

100km

TRAINING PROGRAMME

NOVICE

Week 1



DAY	PHASE	TRAINING	ZONE
MONDAY	Preconditioning	1 Hours: Self selected pace - Self selected cadence	
TUESDAY		Rest	
WEDNESDAY		1.5 Hours: Try to keep cadence high throughout (>90 RPM)	Zone 2 and Zone 3
THURSDAY		Rest	
FRIDAY		Cross Training : 1 - 2 hours of Gym / pilates / core stability training	
SATURDAY		1 Hours: Self selected cadence	Zone 2 and Zone 3
SUNDAY		1.5 Hours: Try to keep cadence high throughout (>90 RPM)	Zone 2 only