



Indoor Mountain Bike Workout: 30/30s

One of the most intimidating parts of putting your leg over your bike and getting on the trainer is knowing what workout to do. It can be overwhelming to decide where to start or what to focus on. The truth is, the best place to start is where you are right now! Here is a general workout to help you get motivated and get riding!



Stretching/Activation

One of the best things you can do before beginning your workout is completing some dynamic or active stretching and muscle activations. Here is a list of ways to prepare your body for your workout:

Foam Roll - <https://youtu.be/DzSU2FiFKTM>

Leg Swings - <https://youtu.be/naW8u72IOzI>

Hip Mobility Drills - <https://youtu.be/jj2AAH6jbHk>



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If you are running short on time then that is plenty of activations before getting on the bike. If you have more time though, here are a few others that you can include:

Cat/Cow Stretch
Open Book Thoracic Stretch
Fire Hydrants
Toy Soldiers

Remember that most exercise physiologists and coaches now-a-days will remind you not to complete static stretching prior to your workout. Static stretches can decrease power and decrease your endurance. Make sure you are moving as you warm up.



Warm Up

Begin the warm up by riding for 30 minutes. This should be completed based on feel. Allow your body to find a good rhythm.

During the 30 minutes complete 8 minutes of single-leg drills. To complete the single leg drills, unclip one leg and hold it out to the side or rest it on something next to you. With the foot still on the pedal, continue to turn over the cranks smoothly.

Complete 1 minute of right leg single leg drills, 1 minute of left leg single leg drills, and 2 minutes of both legs. Repeat the pattern for 8 minutes total of drill work.

Once you feel warm and mentally prepared, begin the workout.



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Workout

2 x 6 x 30/30s:

This is completed as 30 seconds at your best possible effort. Then 30 seconds very easy spinning.

Complete that pattern 6 times (6 minutes total)

Then spin easy for 12 minutes to recover and complete that set of 6 again.

The 30 seconds at your best possible effort should be standing and seated. Your goal should be to go as fast as possible or to produce the highest number of watts as possible. The 30 seconds easy should be completed in a very easy gear so there is very little tension on the pedals.

What to Expect:

This is a very challenging and high intensity workout. You will experience fatigue, a very high breathing rate, and a high heart rate. If completed in the intended way this will be a maximum effort workout. You should only complete this workout if you are in good physical health and have been cleared by a doctor for high-intensity exercise.

Throughout each set of six, your effort will remain the same (maximum), but your power will begin to drop with each effort due to fatigue. This workout can help increase your power repeatability, VO2 Max, and threshold.

The indoor trainer is the perfect place to complete this workout because it provides a safe place where you can dig deep and push yourself.



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Cool Down

Finish the remainder of the workout as a cool down. During the cool down you should have your bike in a very easy gear so that you can turn over the pedals without much effort. Your breathing rate and heart rate should slowly return back to your normal. Begin to replenish yourself with fluids during this time. Do not get off of the bike until you are feeling recovered.

Post-Exercise Stretching

After your workout reward your body with a short stretching routine. Your body just worked hard to perform for you so now is your chance to treat your body nicely and help it recover and rejuvenate. Your post-exercise stretching can be done right after your workout or you can get your recovery drink, shower, and then come back to stretch.

Here is a great video to follow along for your post-exercise stretching. While some of the graphics might seem a little bit dated, the stretches that it presents are tailored specifically for cyclists:

<https://www.youtube.com/watch?v=Hp3mzRadyHA>





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Recommended Music Play List

Since this workout is very high intensity it can make it difficult to pay attention to anything during your workout. You'll want music that motivates you, has a fast beat, and drives you to dig a little deeper.

A great way to find good music playlists without having to create them yourself is to download the free Spotify App. After you have the app, look up some of your favorite mountain bike athletes and follow them to see their public playlist. Kate Courtney, the 2018 Elite Mountain Bike World Champion has a variety of playlists to pick from.

Here are some links to a couple of her playlists on Spotify.

Full Send:

<https://open.spotify.com/user/katecourtney/playlist/1rKt43b7scT2UwSUtKYITB>

Throw Down:

<https://open.spotify.com/user/katecourtney/playlist/6tHAnK6jbdlfimwhvPf60L>

You Can Do It!

Still feeling nervous or hesitant about saddling up to ride? Don't! When you're riding your bike indoors there is no one there to judge you or critique your effort. Riding your mountain bike indoors is the perfect chance to just go for it and see what you can do!