

Bear Mountain Spring Break Daily Training Environment (DTE): March 19-21

Desired Objectives/Outcomes:

- Create and illustrate a DTE model for riders to replicate on their own (particularly for U17/U19 athletes)
- Provide high quality race specific training opportunities for BC Targeted Athletes
- Identify early season strengths and areas for improvement
- Create a sense of "Team" and build relationships
- Have some fun on bikes!!!

A few things to remember:

- We will adapt as we go depending on weather and trail conditions
- The schedule is subject to change, but you will get an email each evening about the coming day's training
- Bring your best each day (attitude, willingness to work and help the group, punctual, ready to train)

Tuesday March 19 - Bear Mountain - Mountain Market

9:30am-12:00pm starts, holeshots, pack riding, race tactics

2:30pm-4:30pm Bear Mountain XC course recon, flow and jumping session at Bear Mtn Bike Park

Wednesday March 20 - Bear Mountain -

9:30am-1:00pm Mountain Market climbing workout - Bear Mtn XC course plus trail ride

5:00pm-6:00pm gym session - **North Langford Rec Centre** at Bear Mtn.

Fundamental movement, in-season strength maintenance talk, mobility and recovery.

Thursday March 21 - Bear Mountain - Mountain Market

9:30am-1:30pm Endurance trail ride/Enduro recon - 4h - Bear Mtn and surrounding areas including Bear Enduro tracks (these are rideable on an xc bike, but as with much BC terrain...a big bike might be more fun, so if you have one, you are free to ride it, particularly if you will have an enduro focus in addition to xc).