

100km

TRAINING PROGRAMME

SUB5

Week 7



DAY	PHASE	TRAINING	ZONE
MONDAY	Base and Strength	REST	
TUESDAY		Climbing drills: Warm up for 20 min in zone 2 and 3: Follow this with 3 x 10 minutes of seated climbing on a moderate gradient (6-8%). Keep your cadence low (50-65) and keep the intensity moderate - below Zone 4 and preferably in the middle of Zone 3. If you find the intensity too high then use a lower gear but keep the cadence low. Recovery of 10 minutes - zone 2 between each of the climbs. Try to keep your shoulders and hands relaxed during the climbs. If you cannot sit anymore then stand for 50 metres and then sit again.	Zone 2 Only
WEDNESDAY		1 Hour Recovery ride : Try to keep cadence high throughout(>90 RPM)	Zone 2 Only
THURSDAY		2 Hours: Try to keep cadence high throughout(>90 RPM)	Zone 2 and 3
FRIDAY		REST	
SATURDAY		2 Hours: Try to keep cadence high throughout(>90 RPM)	Zone 2 and 3
SUNDAY		3 Hours: Try to keep cadence high throughout (>90 RPM)	Zone 2 only