP / 60-70% HR 50 min	Trail endurance @ 56-75% FTP / 60-70% HR 3.7h	Recovery @ 0-55% FTP / 0-59% HR 50 min
Week 10	Rest -	VO2max 5x3min @ 106-120% FTP / 91-100% HR 85 min	Easy endurance @ 56-75% FTP / 60-70% HR 55 min	Enduro skills + explosive efforts @ RPE 8-9 90 min	Easy endurance @ 56-75% FTP / 60-70% HR 50 min	Trail endurance @ 56-75% FTP / 60-70% HR 3.8h	Recovery @ 0-55% FTP / 0-59% HR 50 min
Week 11	Rest -	VO2max 5x4min @ 106-120% FTP / 91-100% HR 85 min	Easy endurance @ 56-75% FTP / 60-70% HR 55 min	Enduro skills + explosive efforts @ RPE 8-9 90 min	Easy endurance @ 56-75% FTP / 60-70% HR 50 min	Trail endurance @ 56-75% FTP / 60-70% HR 4.0h	Recovery @ 0-55% FTP / 0-59% HR 50 min

## PEAK

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 12	Rest -	VO2max 5x4min @ 106-120% FTP / 91-100% HR 85 min	Easy endurance @ 56-75% FTP / 60-70% HR 55 min	Enduro skills + explosive efforts @ RPE 8-9 90 min	Easy endurance @ 56-75% FTP / 60-70% HR 50 min	Trail endurance @ 56-75% FTP / 60-70% HR 4.2h	Recovery @ 0-55% FTP / 0-59% HR 50 min
Week 13	Rest -	VO2max 5x4min @ 106-120% FTP / 91-100% HR 85 min	Easy endurance @ 56-75% FTP / 60-70% HR 55 min	Enduro skills + explosive efforts @ RPE 8-9 90 min	Easy endurance @ 56-75% FTP / 60-70% HR 50 min	Trail endurance @ 56-75% FTP / 60-70% HR 4.3h	Recovery @ 0-55% FTP / 0-59% HR 50 min
Week 14	Rest -	VO2max 5x4min @ 106-120% FTP / 91-100% HR 85 min	Easy endurance @ 56-75% FTP / 60-70% HR 55 min	Enduro skills + explosive efforts @ RPE 8-9 90 min	Easy endurance @ 56-75% FTP / 60-70% HR 50 min	Trail endurance @ 56-75% FTP / 60-70% HR 4.5h	Recovery @ 0-55% FTP / 0-59% HR 50 min

## TAPER

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 15	Rest -	VO2max 5x4min @ 106-120% FTP / 91-100% HR 85 min	Easy endurance @ 56-75% FTP / 60-70% HR 55 min	Enduro skills + explosive efforts @ RPE 8-9 90 min	Easy endurance @ 56-75% FTP / 60-70% HR 50 min	Trail endurance @ 56-75% FTP / 60-70% HR 4.6h	Recovery @ 0-55% FTP / 0-59% HR 50 min
Week 16	Rest -	VO2max 3x3min @ 106-120% FTP / 91-100% HR 60 min	Rest -	Enduro skills + explosive efforts @ RPE 8-9 60 min	Rest -	Enduro Race Day 4-6h	Rest -

