

## The MTB Performance Wheel

The basis for the Ultimate MTB Workout Program is what I call the MTB Performance Wheel. One of my underlying philosophies is that you can not compartmentalize your training program – that is, you can not separate the different aspects from each other and expect to get the best results.

Without understanding that each component affects all of the others you will never be able to achieve your true potential. Below is a list of the “spokes” that comprise the MTB Performance Wheel:

1. **Mobility** – your ability to move smoothly and pain free through a good range of motion while getting into proper body position for exercises and bike skills.
2. **Strength** – your ability to generate tension in the right muscles in the right sequence to efficiently create strong, effective movement.
3. **Power** – your ability to quickly apply your strength while maintaining the proper position and muscle recruitment sequence.
4. **Cardio/ Endurance** – your ability to consistently display your strength, power and skills throughout the duration of your ride/ race.
5. **Nutrition/ Supplements** – the types and amounts of fuel that you put into your body to help drive your training and riding efforts.
6. **Recovery** – the forgotten side of the results equation (results = training + recovery) that usually holds us back from getting the best results possible.
7. **Technical Skill** – your ability to properly and effectively execute skills on your bike.
8. **Mindset** – your ability to focus on the right things at the right time while training and riding.
9. **Bike/ Equipment Set Up** – having the right bike and the right equipment set up for the type of riding/ racing you do.

In order to perform at your best you need to have each spoke tightened in relation to the others. Over tightening some and ignoring others will not result in a strong and true Performance Wheel.

Much like you would if a wheel on your bike was out of true, you want to identify the “loose spokes” (weakest areas) on the wheel in order to know what the most important area is for you. Making sure that everything is in balance with the other components is the best way to keep progressing in a safe and effective way.