

100km

TRAINING PROGRAMME

SUB3

Week 1



DAY	PHASE	TRAINING	ZONE
MONDAY	Preconditioning	2 Hours: Try to keep cadence high throughout (>90 RPM)	Zone 2 and Zone 3
TUESDAY		IMTG ride 60min : (Fasted state: Do not eat breakfast or eat any meal for at least 5 hours before ride. Drink water for the first 60min and then switch to a carbohydrate drink and finish the ride immediately. Keep to zone 2 only and eat immediately after finishing the training session.)	Zone 2 only
WEDNESDAY		AM: Gym : Strength training and core work. PM: 2 Hours: Long Slow Distance (LSD). Cadence > 90 throughout	All Zone 2
THURSDAY		Rest	
FRIDAY		AM: Cross Training : 1 - 2 hours of Gym / pilates / core stability training PM: 90 min utes : Cadence > 90 throughout	Zone 2 only
SATURDAY		Clim bing drills : Warm up 45 min zone 2 and 3: Follow with 3 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 seated position.	Zones 2, 3 and 4
SUNDAY		3 Hours LSD: Cadence > 90 throughout	Zone 2 only