

100km

TRAINING PROGRAMME

SUB3

Week 11



DAY	PHASE	TRAINING	ZONE
MONDAY			REST
TUESDAY		90 min Recovery Zone 2 only : Cadence > 90 throughout	Zone 2 and 3
WEDNESDAY		Warm up 45 min zone 2 and 3; Follow with 10 x 30 second maximal sprints (Start from slow speed on 8-11% gradient. Accelerate as hard as you can and keep dropping through the gears to maintain high resistance). Rest 5 min between each sprint (You can stand still and gasp for the first 2 min). Warm down 45 min zone 2 only at high cadence (90-115).	Zones 2, 3 and 5
THURSDAY			REST
FRIDAY		Warm up 45 min zone 2 and 3; Followed by 7 x 4 minutes zone 5 heart rate with 2.5 minutes rest between repeats. Warm down 30 minutes zone 2.	
SATURDAY		90 min Recovery Zone 2 only : Cadence > 90 throughout	Zone 2 Only
SUNDAY	TAPER	90 min Recovery Zone 2 only : Cadence > 90 throughout	Zone 2 Only