

# 16-Week Advanced MTB XC 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	XC trail ride @ 56-75% FTP / 60-70% HR 90 min	Easy endurance @ 56-75% FTP / 60-70% HR 50 min	XC trail ride @ 56-75% FTP / 60-70% HR 1.5h	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	XC trail ride @ 56-75% FTP / 60-70% HR 90 min	Easy endurance @ 56-75% FTP / 60-70% HR 50 min	XC trail ride @ 56-75% FTP / 60-70% HR 1.7h	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	XC trail ride @ 56-75% FTP / 60-70% HR 90 min	Easy endurance @ 56-75% FTP / 60-70% HR 50 min	XC trail ride @ 56-75% FTP / 60-70% HR 1.9h	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	XC trail ride @ 56-75% FTP / 60-70% HR 90 min	Easy endurance @ 56-75% FTP / 60-70% HR 50 min	XC trail ride @ 56-75% FTP / 60-70% HR 2.1h	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	Endurance + 2x16min threshold @ 91-105% FTP / 81-90% HR 85 min	XC trail ride @ 56-75% FTP / 60-70% HR 75 min	XC trail ride @ 56-75% FTP / 60-70% HR 2.4h	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	Endurance + 2x16min threshold @ 91-105% FTP / 81-90% HR 85 min	XC trail ride @ 56-75% FTP / 60-70% HR 75 min	XC trail ride @ 56-75% FTP / 60-70% HR 2.5h	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	Endurance + 2x16min threshold @ 91-105% FTP / 81-90% HR 85 min	XC trail ride @ 56-75% FTP / 60-70% HR 75 min	XC trail ride @ 56-75% FTP / 60-70% HR 2.6h	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	Endurance + 2x17min threshold @ 91-105% FTP / 81-90% HR 85 min	XC trail ride @ 56-75% FTP / 60-70% HR 75 min	XC trail ride @ 56-75% FTP / 60-70% HR 2.7h	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	Endurance + 2x17min threshold @ 91-105% FTP / 81-90% HR 85 min	XC trail ride @ 56-75% FTP / 60-70% HR 75 min	XC trail ride @ 56-75% FTP / 60-70% HR 2.8h	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	Endurance + 2x17min threshold @ 91-105% FTP / 81-90% HR 85 min	XC trail ride @ 56-75% FTP / 60-70% HR 75 min	XC trail ride @ 56-75% FTP / 60-70% HR 2.9h	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	Endurance + 2x18min threshold @ 91-105% FTP / 81-90% HR 85 min	XC trail ride @ 56-75% FTP / 60-70% HR 75 min	XC trail ride @ 56-75% FTP / 60-70% HR 3.0h	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	Endurance + 2x18min threshold @ 91-105% FTP / 81-90% HR 85 min	XC trail ride @ 56-75% FTP / 60-70% HR 75 min	XC trail ride @ 56-75% FTP / 60-70% HR 3.1h	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	Endurance + 2x18min threshold @ 91-105% FTP / 81-90% HR 85 min	XC trail ride @ 56-75% FTP / 60-70% HR 75 min	XC trail ride @ 56-75% FTP / 60-70% HR 3.2h	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	Endurance + 2x18min threshold @ 91-105% FTP / 81-90% HR 85 min	XC trail ride @ 56-75% FTP / 60-70% HR 75 min	XC trail ride @ 56-75% FTP / 60-70% HR 3.3h	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	Endurance + 2x19min threshold @ 91-105% FTP / 81-90% HR 85 min	XC trail ride @ 56-75% FTP / 60-70% HR 75 min	XC trail ride @ 56-75% FTP / 60-70% HR 3.4h	Recovery @ 0-55% FTP / 0-59% HR 50 min
Week 16	Rest -	VO2max 3x3min @ 106-120% FTP / 91-100% HR 60 min	Rest -	Activation: 2x5min @ 91-105% FTP / 81-90% HR 45 min	Rest -	XC Race Day 1.5-2.5h	Rest -

