

YOUR TRAINING PLAN AT M-3



Preparing for the world's toughest mountain bike race

The **MB Race** is one of the most demanding mountain bike races in the world, requiring not only physical stamina but also technical and mental mastery in the face of impressive vertical drops. Preparing for such a race requires targeted work on several physiological and technical aspects.

We'd like to give you some pointers for continuing your preparation with this M-3 training plan divided into 3 blocks of 4 weeks, with the following main objectives:

- ✓ **Aerobic and muscular endurance:** Develop the ability to maintain a sustained effort over several hours while preserving muscle integrity.
- ✓ **Specific muscle strengthening:** Optimize power on climbs and technique on descents.
- ✓ **Energy management and mental resilience:** Learn to manage effort, refuel and stay clear-headed during the race.
- ✓ **Technical mastery:** Improve downhill and uphill skills, with particular emphasis on the varied terrain encountered in racing.

The key to success lies in regularity and adapting your sessions according to how you feel and your progress. Make sure you manage recovery and nutrition to maximize your performance.

Who's behind the plan?

JULIETTE LESUEUR

Passionate about endurance sports (running, trail running, cycling), I studied STAPS with a specialization in training. Today, I **work as a coach for a number of clubs in the Annecy region and provide individual support for athletes.**



I also followed **MB Race ambassador Arthur Lehec in his preparation for the Cape Epic**, South Africa's legendary race. A competitor at heart, I put my expertise and passion at the service of runners wishing to progress and optimize their training and achieve their goals, whether competitive or recreational.

Contact us for personalized coaching

✉ jlrcoaching@outlook.fr

🌐 www.jlrcoaching.fr

📷 [@jlr_coaching](https://www.instagram.com/jlr_coaching)

WEEKS 1 TO 4: BUILDING ENDURANCE AND STRENGTHENING CORE MUSCLES



First-cycle objectives

- ✓ Build a base of aerobic endurance and muscular strength
- ✓ Accustoming the body to prolonged exertion with long, moderate outings
- ✓ Strengthen essential muscle groups in the lower body and trunk to withstand climbs

Mountain biking - 3 times / week

Session 1 - Long outing (2-3h) - Fundamental endurance

- Medium-intensity work (Zone 2)
- Incorporate 2 or 3 long climbs (15-20') at 80-85 of your FTP or 85-90% of your FCmax to accustom the legs to prolonged effort.
- Maintain a stable cadence to promote aerobic endurance

Session 2 - Uphill intervals (5x5') at 90-95% FCmax

- Climbs with gradients of 8-10% and recovery on the descent
- Work on anaerobic power and recovery after each climb

Session 3 - Technical work (2h)

- Focus on technical descents, speed control and restarts after each run
- Include obstacles, tight turns and varied terrain to improve technical skills

Renfo session - 2 times / week

Session 1 - Maximum strength (Monday or Thursday)

- Squat or press: 4 x 6 repetitions (75-80% of maximum load)
- Deadlift: 3 x 6 repetitions (80% of maximum load)
- Dumbbell lunges: 3 x 8 repetitions per leg
- Dynamic gainage: lateral plank with leg raises - 3 x 30" per side
- Mobility and proprioception: 10 min dynamic mobility and balance exercises

Session 2 - Muscular endurance (Wednesday or Saturday)

- Squats with bodyweight: 3 x 30 repetitions
- Light kettlebell lunges: 3 x 15 repetitions per leg.
- Push-ups: 3 x 20 reps.
- Mountain Climbers or burpees: 3 x 30 repetitions.
- Proprioception: Stability work on an unstable board or with a stability ball (3 x 1 minute).

WEEKS 5 TO 8: INTENSIFICATION AND SPECIALIZATION



Second cycle objectives

- ✓ Increase intensity to develop functional strength and the ability to absorb greater effort during climbs.
- ✓ Prepare the body for long climbs, while refining recovery and energy management techniques.

Mountain biking - 3 times / week

Session 1 - Long outing with gradients (4-5h)

- Endurance training at moderate intensity (Zone 2-3)
- Integrate several long climbs (20-30 minutes) with gradients of 5-8% at an intensity of 85-90% of FCmax.
- Aim for around 1000-1500 m of positive ascent.

Session 2 - Uphill intervals (6x5') at 90-95% FCmax

- Focus on power and strength on uphill climbs
- Recovery on downhill or flat terrain

Session 3 - Race simulation (80 to 90km)

- Varied terrain, with technical sections, long climbs and fast descents.
- Reproduce race conditions to test effort management over several hours.

Renfo session - 2 times / week

Session 1 - Functional strength (Monday or Thursday)

- Heavy squat: 4 sets of 5 repetitions (80-85% of maximum load).
- Deadlift: 4 sets of 5 repetitions.
- Heavy lunges: 3 sets of 6 repetitions per leg.
- Dynamic gainage: side plank with leg raises - 3 x 30-40" per side.
- Proprioception: Stability exercises with unstable board or balance.

Session 2 - Muscular endurance (Wednesday or Saturday)

- Circuit Training (30 to 40 min):
 - Squats with bodyweight: 30 repetitions
 - Light kettlebell lunges: 15 repetitions per leg.
 - Push-ups: 20 reps.
 - Mountain Climbers: 30 repetitions.
 - Proprioception: Stability on one leg, core-strengthening work with ball.

WEEKS 9 TO 12: RACE SIMULATION AND SHARPENING



Third-cycle objectives

- ✓ Slightly reduce training volume while maintaining intensity to prepare for the race.
- ✓ Optimize recovery and prepare the body to handle intense effort over several hours.

Mountain biking - 3 times / week

Session 1 - Long outing with gradients (3-4h)

- Endurance training at moderate intensity (Zone 2-3)
- Include several long climbs at an intensity of 85-90% of FCmax.
- Aim for 800-1000 m of positive ascent.

Session 2 - Uphill intervals (5x5') at 90-95% FCmax

- Climbs of 5-10% with downhill recoveries.
- Work on managing restarts after each climb..

Session 3 - Race simulation (50 to 70km)

- Outing with varied terrain to reproduce real race conditions.
- Test nutrition, hydration and effort management.

Renfo session - 2 times / week

Session 1 - Light functional strength (Monday or Thursday)

- Light squat: 4 sets of 8-10 repetitions (60-70% of maximum load).
- Light lunges: 3 sets of 10 repetitions per leg.
- Dynamic gainage: side plank with leg raises - 3 x 30-40" per side.
- Proprioception: Stability exercises with unstable board or balance.

Session 2 - Muscular endurance and active recovery (Wednesday or Saturday)

- Light circuit training (30 to 40 min):
 - Squats with bodyweight: 30 repetitions
 - Light kettlebell lunges: 15 repetitions per leg.
 - Dynamic gainage
 - Mountain Climbers: 30 repetitions.
- Proprioception: Stability on one leg, core-strengthening work with ball.