

100km

TRAINING PROGRAMME

SUB3

Week 12



| DAY | PHASE | TRAINING | ZONE |
|-----------|-------|--|---------------|
| MONDAY | TAPER | 90 min Recovery : Zone 2 only. Keep cadence > 90 throughout | Zone 2 Only |
| TUESDAY | | REST | Zone 2 and 3 |
| WEDNESDAY | | 2 Hours: Zone 2 and zone 3 - Self selected cadence | Zones 2 and 3 |
| THURSDAY | | 30 min warm up: Zone 2 and 3; 3 x 6min zone 4 hear rate (Not zone 5!). Rest 5 min in zone 2 between each harder effort. Warm down for 20 min in zone 2. | Zone 2 and 3 |
| FRIDAY | | REST | |
| SATURDAY | | 1.5 Hrs: Zone 2 and 3 with 4 x 2 minute accelerations to bring your heart rate up to zone 4 for the last 30 seconds of each acceleration (Use a relatively hard gear and lowish cadence (70-80). Rest for 5 min between each acceleration. (These are not supposed to be hard intervals) | Zone 2 and 3 |
| SUNDAY | | RACE DAY! | |