



Nomadic Performance

Mountain Biking Season Prep Program

This 12-week Mountain Biking Season Prep Program is designed to build the sport-specific strength, power, and endurance needed to excel. The first 2 weeks are free to give you a taste of the structured progression and dynamic workouts.

Each session includes a warm-up, main training block, conditioning, and cool-down.

Week 1 - Session 1

Phase: Core & Posture Training

Warm-Up: Dynamic Mobility (Hip Circles, World's Greatest Stretch, etc.)

Main Exercises: Dead Bug - 3x12, rest 30s | Single Arm Dumbbell Row - 3x10, rest 60s | Glute Bridge - 3x12, rest 45s

Cool-Down: Foam Rolling & Static Stretching (5-10 min)

Week 1 - Session 2

Phase: Core & Posture Training

Warm-Up: Dynamic Mobility (Hip Circles, World's Greatest Stretch, etc.)

Main Exercises: Dead Bug - 3x12, rest 30s | Single Arm Dumbbell Row - 3x10, rest 60s | Glute Bridge - 3x12, rest 45s

Cool-Down: Foam Rolling & Static Stretching (5-10 min)

Week 2 - Session 1

Phase: Core & Posture Training

Warm-Up: Dynamic Mobility (Hip Circles, World's Greatest Stretch, etc.)

Main Exercises: Dead Bug - 3x12, rest 30s | Single Arm Dumbbell Row - 3x10, rest 60s | Glute Bridge - 3x12, rest 45s

Cool-Down: Foam Rolling & Static Stretching (5-10 min)

Week 2 - Session 2



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Core & Posture Training

Warm-Up: Dynamic Mobility (Hip Circles, World's Greatest Stretch, etc.)

Main Exercises: Dead Bug - 3x12, rest 30s | Single Arm Dumbbell Row - 3x10, rest 60s | Glute Bridge - 3x12, rest 45s

Cool-Down: Foam Rolling & Static Stretching (5-10 min)

Week 3 - Session 1

Phase: Core & Posture Training

Warm-Up: Dynamic Mobility (Hip Circles, World's Greatest Stretch, etc.)

Main Exercises: Dead Bug - 3x12, rest 30s | Single Arm Dumbbell Row - 3x10, rest 60s | Glute Bridge - 3x12, rest 45s

Cool-Down: Foam Rolling & Static Stretching (5-10 min)

Week 3 - Session 2

Phase: Core & Posture Training

Warm-Up: Dynamic Mobility (Hip Circles, World's Greatest Stretch, etc.)

Main Exercises: Dead Bug - 3x12, rest 30s | Single Arm Dumbbell Row - 3x10, rest 60s | Glute Bridge - 3x12, rest 45s

Cool-Down: Foam Rolling & Static Stretching (5-10 min)

Week 4 - Session 1

Phase: Core & Posture Training

Warm-Up: Dynamic Mobility (Hip Circles, World's Greatest Stretch, etc.)

Main Exercises: Dead Bug - 3x12, rest 30s | Single Arm Dumbbell Row - 3x10, rest 60s | Glute Bridge - 3x12, rest 45s

Cool-Down: Foam Rolling & Static Stretching (5-10 min)

Week 4 - Session 2

Phase: Core & Posture Training

Warm-Up: Dynamic Mobility (Hip Circles, World's Greatest Stretch, etc.)

Main Exercises: Dead Bug - 3x12, rest 30s | Single Arm Dumbbell Row - 3x10, rest 60s | Glute Bridge - 3x12, rest 45s



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Rolling & Static Stretching (5-10 min)

Week 5 - Session 1

Phase: Leg Power & Upper Body Endurance

Warm-Up: Dynamic Mobility (Hip Circles, World's Greatest Stretch, etc.)

Main Exercises: Front Squat - 4x6, rest 90s | Push-Ups - 4x12, rest 60s | Russian Twists - 3x20, rest 45s

Cool-Down: Foam Rolling & Static Stretching (5-10 min)

Week 5 - Session 2

Phase: Leg Power & Upper Body Endurance

Warm-Up: Dynamic Mobility (Hip Circles, World's Greatest Stretch, etc.)

Main Exercises: Front Squat - 4x6, rest 90s | Push-Ups - 4x12, rest 60s | Russian Twists - 3x20, rest 45s

Cool-Down: Foam Rolling & Static Stretching (5-10 min)

Week 6 - Session 1

Phase: Leg Power & Upper Body Endurance

Warm-Up: Dynamic Mobility (Hip Circles, World's Greatest Stretch, etc.)

Main Exercises: Front Squat - 4x6, rest 90s | Push-Ups - 4x12, rest 60s | Russian Twists - 3x20, rest 45s

Cool-Down: Foam Rolling & Static Stretching (5-10 min)

Week 6 - Session 2

Phase: Leg Power & Upper Body Endurance

Warm-Up: Dynamic Mobility (Hip Circles, World's Greatest Stretch, etc.)

Main Exercises: Front Squat - 4x6, rest 90s | Push-Ups - 4x12, rest 60s | Russian Twists - 3x20, rest 45s

Cool-Down: Foam Rolling & Static Stretching (5-10 min)

The full 12-week program and personalized coaching are available through Nomadic Performance. Contact us to get started.