

# 16-Week Intermediate MTB Trail Riding Training Plan

16 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 1-5 · 6-7h/week

Build a deep aerobic foundation with progressive Zone 2 trail rides and tempo climbing. Skills sessions cover all fundamentals: cornering, braking, body position, balance, and switchbacks.

### Build

Weeks 6-12 · 7-9h/week

Introduce threshold intervals and extend trail endurance. Skills progress from intermediate to advanced techniques. Two recovery weeks (9 and 12) ensure full absorption of training load.

### Peak

Weeks 13-14 · 7-8h/week

Highest quality sessions combining fitness and skills. Advanced techniques and peak fitness come together for maximum trail capability.

### Taper

Weeks 15-16 · 5-6h/week

Two-week taper with fun skills and reward rides. Week 15 maintains some quality, week 16 is pure enjoyment of the fitness and skills you have built.

## BASE

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 1	Rest -	Trail tempo @ 76-90% FTP / 71-80% HR: 3x6min on fire road climbs 70 min	Technical skills session @ RPE 3-5: body position fundamentals 55 min	Trail endurance @ 56-75% FTP / 60-70% HR 55 min	Rest -	Long trail ride @ 56-75% FTP / 60-70% HR 1h 45min	Recovery @ 0-55% FTP / 0-59% HR 35 min
Week 2	Rest -	Trail tempo @ 76-90% FTP / 71-80% HR: 3x8min on fire road climbs 75 min	Technical skills session @ RPE 3-5: cornering drills 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 3	Rest -	Trail tempo @ 76-90% FTP / 71-80% HR: 3x10min on fire road climbs 80 min	Technical skills session @ RPE 3-5: braking technique 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 4	Rest -	Trail tempo @ 76-90% FTP / 71-80% HR: 3x12min on fire road climbs 85 min	Technical skills session @ RPE 3-5: switchbacks, tight turns 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 40 min
Week 5	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 6	Rest -	Fire road intervals @ 91-105% FTP / 81-90% HR: 2x10min threshold 75 min	Technical skills session @ RPE 3-5: off-camber 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 2h 45min	Recovery @ 0-55% FTP / 0-59% HR 45 min
Week 7	Rest -	Fire road intervals @ 91-105% FTP / 81-90% HR: 2x12min threshold 80 min	Technical skills session @ RPE 3-5: small drops, 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 8	Rest -	Fire road intervals @ 91-105% FTP / 81-90% HR: 2x15min threshold 85 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 threshold climb @ 91-105% FTP / 81-90% HR 3h	Recovery @ 0-55% FTP / 0-59% HR 45 min
Week 9	Rest -	Trail tempo @ 76-90% FTP / 71-80% HR: 2x10min easy 65 min	Technical skills session @ RPE 3-5: easy review of weeks 1-8 skills 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 10	Rest -	Fire road intervals @ 91-105% FTP / 81-90% HR: 3x10min 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 tempo + threshold climbs @ 76-105% FTP / 71-90% HR 3h	Recovery @ 0-55% FTP / 0-59% HR 50 min
Week 11	Rest -	Fire road intervals @ 91-105% FTP / 81-90% HR: 3x12min threshold 90 min	Technical skills session @ RPE 3-5: bigger drops, gap jumps 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
Week 12	Rest -	Trail tempo @ 76-90% FTP / 71-80% HR: 2x10min easy 65 min	Technical skills session @ RPE 3-5: easy review, refine technique 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

## PEAK

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 13	Rest -	Fire road intervals @ 91-105% FTP / 81-90% HR: 3x10min threshold 85 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 14	Rest -	Fire road intervals @ 91-105% FTP / 81-90% HR: 2x10min threshold 75 min	Technical skills session @ RPE 3-5: full descent integration, linking all skills 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 15	Rest -	Trail tempo @ 76-90% FTP / 71-80% HR: 2x8min 60 min	Technical skills session @ RPE 3-5: ride your favorite features 50 min	Trail endurance @ 56-75% FTP / 60-70% HR 45 min	Rest -	Trail ride: enjoy the progress @ comfortable pace 2h	Recovery @ 0-55% FTP / 0-59% HR 35 min
Week 16	Rest -	Easy trail spin + 2x5min tempo @ 76-90% FTP / 71-80% HR 50 min	Technical skills session @ RPE 3-5: fun session, ride what you love 45 min	Rest -	Rest -	Trail ride: celebrate 15 weeks of progress 2h-3h	Recovery @ 0-55% FTP / 0-59% HR 30 min