

# 100km

## TRAINING PROGRAMME

### SUB5

#### Week 4



DAY	PHASE	TRAINING	ZONE
MONDAY	BASE AND STRENGTH	REST	
TUESDAY		Climbing drills: Warm up for 30 min in zone 2 and 3: Follow with 3 x 10 minutes of seated climbing on a moderate gradient. Keep the cadence low (50-65) and use a low gear to keep the intensity below the mid zone 3 range. Keep your shoulders and hands relaxed during the climbing and focus on keeping the pelvis steady. If you struggle to sit for the entire climb then stand for 50 metres and then sit again. Rest for 10min in zone 2 between each climbing effort. Recover for 20min in zone 2 to finish.	Zone 2 Only
WEDNESDAY		REST	
THURSDAY	BASE AND STRENGTH	1.5 Hours: Try to keep cadence high throughout(>90 RPM)	Zone 2 and 3
FRIDAY		REST	
SATURDAY		2 Hours: Self selected cadence	Zone 2 and 3
SUNDAY		2 Hours: Try to keep cadence high throughout (>90 RPM)	Zone 2 Only

**Bicycling**  
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