

Brody Galloway

A talent building, off-road cycling plan

OBJECTIVES

1. Top 10 in November Nika competition
2. Build dedication to MTB
3. Maintain healthy habits boost physical growth

WORKOUT SPECTRUM

- Rides - Recovery, Endurance, Tempo Sprintervals
- Yoga - Recovery. flexibility
- Gym - Upper, Lower, Core, Calescentics

GENERAL PLAN

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Ride		Shakeout	Tempo	Recovery	Intervals	Recovery	Endurance
x-Train	Gym and Yoga						

Weekly Progress

On 10.18 week - Integrate Running

<https://www.mapmyride.com/routes/view/3478796881>

Wk 10.12-18	M	T	W	Th	F	Sa	Su	T D/Ti
Goal: Peak	Yoga/Stretching https://www.youtube.com/user/yogawithadriene	Hicadence 15 miles	Trails Tempo Hills - 15 miles. Tempo on hills, recover on flat	Recovery 15 miles	5-mile warmup, 12x: 30-second sprints, 1-minute recovery	RECOVERY RIDE EZ 5-10	20 mile ride on the squares	The goal is to finish 75+ miles per week
Compliance	C	A 16 miles	S 11 miles	S 13 miles				
Feedback		90-100 rpm	Dyer	90-100 rpm	Golf Course Sprints		The squares	

Wk6 9.28-4	M	T	W	Th	F	Sa	Su	T D/Ti
Goal: Grow	Yoga/Stretching https://www.youtube.com/user/yogawithadriene	Hicadence 10 miles	Trails Tempo Hills- 15 miles. Tempo on hills, recover on flat	Recovery 15 miles	5-mile warmup, 10x: 30-second sprints, 1-minute recovery	Markham Park freestyle	15+ mile ride on the squares	The goal is to finish 65+ miles per week
Compliance	C	C	S 11	C	C 9 miles	C 7 miles	C	73.4

Feedback			Dyer		Golf Course Sprints		The squares	
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Wk5 9.28-4	M	T	W	Th	F	Sa	Su	T D/Ti
Goal: Stabilize	Yoga/Stretching https://www.youtube.com/user/yogawithadriene	Hicadence 10 miles	Trails - Technique on first lap, tempo on the second lap	Recovery 10 miles	5-mile warmup , 10x: 30-second sprints, 1-minute recovery	Markham Park freestyle	Pinehurst or 10+ mile ride	65 miles
Compliance		C: 9 miles	Flooded , S: 8 miles	C: 8 miles	C: 12 miles	A: 20 mi	Rode long Saturday, S: 8 mi	
Feedback			W. Delray		Golf Course Sprints	Markham Park	Pinehurst	

Wk4 9.21-28	M	T	W	Th	F	Sa	Su	T D/Ti
Goal: Recover	Yoga https://www.youtube.com/user/yogawithadriene	Hicadence 8 miles	Trails - Technique on first lap, Segmenting on the second lap	Recovery 8 miles	Trails - 5-mile warmup , 1 progressive repeat of golf course, 5 min recovery	Hicadence 8 miles	Pinehurst - A long ride to Pinehurst , Technique on trails	60 miles

Compliance		A 9 miles	C	A 10 miles	C	A, harder than directed	C	
Feedback			W. Delray		Golf Course Sprints			4-week avg speed: 10.1mph

Wk3 9.14-20	M	T	W	Th	F	Sa	Su	T D/Ti
Goal: Peak	Yoga https://www.youtube.com/user/yogawithadriene	Hi cadence 15 miles	Segmenting on second lap	Recovery 8 miles	5-mile warmup , 3 PROGRESSIVE repeats of golf course, 5 min recovery	Hi cadence 8 miles	A long ride to Pinehurst , Technique on trails	71 miles
Compliance	C	C	C	C	X	C	C	
Feedback			W. Delray		Golf Course Sprints		Pinehurst	

Watch this on Tuesday: <https://www.youtube.com/watch?v=hPcR6MQ5dJo>

Wk2 9.9-13	M	T	W	Th	F	Sa	Su	T D/Ti
Goal: Grow	X	X	30 mn EZ	1 hr EZ, 10 mn TMP	45mn EZ, 10mn HC	1hr EZ, 15mn TMP	Ride to Pinehurst, 1 loop of trails and back home	68 miles

Compliance	X	X	C	C	C	c	C	
Feedback	X	X	Going to the trails every wednesday starting next week					

Wk1 9.4-8	M	T	W	Th	F	Sa	Su	T D/Ti
Goal: Stabilize	G: Weights	B: 1hr EZ, 10mn TMP	B: 30mn EZ	B: 1hr EZ, 10mn TMP	B: 45mn EZ, 10mn HC	B: 1hr EZ, 15mn TMP	B: 1.5hr EZ, 20mn TMP	x
Compliance	S Rode with his buddy			C	C	C	C	x
Feedback								Proper base built to train

Payment

Date - Every 4th Friday	Amount
9.4.20	\$40 (via Venmo)
9.30.20	\$40 (via Venmo)
11.1.20	