

100km

TRAINING PROGRAMME

SUB 3

Week 7



DAY	PHASE	TRAINING	ZONE	NOTES
Monday	Recovery	90 MIN RECOVERY: Keep cadence > 90 throughout	Zone 2 only	
Tuesday		REST		
Wednesday		90 MIN RECOVERY: Keep cadence > 90 throughout	Zone 2 only	
Thursday		INTERVALS: Warm up 45 min zone 2 and 3: Followed by 3 x 10 minutes zone 4 with 10 minutes rest in zone 2 between repeats. Warm down 45 minutes zone 2.	Zones 2, 3 and 4	
Friday		2.5 HOURS LSD: High cadence (>90)	Zone 2 and Zone 3	
Saturday		TEMPO: Warm up 30min zone 2 and 3: Follow with 45 minutes in zone 4. Warm down 30 min zone 2	Zone 2 and Zone 3	
Sunday		CLIMBING DRILLS: Warm up 45 min zone 2 and 3: Follow with 6 x 10 minutes of seated climbing on moderate gradient. Keep cadence low (50-60) and keep HR below zone 4 throughout. Recovery of 10 minutes - zone 2 between climbs. Keep shoulders and hands relaxed during climbs and try to keep pelvis stable. Stand for 50 metres if you cannot sustain the seated position.	Zone 2 and Zone 3	