

20-Week Advanced MTB XC Training Plan

20 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 1-5 · 10-12h/week

Deep aerobic base period.

Build

Weeks 6-14 · 12-15h/week

Extended build with progressive overload.

Peak

Weeks 15-18 · 12-14h/week

Event-specific preparation.

Taper

Weeks 19-20 · 6-8h/week

Race preparation and volume reduction.

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 |
| Week 5 | 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 2.3h | Recovery @ 0-55% FTP / 0-59% HR 45 min |

TAPER

| Week | Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|---------|-----------|---|---|---|--|--|---|
| Week 19 | Rest - | VO2max 5x4min @ 106-120% FTP / 91-100% HR 85 min | Easy endurance @ 56-75% FTP / 60-70% HR 55 min | Endurance + 2x20min 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 3.8h | Recovery @ 0-55% FTP / 0-59% HR 50 min |
| Week 20 | 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 - |