

# 12-Week Intermediate MTB Trail Riding Training Plan

12 weeks - 5 rides/week - RPE-based



## THIS PLAN ASSUMES

### EFFORT SYSTEM

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

### WEEKLY HOURS

6-9h

### RIDES / WEEK

5

## PLAN OVERVIEW

### Base

Weeks 1-4 · 6-7h/week

Build a deep aerobic base with Zone 2 trail rides and progressive tempo climbing. Skills sessions cover fundamentals: cornering, braking, body position, and steep terrain.

### Build

Weeks 5-9 · 7-9h/week

Introduce threshold intervals and extend trail endurance. Skills sessions progress to intermediate techniques: drops, rock gardens, jumps, and flow. Recovery week at week 8.

### Peak

Weeks 10-11 · 7-8h/week

Highest quality fitness sessions and advanced skills work. All elements come together: fitness, technique, and confidence.

### Taper

Weeks 12 · 5-6h/week

Reduced volume with fun skills and a reward ride. Celebrate 11 weeks of progress on your favorite trails.

## BASE

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 1	Rest	Trail tempo @ 76-90% FTP / 71-80% HR: 3x8min on fire road climbs 75 min	Technical skills session @ RPE 3-5: cornering drills, body position 60 min	Trail endurance @ 56-75% FTP / 60-70% HR 60 min	Rest	Long trail ride @ 56-75% FTP / 60-70% HR 2h	Recovery @ 0-55% FTP / 0-59% HR 40 min
Week 2	Rest	Trail tempo @ 76-90% FTP / 71-80% HR: 3x10min on fire road climbs 80 min	Technical skills session @ RPE 3-5: braking technique, steep descents 60 min	Trail endurance @ 56-75% FTP / 60-70% HR 60 min	Rest	Long trail ride @ 56-75% FTP / 60-70% HR 2h 15min	Recovery @ 0-55% FTP / 0-59% HR 40 min
Week 3	Rest	Trail tempo @ 76-90% FTP / 71-80% HR: 3x12min on fire road climbs 85 min	Technical skills session @ RPE 3-5: switchbacks, off-camber sections 60 min	Trail endurance @ 56-75% FTP / 60-70% HR 60 min	Rest	Long trail ride @ 56-75% FTP / 60-70% HR 2h 30min	Recovery @ 0-55% FTP / 0-59% HR 45 min
Week 4	Rest	Trail tempo @ 76-90% FTP / 71-80% HR: 2x15min on fire road climbs 80 min	Technical skills session @ RPE 3-5: slow speed balance, track stands 60 min	Trail endurance @ 56-75% FTP / 60-70% HR 60 min	Rest	Long trail ride + tempo finish @ 76-90% FTP / 71-80% HR 2h 45min	Recovery @ 0-55% FTP / 0-59% HR 45 min

## BUILD

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 5	Rest -	Fire road intervals @ 91-105% FTP / 81-90% HR: 2x10min threshold 75 min	Technical skills session @ RPE 3-5: drops and rollovers 60 min	Trail endurance @ 56-75% FTP / 60-70% HR 60 min	Rest -	Long trail ride with tempo climbs @ 76-90% FTP / 71-80% HR 2h 45min	Recovery @ 0-55% FTP / 0-59% HR 45 min
Week 6	Rest -	Fire road intervals @ 91-105% FTP / 81-90% HR: 2x12min threshold 80 min	Technical skills session @ RPE 3-5: rock gardens, root sections 60 min	Trail endurance @ 56-75% FTP / 60-70% HR 60 min	Rest -	Long trail ride with tempo climbs @ 76-90% FTP / 71-80% HR 3h	Recovery @ 0-55% FTP / 0-59% HR 45 min
Week 7	Rest -	Fire road intervals @ 91-105% FTP / 81-90% HR: 2x15min threshold 85 min	Technical skills session @ RPE 3-5: flow, pumping, small jumps 60 min	Trail endurance @ 56-75% FTP / 60-70% HR 60 min	Rest -	Long trail ride with threshold climb @ 91-105% FTP / 81-90% HR 3h	Recovery @ 0-55% FTP / 0-59% HR 50 min
Week 8	Rest -	Trail tempo @ 76-90% FTP / 71-80% HR: 2x10min easy 65 min	Technical skills session @ RPE 3-5: easy review of fundamentals 45 min	Trail endurance @ 56-75% FTP / 60-70% HR 50 min	Rest -	Easy trail ride @ 56-75% FTP / 60-70% HR 1h 45min	Recovery @ 0-55% FTP / 0-59% HR 35 min
Week 9	Rest -	Fire road intervals @ 91-105% FTP / 81-90% HR: 3x12min threshold 90 min	Technical skills session @ RPE 3-5: bigger drops, gap jumps, steepes 60 min	Trail endurance @ 56-75% FTP / 60-70% HR 60 min	Rest -	Long trail ride with tempo + threshold climbs @ 76-105% FTP / 71-90% HR 3h	Recovery @ 0-55% FTP / 0-59% HR 50 min

## PEAK

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 10	Rest -	Fire road intervals @ 91-105% FTP / 81-90% HR: 3x12min threshold 90 min	Technical skills session @ RPE 3-5: advanced cornering, berms at speed 60 min	Trail endurance @ 56-75% FTP / 60-70% HR 60 min	Rest -	Long trail ride with tempo + threshold climbs @ 76-105% FTP / 71-90% HR 2h 45min	Recovery @ 0-55% FTP / 0-59% HR 45 min
Week 11	Rest -	Fire road intervals @ 91-105% FTP / 81-90% HR: 2x10min threshold 75 min	Technical skills session @ RPE 3-5: linking skills together on a full descent 60 min	Trail endurance @ 56-75% FTP / 60-70% HR 50 min	Rest -	Long trail ride with pace rehearsal @ 76-90% FTP / 71-80% HR 2h 30min	Recovery @ 0-55% FTP / 0-59% HR 40 min

## TAPER

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 12	Rest -	Trail tempo @ 76-90% FTP / 71-80% HR: 2x8min easy 55 min	Technical skills session @ RPE 3-5: fun session, ride what you enjoy 45 min	Rest -	Rest -	Trail ride: enjoy the fitness and skills you have built 2h-3h	Recovery @ 0-55% FTP / 0-59% HR 30 min