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Training plan for the 24th Mountain Attack

Many participants ask us what preparation for the Mountain Attack should look like in terms of training. In the 22nd issue of Mountain Attack Magazine Univ. Prof. Mag. Dr. Thomas Stöggel has already explained the status of the current scientific knowledge in endurance sport, we want to use the opportunity and try to clarify these facts in a training schedule.

Before we go into detail, however, we would like to make clear that this is a generalized training schedule that should serve as a marching plan or orientation. Under no circumstances can such a plan replace an individual training plan based on performance diagnostics in the form of, for example, a lactate test. We recommend that each participant conduct a sports medical test in advance. When you feel tired, drained or just not fit, you should definitely take a break. Of course, this also applies to illness. Under such circumstances, no positive adaptations take place anyway. If you have the feeling that the plan is too extensive or too intense, we urge you to listen to your body and skip one or the other training session, or reduce the volume and intensity. We determine the intensity of the training units via the heart rate. The maximum heart rate (HRmax) serves as a reference. The use of a chest strap with a heart rate measurement is therefore recommended.

The training plan starts on Monday, October 18th, 2021 and ends with the Hervis Mountain Attack on January 14th, 2022. The division takes place in three blocks of 4 weeks each, followed by a one-week of tapering. Each block consists of three exercise weeks and a recovery week (3: 1). The plan is aimed to athletes with an annual training volume of 350 to 450 hours - a generally good basic fitness is a prerequisite.

First training block:

1st TW from 18.10. - 24.10.2021

2nd TW from 25.10. - 31.10.2021

3rd TW from 01.11. - 07.11.2021

We recommend starting the first training week (TW) of the first block as shown below. In the second TW, the duration of the sessions (SE) on Tue, Wed and Sun can be increased by 10 %. For the SE on Sat, a further interval of 8 minutes can be added. In the third and last TW of the first training block, the duration of the SE on Tue, Wed and Sun can be increased by a further 10 %. If you still feel fit and reasonably strong, the SE on Sat can be extended by a fifth interval of 8 minutes if necessary. The following fourth week of the first block is then a recovery week.

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1st session	Stabilization und strengthening <u>20min legs:</u> <ul style="list-style-type: none"> • calf raises • single- and both legs squats <u>30-40min core and upper body:</u> <ul style="list-style-type: none"> • sitUps • side Crunches • mountain climber • bicycle Crunches • pelvic lifts • superman • 3 x 15-20 push-ups 	Running (flat or easy hills) 90min at 70-75 % HRmax <u>following stretching:</u> 15-20min total with focus on <ul style="list-style-type: none"> • Front and backside of the thigh • calves • hip flexors hold each position for 60 to 90 seconds	Mountain walking with sticks 90-120min at 75 % HRmax <u>following stretching</u>	OFF	Stabilization und strengthening <u>20min legs:</u> <ul style="list-style-type: none"> • calf raises • single- and both legs squats <u>30-40min core and upper body:</u> <ul style="list-style-type: none"> • sitUps • side Crunches • mountain climber • bicycle Crunches • pelvic lifts • superman • 3 x 15-20 push-ups 	Running uphill (e.g. on a forest road with constant slope) <ul style="list-style-type: none"> • 15-20min at 70-75 % HRmax • 3 x 8min at 80-90 % HRmax <i>(in between trot or walk for 3min)</i> <ul style="list-style-type: none"> • 20-30min easy run back downhill at 70-75 % HRmax 	Mountain walking with sticks 90-120min at 75 % HRmax
2nd session	OFF	OFF	OFF	OFF	OFF	Easy cycling or running 30-60min at 65-70 % HRmax <u>following stretching</u>	Easy cycling or running 30-60min at 65-70 % HRmax <u>following stretching</u>

Recovery weeks from

08.11. – 14.11.2021

06.12. – 12.12.2021

03.01. – 11.01.2022

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1st session	OFF	OFF	<p>Running (flat or easy hills)</p> <p>60-90min at 70-75 % HRmax</p> <p><u>following stretching:</u> 15-20min total with focus on</p> <ul style="list-style-type: none"> • Front and backside of the thigh • calves • hip flexors 	OFF	<p>Running uphill (e.g. on a forest road with constant slope)</p> <ul style="list-style-type: none"> • 15-20min at 70-75 % HRmax • 3 x 8min at 80-90 % HRmax <i>(in between trot or walk for 3min)</i> • 20-30min easy run back downhill at 70-75 % HRmax 	<p>Stabilization und strengthening</p> <p><u>20min legs:</u></p> <ul style="list-style-type: none"> • calf raises • single- and both legs squats <p><u>30-40min core and upper body:</u></p> <ul style="list-style-type: none"> • sitUps • side Crunches • mountain climber • bicycle Crunches • pelvic lifts • superman 3 x 15-20 push-ups 	OFF
2nd session	OFF	OFF	OFF	OFF	OFF	<p>Easy cycling or running</p> <p>30-60min at 65-70 % HRmax</p> <p><u>following stretching</u></p>	OFF

Second training block:

1st TW from 15.11. – 21.11.2021

2nd TW from 22.11. – 28.11.2021

3rd TW from 29.11. – 05.12.2021

The second training block already contains specific SE. From mid-november it is advisable (provided there is snow) to hold the sessions on touring skis. As can be seen from the plan shown on the right, the intensity and volume are increased compared to the first training block. The intervals are called HIIT (High Intensity Interval Training), which takes place at 3 to 4 minutes with high-intensity exercise alternating with 2 to 3 minutes with low-intensity exercise (see article by Prof. Stöggl in last year's Mountain Attack magazine - available online as PDF on the homepage). This form of training has very strong, performance-enhancing effects (improvement in VO2max, aerobic capacity, improved capillarization, increase in cardiac output, stroke volume, mitochondrial density and -size, etc.). Since the first ski tours are often only possible at great heights on glaciers, we urgently recommend HIIT either in the form of mountain walking / running or (if possible) on touring skis at an altitude of between 1000 (or less) to a maximum of 2000 meters.

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1st session	OFF	Mountain walking / - running with sticks or skimo <ul style="list-style-type: none"> • 15-20min at 70-75 % HRmax • 4 x 4min at 90-95 % HRmax <i>(in between trot or walk for 3min)</i> • 20-30min easy at 70-75 % HRmax 	Running (flat or easy hills) or skimo <p>120-150min at 70-75 % HRmax</p> <p><u>following stretching</u></p>	OFF	Stabilization und strengthening <p><u>20min legs:</u></p> <ul style="list-style-type: none"> • calf raises • single- and both legs squats <p><u>30-40min core and upper body:</u></p> <ul style="list-style-type: none"> • sitUps • side Crunches • mountain climber • bicycle Crunches • pelvic lifts • superman 3 x 15-20 push-ups 	Mountain walking / - running with sticks or skimo <ul style="list-style-type: none"> • 15-20min at 70-75 % HRmax • 5 x 3min at 90-95 % HRmax <i>(in between trot or walk for 2min)</i> • 20-30min easy at 70-75 % HRmax 	Running (flat or easy hills) or skimo <p>150-180min at 70-75 % HRmax</p>
2nd session	OFF	OFF	OFF	OFF	OFF	Easy cycling or running <p>30-60min at 65-70 % HRmax</p> <p><u>following stretching</u></p>	Easy cycling or running <p>30-60min at 65-70 % HRmax</p> <p><u>following stretching</u></p>

Third training block:

1st TW from 13.12. – 19.12.2021

2nd TW from 20.12. – 26.12.2021

3rd TW from 27.12. – 02.01.2022

In the third and final training block, the focus is entirely on specific SE on touring skis. Two easy running or cycling sessions at the weekend provide a balance to ski touring. The week consists of two HIIT and two longer SE at low intensity. This is followed by another recovery week (see p. 16)

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1st session	OFF	skimo <ul style="list-style-type: none"> • 15-20min at 70-75 % HRmax • 4 x 4min at 90-95 % HRmax <i>(in between trot or walk for 3min)</i> • 20-30min easy at 70-75 % HRmax 	skimo <p>150-180min at 70-75 % HRmax</p> <p><u>following stretching</u></p>	OFF	Stabilization und strengthening <p><u>20min legs:</u></p> <ul style="list-style-type: none"> • calf raises • single- and both legs squats <p><u>30-40min core and upper body:</u></p> <ul style="list-style-type: none"> • sitUps • side Crunches • mountain climber • bicycle Crunches • pelvic lifts • superman <p>3 x 15-20 push-ups</p>	skimo <ul style="list-style-type: none"> • 15-20min at 70-75 % HRmax • 5 x 3min at 90-95 % HRmax <i>(in between trot or walk for 2min)</i> • 20-30min easy at 70-75 % HRmax 	skimo <p>180-210min at 70-75 % HRmax</p>
2nd session	OFF	OFF	OFF	OFF	OFF	Easy cycling or running <p>30-60min at 65-70 % HRmax</p> <p><u>following stretching</u></p>	Easy cycling or running <p>30-60min at 65-70 % HRmax</p> <p><u>following stretching</u></p>

Tapering

from 10.01. – 14.01.2021

During the race week, the focus is entirely on optimal recovery and preservation of freshness. The legs shouldn't feel tired, while at the same time the body shouldn't go into a complete recovery mode. A short activating session the day before the race makes the muscles fresh again before things get serious on Friday at 4:00 p.m.

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1st session	OFF	skimo <ul style="list-style-type: none"> • 15-20min at 70-75 % HRmax • 4 x 3 at 90-95 % HRmax <i>(in between trot or walk for 3min)</i> • 20-30min easy at 70-75 % HRmax 	OFF	skimo AKTIVIERUNG <ul style="list-style-type: none"> • 15-20min at 70-75 % HRmax • 2min at 80-85 % HRmax • 3min easy walk • 30 seconds at race speed + 10-15 % • 2min rest • 60 seconds at race speed + 10-15 % • 2min rest • 90 seconds at race speed + 10-15 % • 10min easy walk at 70 % HRmax 	raceday MOUNTAIN ATTACK <p>WarmUp:</p> <ul style="list-style-type: none"> • 8min at 70-75 % HRmax • 2min at 80-85 % HRmax • 2min easy walk • 3 x 20 seconds fast, but no all out sprints! <i>in between rest for 2min each</i> • 2-3min easy walk at 70 % HRmax <p style="text-align: center;">All the best at the race! Let's Attack!!!</p>		