

100km

TRAINING PROGRAMME

SUB3

Week 4



DAY	PHASE	TRAINING	ZONE
MONDAY		REST	
TUESDAY		IMTG ride - 90min LSD: 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! PM - Strength and core work.	
WEDNESDAY		Inter vals : Warm up for 60 min in zone 2 and 3; 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).	All Zone 2
THURSDAY		2.5 Hours LSD: High cadence (>90)	Zones 2, 3 and 4
FRIDAY		AM: Gym : Leg strength and core. PM: 3 Hours LSD: Self selected pace - Self selected cadence	Zone 2 and 3
SATURDAY		4 Hours: Cadence > 90 throughout	
SUNDAY		4 Hours LSD	Zone 2 only