

# 100km

## TRAINING PROGRAMME

**SUB3**

*Week 2*



DAY	PHASE	TRAINING	ZONE
<b>MONDAY</b>	Preconditioning		REST
<b>TUESDAY</b>		<b>MTG ride 60min : Fasted state:</b> 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
<b>WEDNESDAY</b>		<b>Drills : Warm up 45 min zone 2 and 3:</b> Follow with 6 x 4 minutes of one legged riding. Keep non working leg clipped in. Do 5 minutes of riding with both legs between each one leg repeat. Warm down 45 minutes - zone 2.	Zones 2, 3 and 4
<b>THURSDAY</b>		2.5 Hours LSD: High cadence (>90)	
<b>FRIDAY</b>		<b>Intervals : Warm up for 60 min in zone 2 and 3:</b> Follow this with 8 x 4 minutes in a high gear and at a low cadence (Use a gear which you can only just turn over. Keep your cadence at 40-50 during the high gear efforts and at 90 during the rest periods. Rest 10 min in zone 2 between each high gear effort. Warm down 45 min - zone 2. (The high gear efforts are not a maximum intensity effort. Your heart rate should rise steadily through each 4 minutes and reach the top of zone 3 at the end but NOT zone 4).	Zone 2 and 3
<b>SATURDAY</b>		<b>AM: Gym :</b> Leg strength and core. <b>PM: 3 Hours LSD:</b> Self selected pace - Self selected cadence	Zones 2, 3 and 4
<b>SUNDAY</b>		<b>Climbing drills :</b> 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 the seated position.	Zone 2 only