

BERGSTARK

YOUR RACEPLAN

Mountain Attack 2027 - Tour

PERSONALISED FOR

MAX MUSTER

8 weeks of training

Pacing - Fuelling - Equipment - Race week - RaceCard

Developed from Harry Feuchter's own racing and training experience.

SAMPLE DOCUMENT - The athlete and all training data are fictional.



Your plan. Your life. Your race.

This RacePlan turns your current fitness and everyday commitments into a clear eight-week build. It reflects your available time, your preferred long session on Saturday and your goal of completing the Mountain Attack Tour in a controlled manner, aiming towards three hours.

8 training weeks	7:00 h previous weekly volume	2,500 m previous ascent/week	3:00 h guidance target
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Your profile at a glance

Area	Your information	How it shapes the plan
Course	Mountain Attack Tour	Several climbs, transitions and descents require endurance and technique.
Longest tour	180 min / 1,500 m ascent	A solid base for the race-specific build.
Availability	Mon, Tue, Thu, Sat, Sun; Fri if needed	Wednesday stays free. The long session is on Saturday.
Experience	Race experience; first start on this course	Pacing and race routines are practised conservatively.
Fuelling	40-60 g carbohydrate/h tested	Race guidance: about 50 g/h.
Primary goal	Target time	Improve performance without sacrificing safety or pacing discipline.

Assessment

Your training base supports an eight-week build towards the Tour. The three-hour target is guidance, not a guarantee. Because this is your first start on the course, pacing, transitions and fuelling are practised particularly carefully.

How to use this plan

- Key sessions matter, but missed sessions are never made up at any cost.
- Allow at least 48 hours between hard sessions.
- After shift work or poor sleep, remove optional content first.
- Pain, signs of illness or unusual exhaustion always take priority over the plan.

Your intensity zones

RPE is your perceived effort from 1 (very easy) to 10 (maximal). Use heart rate and physical sensations together.

Zone	Heart rate	RPE	Purpose / feeling
Z1	below 135 bpm	1-2	Recovery; very easy breathing
Z2	135-150 bpm	3-4	Endurance; conversation is comfortable
Z3	151-162 bpm	5-6	Tempo; noticeable but controlled
Z4	163-172 bpm	7-8	Threshold; hard and steady
Z5	above 172 bpm	9	VO2 max; very hard, short intervals

Control rule

In cold conditions, at altitude, when tired or when heart-rate data are unreliable, perceived effort takes priority. A steady stride matters more than forcing a number.

The eight weeks at a glance

Week	Phase	Time	Ascent (m)	Main focus
1	Stabilise	6:36	2,250	Technique + threshold
2	Build 1	7:12	2,500	VO2 max + long endurance
3	Build 2	7:36	2,600	Repeated climbs
4	Recovery	5:36	1,900	Freshness + transitions
5	Specific	7:36	2,750	Race pace + fuelling
6	Peak	8:00	2,900	Tour rehearsal
7	Taper	4:54	1,600	Reduce volume
8	Race week	2:12*	600*	Activation + race

* Week 8: time and ascent before the race; the race itself is not included.

Load progression

Training load rises in two blocks, with recovery in week 4. Weeks 5 and 6 are race-specific. The taper then reduces volume while retaining intensity, allowing fatigue to fall.

WEEK 1

STABILISE

6:36 h

2,250 m

Technique, transitions and controlled threshold

Day	Session	Duration	Intensity	Details	Alternative
Mon	Recovery	45 min	Z1 / RPE 1-2	Very easy skiing, cycling or walking. Finish with 10 min of mobility.	Complete rest
Tue	Threshold + transitions	75 min	Z4 / RPE 7-8	15 min easy; 2 x 12 min steady with 6 min easy; then 6 clean transitions; 10 min easy.	Uphill cycling: same intervals
Wed	Rest day	-	-	No training scheduled.	-
Thu	Endurance	75 min	Z2 / RPE 3-4	Easy continuous session. Keep cadence steady and do not increase the pace.	Cycling, uphill treadmill or cross-country skiing
Fri	Rest day	-	-	Prioritise recovery and sleep.	-
Sat	Long ski tour	150 min	Z1-Z2 / RPE 2-4	Approx. 1,200 m ascent. Start easy, practise 4 transitions and test fuelling every 30 min.	Long Z2 ride plus 20 min uphill hike
Sun	Easy + technique	51 min	Z1 / RPE 1-2	Very easy, approx. 200 m ascent. Only with good legs; otherwise shorten to 35 min.	Walk or easy ride

Key note

This week establishes rhythm and technique. Keep the threshold intervals controlled - this is not a test day.

If time is limited

Shorten or skip Sunday first, followed by Thursday's easy session. Never add a missed key session to a planned rest day.

WEEK 2

BUILD 1

7:12 h

2,500 m

Uphill VO2 max and long endurance

Day	Session	Duration	Intensity	Details	Alternative
Mon	Recovery	45 min	Z1 / RPE 1-2	Move easily, loosen the legs and do not force extra ascent.	Rest day
Tue	Uphill VO2 max	75 min	Z5 / RPE 9	20 min easy; 4 x 4 min hard uphill, each followed by 4 min easy; 15 min easy.	Cycling or inclined treadmill
Wed	Rest day	-	-	No training scheduled.	-
Thu	Endurance	75 min	Z2 / RPE 3-4	Approx. 400 m ascent at a steady pace. Keep the session deliberately easy.	Cycling or cross-country skiing
Fri	Rest day	-	-	Go to bed early and prepare Saturday's equipment.	-
Sat	Long ski tour	180 min	Z1-Z2 / RPE 2-4	Approx. 1,300 m ascent. Steady easy effort; only lift the pace slightly in the final 20 min if fully controlled.	Long Z2 session
Sun	Recovery	57 min	Z1 / RPE 1-2	Very easy, approx. 300 m ascent. No intensity.	45-57 min walk

Key note

The 4-minute intervals are the key session. If you cannot start them fresh, shorten or skip them rather than moving them to Wednesday.

If time is limited

Shorten or skip Sunday first, followed by Thursday's easy session. Never add a missed key session to a planned rest day.

WEEK 3

BUILD 2

7:36 h

2,600 m

Repeated climbs with threshold work

Day	Session	Duration	Intensity	Details	Alternative
Mon	Recovery	45 min	Z1 / RPE 1-2	Move easily and add 10 min of trunk mobility.	Rest day
Tue	Threshold	75 min	Z4 / RPE 7-8	15 min easy; 3 x 12 min at threshold with 5 min easy; cool down.	Uphill cycling
Wed	Rest day	-	-	No training scheduled.	-
Thu	Endurance	90 min	Z2 / RPE 3-4	Approx. 450 m ascent. Easy aerobic work with steady breathing.	Cycling or cross-country skiing
Fri	Rest day	-	-	Refuel and settle down early.	-
Sat	Three climbs	210 min	Z2-Z3 / RPE 3-6	Approx. 1,450 m ascent across three climbs. Start each one easily and include 6-8 transitions.	Three longer uphill cycling blocks, not hard
Sun	Short recovery	36 min	Z1 / RPE 1-2	Very easy, approx. 200 m ascent or flat.	Walk

Key note

Saturday is specific, but it is not a race. Your technique should still be clean on the third climb.

If time is limited

Shorten or skip Sunday first, followed by Thursday's easy session. Never add a missed key session to a planned rest day.

WEEK 4

RECOVERY

5:36 h

1,900 m

Regain freshness and consolidate transitions

Day	Session	Duration	Intensity	Details	Alternative
Mon	Very easy	35 min	Z1 / RPE 1-2	Move easily without forcing a training target.	Rest day
Tue	Short threshold + technique	65 min	Z4 / RPE 7-8	15 min easy; 2 x 8 min at threshold with 6 min easy; 6 controlled transitions; cool down.	Uphill cycling plus dry transition practice
Wed	Rest day	-	-	No training scheduled.	-
Thu	Easy endurance	60 min	Z2 / RPE 3	Approx. 300 m ascent, deliberately easy. You should feel better afterwards than before.	Cycling or cross-country skiing
Fri	Rest day	-	-	Pay attention to sleep and everyday stress.	-
Sat	Easy ski tour	140 min	Z1-Z2 / RPE 2-3	Approx. 1,100 m ascent with no faster sections. Keep technique calm and clean.	Z2 endurance
Sun	Recovery	36 min	Z1 / RPE 1-2	Very easy, approx. 100 m ascent or flat.	Walk

Key note

Recovery is part of training. If you are tired at the weekend, shorten Saturday to 100-120 min and skip Sunday.

If time is limited

Shorten or skip Sunday first, followed by Thursday's easy session. Never add a missed key session to a planned rest day.

WEEK 5

SPECIFIC

7:36 h

2,750 m

Race pace under fatigue and fuelling

Day	Session	Duration	Intensity	Details	Alternative
Mon	Recovery	45 min	Z1 / RPE 1-2	Move easily and add mobility.	Rest day
Tue	Race pace	80 min	Z3-Z4 / RPE 6-8	20 min easy; 3 x 10 min controlled race intensity with 5 min easy; cool down.	Uphill cycling
Wed	Rest day	-	-	No training scheduled.	-
Thu	Endurance + strength maintenance	75 min	Z2 / RPE 3-4	40 min easy, then 25 min strength without muscular failure and 10 min mobility.	Cycling plus short strength routine
Fri	Rest day	-	-	Prepare equipment and fuelling for the rehearsal.	-
Sat	Long specific tour	210 min	Z2-Z4 / RPE 3-8	Approx. 1,600 m ascent. After 90 min, complete 25 min at race pace. Test 50 g carbohydrate/h and transitions.	Long Z2 ride with 25 min tempo
Sun	Recovery	46 min	Z1 / RPE 1-2	Very easy, approx. 200 m ascent. Skip if your legs feel heavy.	Walk

Key note

Nothing new on race day: use the same products, clothing and skins on Saturday that you intend to use in the race.

If time is limited

Shorten or skip Sunday first, followed by Thursday's easy session. Never add a missed key session to a planned rest day.

WEEK 6

PEAK

8:00 h

2,900 m

Tour simulation with multiple climbs

Day	Session	Duration	Intensity	Details	Alternative
Mon	Recovery	45 min	Z1 / RPE 1-2	Very easy; loosen the legs.	Rest day
Tue	Controlled threshold	75 min	Z4 / RPE 7-8	15 min easy; 2 x 15 min steady with 7 min easy; cool down.	Uphill cycling
Wed	Rest day	-	-	No training scheduled.	-
Thu	Endurance	90 min	Z2 / RPE 3-4	Approx. 500 m ascent at an easy pace. Do not turn this into a hidden tempo session.	Cycling or cross-country skiing
Fri	Rest day	-	-	Prioritise sleep, food and equipment.	-
Sat	Tour rehearsal	210 min	Z2-Z4 / RPE 3-8	Approx. 1,700 m ascent across three climbs. Middle climb: 30 min race pace. Test every transition and fuelling step.	Long cycling and uphill hiking combination
Sun	Active recovery	60 min	Z1 / RPE 1-2	Very easy, approx. 200 m ascent. Take complete rest if recovery is poor.	Walk

Key note

Keep the rehearsal to about 60-80 percent of the expected race duration or load. Do not force the full race distance.

If time is limited

Shorten or skip Sunday first, followed by Thursday's easy session. Never add a missed key session to a planned rest day.

WEEK 7

TAPER

4:54 h

1,600 m

Reduce volume, maintain intensity

Day	Session	Duration	Intensity	Details	Alternative
Mon	Recovery	40 min	Z1 / RPE 1-2	Move easily and reduce fatigue.	Rest day
Tue	Short threshold + transitions	65 min	Z4 / RPE 7-8	15 min easy; 2 x 8 min threshold with 6 min easy; 6 quick, clean transitions; cool down.	Uphill cycling plus dry transitions
Wed	Rest day	-	-	No training scheduled.	-
Thu	Easy endurance	55 min	Z2 / RPE 3	Approx. 250 m ascent. Move the legs without creating fatigue.	Cycling or cross-country skiing
Fri	Rest day	-	-	Recover; no extra work.	-
Sat	Short specific tour	100 min	Z1-Z2 / RPE 2-4	Approx. 850 m ascent. Add 3 x 2 min at race intensity with full recovery.	Z2 endurance with short activations
Sun	Very easy	34 min	Z1 / RPE 1-2	Approx. 150 m ascent or flat. Only train if you will feel fresher afterwards.	Walk

Key note

Freshness matters more than extra fitness now. No equipment changes, strength training or unplanned tests.

If time is limited

Shorten or skip Sunday first, followed by Thursday's easy session. Never add a missed key session to a planned rest day.

WEEK 8

RACE WEEK

2:12 h*

600 m*

Activate, check equipment, race

Day	Session	Duration	Intensity	Details	Alternative
Mon	Easy	30 min	Z1 / RPE 1-2	Very easy, followed by short mobility.	Rest day
Tue	Activation	45 min	Z1-Z4 / RPE 2-7	15 min easy; 3 x 2 min at race intensity with 4 min easy; cool down calmly.	Cycling or inclined treadmill
Wed	Rest day	-	-	No training. Prioritise sleep.	-
Thu	Pre-race activation	30 min	Z1-Z3 / RPE 2-6	20 min easy, 3 short 45 s accelerations, then cool down.	Short ride or walk with accelerations
Fri	Warm-up + race	27 min + race	see RaceCard	15-25 min easy, 2-3 accelerations, stay warm. Then the Mountain Attack Tour.	-
Sat	Recovery	-	-	Walk, drink and eat; no structured session.	-
Sun	Recovery	-	-	Move lightly according to feel.	-

Key note

*The listed 2:12 h and 600 m ascent cover activation before the race. The race itself is not included in training volume.

If time is limited

Shorten or skip Sunday first, followed by Thursday's easy session. Never add a missed key session to a planned rest day.

Your key sessions explained

Session	Structure	Why it matters
Threshold blocks	15-20 min easy; 2-3 longer Z4 blocks; complete cool-down.	Improves sustained uphill performance.
Uphill VO2 max	4 x 4 min at Z5/RPE 9 with equal easy recovery.	Raises maximal aerobic performance for steep sections.
Repeated climbs	Two or three separate climbs; start each under control and include transitions.	Prepares you for repeated climbs and changing load.
Race pace	25-35 min total at expected race intensity, always controlled.	Trains pace, breathing and self-control.
Transition technique	Change skins, skis and descent mode calmly and without errors.	Saves time without extra physical effort.
Strength maintenance	25 min at low volume, with clean technique and no muscular failure.	Maintains stability without disrupting key sessions.

Your adjustment traffic light

Status	What it looks like	What to do
GREEN	Normal sleep, legs feel fine, no symptoms	Complete the session as planned.
AMBER	Poor sleep, noticeable daily fatigue, heavy legs	Remove intensity or shorten volume by 30-50 percent.
RED	Signs of illness, pain, dizziness, unusual exhaustion	No intense training; rest and seek professional advice if uncertain.

When life gets in the way

- After a night shift or less than about six hours of sleep, do not force VO2 max or threshold intervals.
- Do not add a missed key session on the following day.
- With only three training days, keep one quality session, the long session and one easy session.
- When snow is limited, use uphill-focused cycling, treadmill or hiking sessions and practise transitions separately.
- After illness, return gradually with easy training. Do not compress the plan.

Your pacing strategy

A three-hour performance does not come from a maximal first climb. It comes from controlled effort across the whole race. Your rule: Hold back on Schattberg, work through the middle, decide on Bernkogel.

Section	RPE / range	Your task
Start and Schattberg	6-7 / upper Z3 to lower Z4	Stay clearly below your vertical-race pace. Avoid rushed battles for position.
Basin and Westgipfel	6-7 / Z3, briefly Z4	Make clean transitions and control the short counter-climb. Avoid needless spikes.
Descent to Hinterglemm	4-6 / active recovery	Descend safely, drink and prepare for the next climb.
Hasenauer Köpfl / Reiterkogel	7-8 / high Z3 to lower Z4	This is the main work block. Hold a steady rhythm.
Descent and Bernkogel	7-9 / Z4 may rise	Increase progressively only if energy and technique remain stable.
Final descent / finish	6-8 / technique-led	Maintain safety and concentration to the finish.

Warning signs of starting too fast

You cannot settle your rhythm, breathing is uncontrolled early, or your thighs burn on the first long climb. Reduce pace immediately, shorten your stride and avoid attacks for the next few minutes.

Three pacing reminders

- Schattberg: losing 30 seconds is better than collapsing ten minutes later.
- Use every descent to drink, eat and reset mentally.
- Increase effort on Bernkogel only when energy, technique and concentration are stable.

Fuelling and hydration

50 g/h carbohydrate	150 g for about 3 hours	300-600 ml/h fluid	1 portion extra reserve
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A simple intake schedule

Time	Action	Check
10-15 min before start	Only a small familiar portion and a few sips if this is your usual routine.	Stomach settled?
20-30 min	Begin the first carbohydrate portion.	Do not wait for hunger.
then every 20-30 min	Spread small portions to reach about 50 g/h.	Product labels checked?
at suitable descents / stations	Take several controlled sips.	Account for cold and thirst.
from halfway	Review intake and keep the reserve ready.	Energy stable?

Important

Exact quantities of gels, bars or drink mix are calculated from the actual product labels. The 50 g/h target is practised in weeks 5 and 6. Do not force excessive drinking.

Guidance before the start

Use familiar meals in the hours before the race. For a 78 kg athlete, a rough guide is 390-550 ml during the final phase before the start, spread out and adjusted for thirst, temperature and tolerance.

Aid areas

- Schattberg - aid area 1
- Hinterglemm - aid area 2
- Reiterkogel - aid area 5
- Saalbach finish - aid area 6

Verify the official course and aid areas 48 hours before the race.

Equipment checklist

Mandatory - verify officially	Recommended	Personal additions
☐ Touring skis with steel edges ☐ Touring bindings ☐ Touring ski boots with a solid sole ☐ Touring poles ☐ Helmet ☐ Headlamp ☐ Emergency blanket ☐ At least one pair of climbing skins	☐ Ski crampons ☐ Ski goggles ☐ Backpack with warm clothing ☐ Second pair of climbing skins ☐ Drinking fluid	☐ Spare gloves ☐ Lightweight warm jacket ☐ Fuelling plus reserve ☐ Cold-protected drink ☐ Race-number belt ☐ Dry finish clothing

Race rules

The organiser's current rules always take priority. Check mandatory equipment, course, schedule and aid areas seven days before the race and again 48 hours beforehand.

Your race week

Day	Training and preparation
Monday	30 min very easy or rest. Do not accumulate fatigue.
Tuesday	45 min activation with 3 x 2 min at race intensity.
Wednesday	Rest day. Begin the equipment check and prioritise sleep.
Thursday	30 min easy with 3 short accelerations. Then check skis, skins and headlamp.
Friday	Familiar meals, regular drinking and timely arrival. Warm up easily for 15-25 min, add 2-3 short accelerations and stay warm.

Final start check

- No acute signs of illness, new pain or unusual exhaustion.
- Headlamp charged, skins dry and correctly fitted, mandatory equipment complete.
- Know your initial intensity limit and first fuelling time.
- Check current weather, course and organiser information.

RACECARD

MOUNTAIN ATTACK TOUR

3:00 h guidance target	50 g/h carbohydrate	300-600 ml fluid/h	20-30 min first portion
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Pacing

1	Control Schattberg - clearly below vertical-race pace.
2	Use descents to drink, eat and reset mentally.
3	Increase on Bernkogel only when energy remains stable.

Fuelling

Small portions every 20-30 min. Aim for about 150 g of carbohydrate over three hours. Carry one reserve portion. Product labels determine the actual quantity.

Mandatory equipment quick check

☐ Skis + bindings ☐ Boots ☐ Poles ☐ Helmet ☐ Headlamp ☐ Emergency blanket ☐ Skins

Plan B

Problem	First response
Stomach issue	Reduce pace briefly, take small sips and do not force a large portion.
Cold	Use gloves or an extra layer early; check energy and concentration.
Loss of power	Settle your rhythm, check the next small portion and fluid, and avoid a panicked response.

Before the start

No acute symptoms. Headlamp tested. Skins dry. Mandatory equipment and current organiser information checked.

Bonus: Adapt your week flexibly

You may optionally paste the text below into ChatGPT. You do not need ChatGPT to follow the original plan. The prompt only helps when appointments, fatigue or weather disrupt the week.

I am following an 8-week RacePlan for the Mountain Attack.

Planned week: [insert week]

Completed: [sessions, duration, ascent]

Recovery: [sleep, fatigue 1-10, symptoms]

Availability next week: [days and minutes]

Constraints: [work, family, weather]

Adapt the next week without increasing the original volume. Plan no more than two hard sessions, separated by at least 48 hours. Do not add missed training. Remove optional sessions first. Do not recommend intensity during illness, pain or unusual exhaustion. Present Monday to Sunday as a table and briefly explain each change.

Important notice

The RacePlan is a training and orientation aid. It does not replace a medical examination or personal supervision. If you are ill, in pain, experience unusual symptoms or feel uncertain, adjust or stop training and seek professional advice where appropriate. Organiser instructions, weather and safety decisions, and the current race rules always take priority.

About this sample

Max Muster and all personal training data are fictional. This document demonstrates the structure, design and scope of the planned product. It is not a real training plan for a specific person.

BERGSTARK RACEPLAN

Concept and personal final review: Harry Feuchter
Version 1.0 | Sample package