

Put a Little Power into your Mountain Bike

The “off-season” is almost behind us and the “in-season” is just on the horizon. Chances are you spent a fair amount of time honing your aerobic base, and you spent some time in the gym lifting some weights. While you were lifting weights you likely saw increases in the amount you were able to lift, and the reps you were able to pump out. You did this by (hopefully) manipulating the F.I.T.T. rule of training. F is for frequency, I is for Intensity, and T is for the amount of training time, and the last T is for Type of training.

You can now use this knowledge of the F.I.T.T. principle and apply it to mountain biking. Sure you could do it the old way of going out and hammering a few days a week. That would take care of the of all the variables at once – and quickly get you the same old results. This may or may not be to your liking, or worse may or may not help you realize your full potential. We all have a limited amount of time, and we all want the most from our training time. The key in creating your training plan is to generally manipulate one variable at a time to create optimal stress. Manipulate too many, too little or too much at once and the system rebels or stagnates. You get less out of more! Ouch!

So just like lifting a weight, a watt in mountain biking represents the weight. A watt is the I for Intensity. Heart rate training is not, it is a response to a stimulus (or many stimuli – stress, rest, environment, nutrition, fitness, etc.) Yet, a watt is a watt. A watt is the load of riding your bike (and then riding it faster, longer!). The key is knowing EXACTLY what load is needed and then training slightly above (the Overload principle of training to create adaptation) that load for specified dosages. So, just like lifting a weight you put just the right amount on to adapt to lifting a little bit more. If you put too much on, or too little on, training isn’t maximized. Time and energy is lost – training is not maximized.

The good news is you finally have access to optimized training with the MTB hub by Power Tap to create the optimal training load. You now know (through course mapping and training efforts) just where your boundaries are, and then how to expand your boundaries. The use of a Power Tap in mountain biking will change the face of mountain biking as quickly as it did road racing. All info from races to rides are just a click away and easy to interpret using Power Agent 7.1 software. You can download this software and find out more about training and racing with power by visiting www.saris.com .

So, imagine this season being able to go out and map that hill, race course, or buddy ride in energy expended. Then being able to specifically train that demand with the optimal load. In some cases you don’t even have to go repeat that hill (short of the technical demands of staying upright...training wheels could help there). Using your Power Tap you can now “lift” that hill for the number of reps to create optimal adaptation. And soon with the dialed in training you will be able to finally unlock your full potential. That is what on target training is all about, using the science of cycling that is now at your disposal as a mountain biker!

F.I.T.T.er you, or same old you? – it is your ride, it is your time, it is your results. Make them count!

Try this “hour” of power to replicate a rolling course (indoors or out):

Time (minutes)	Zone	RPM	Purpose
10-20	Zone 1-4	80-100	Active warm-up, challenge yourself to stay in a zone with cadence changes every five minutes!
5	Zone 2, 3, 4 and 5	varied	Rolling hill course replication – repeat this sequence 5-7 times or until you can no longer hold a Z5 effort for 30sec. The repeats: Zone 2 – 2 to 3 minutes, Zone 3 1 minute, Zone 4 1 minute, Z5 15-30 seconds (attacking a top of a hill).
1	Z5	ALL OUT	Finish as strong as you can with a “sprint” to the line!
10	Zone 2	100-80	Active cool down
10-15	Zone 1	80	Don’t just walk away from the bike, take the time to set up your next training session by really cooling down!

Train Smart, Train with Science, Get Fast,



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