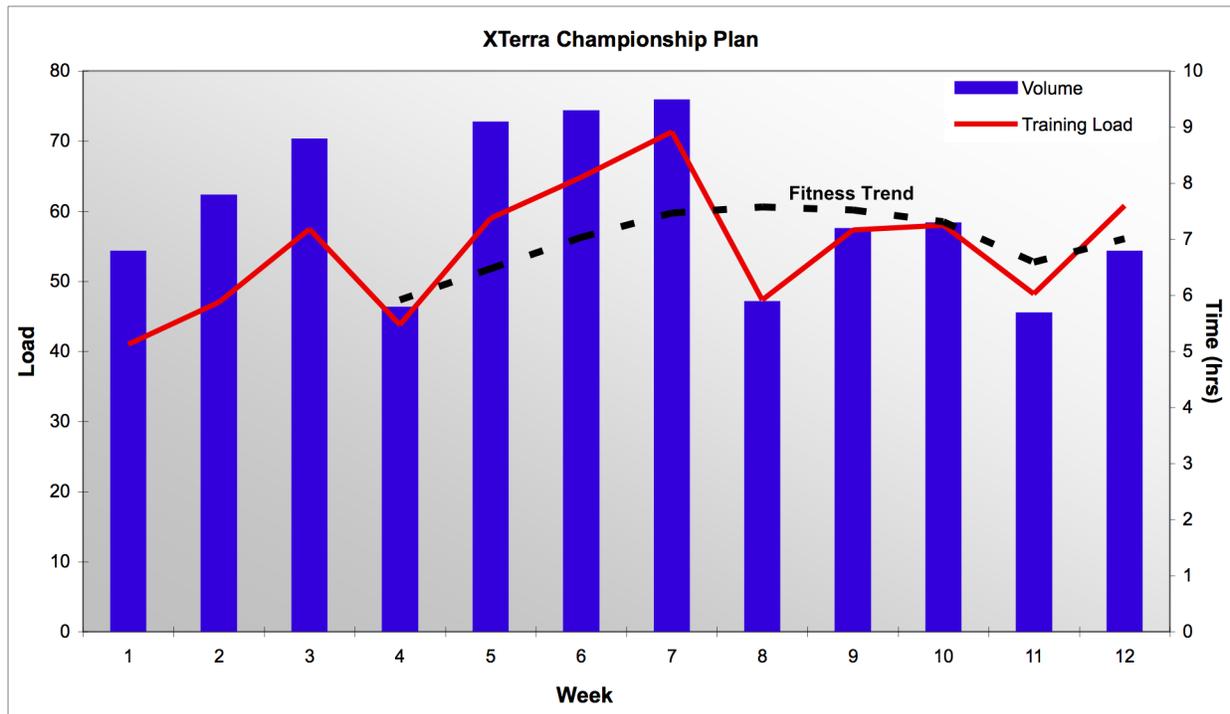


You are about to purchase our premiere XTerra training plan. This race tested plan will help deliver you to your best result without monopolizing your life. The plan itself is built using a traditional periodization model, that builds for 8 weeks total, including 2 recovery weeks. It is very important that you adhere to the training reductions in the recovery week. The entire program promises to deliver you peak performance in under 10 hrs of training each week! However, if you would like to add more volume, the plan is easily adapted to meet your needs.

As with many triathletes, we assume that many of you already take part in a local swim group and offer suggestions on working that into the plan. We also offer an option to personalize this plan for an additional fee (see *Personal XTerra Championship Plan*). You may also find many helpful resources on the ESP Podcast, or at our website, www.espanswers.com.

This plan assumes you have at least a moderate degree of MTB skill. If you have never mountain biked on serious trails, we strongly recommend you seek the advice of a local MTB rider/coach who can help you develop the skills to succeed. We host clinics throughout the year, so be sure to stay up to date at our website or podcast.

Finally, each plan comes with ONE FREE EMAIL VOUCHER. You may use this to contact us during your training.



Some Key workouts:

Progression (PRG)

A key workout for many coaches, like Greg McMillan, the progression run helps prepare you for the physical and mental demands of your upcoming race by building your pace throughout the run, often finishing just above race pace.

PRG 1 Split your run into 1/3's @ END, TMP, 10k/5k

High-intensity Interval Training (HIT)

A variety of workouts to meet your XTerra needs! Each session include **at least** a 10 min warm-up and cool-down. Intervals are MAXIMAL efforts.

HIT 1 4-6X 30 sec uphill sprints with 4 min recovery

HIT 2 6-8X 1 min intervals with 2 min recovery

HIT 3 4-6X 2.5 min intervals with 5 min recovery

HIT 4 3-4X 2.5 min intervals with 4 min recovery, spin 10 min and finish with 2X30 sec uphill sprints with 3 min recovery.