

# 100km

## TRAINING PROGRAMME

**SUB3**

*Week 10*



DAY	PHASE	TRAINING	ZONE
MONDAY	RECOVERY	90 min Recovery : Keep cadence > 90 throughout	Zone 2 Only
TUESDAY		Warm up 45 min zone 2 and 3; Follow with 3 x 15 minutes zone 4 with 10 minutes rest between each repeat - zone 2. Warm down 30 min zone 2.	Zone 2 and 3
WEDNESDAY		REST	
THURSDAY		IMTG ride - 90min LSD - Zone 2 ONLY: Fasted state: Do not eat breakfast. Drink water for first 90min then switch to carbohydrate drink and go home immediately. Keep to zone 2 only!	Zone 2 Only
FRIDAY		2.5 Hours Zone 2 only: Cadence > 90 throughout	Zone 2 Only
SATURDAY		Warm up 45 min zone 2 and 3; Followed by 6 x 4 minutes zone 5 heart rate with 2.5 minutes rest between repeats. Warm down 30 minutes zone 2.	Zones 2 and 3
SUNDAY		4 Hours LSD: Cadence > 90 throughout	Zone 2 Only