

# 100<sub>km</sub>

## TRAINING PROGRAMME

### NOVICE

Week 8



DAY	PHASE	TRAINING	ZONE
MONDAY	Intermediate	REST	
TUESDAY		Intervals: Warm up for 30 min in zone 2 and 3: Follow this with 1 x 5 minutes in zone 4. Try to do the interval on a moderate, long climb (8-10%). Warm down for 30 minutes in zone 2 afterwards.	Zone 2 and 3
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: Self selected cadence	Zone 2 and Zone 3
SUNDAY		2.5 Hours: Try to keep cadence high throughout (>90 RPM)	Zone 2 only