

100km

TRAINING PROGRAMME

NOVICE

Week 5



DAY	PHASE	TRAINING	ZONE
MONDAY	Base and Strength	REST	
TUESDAY		Intervals: Warm up for 30 min in zone 2 and 3: Follow with 5 x 3 minutes in a high gear and at a low cadence (45-50 RPM) (Use a gear which you can only just turn over. Try to do each of these hard efforts on a gentle uphill to keep the speed constant. Rest for 5 min in zone 2 between each hard effort . Warm down for 30 min in zone 2 to finish.	Zone 2 and Zone 3
WEDNESDAY		1 Hour Recovery ride : Try to keep cadence high throughout(>90 RPM)	Zone 2 Only
THURSDAY		1.5 Hours: Try to keep cadence high throughout(>90 RPM)	Zone 2 and Zone 3
FRIDAY		REST	
SATURDAY		1.5 Hours: Self selected cadence	Zone 2 and Zone 3
SUNDAY		2 Hours: Try to keep cadence high throughout (>90 RPM)	Zone 2 only