

100km

TRAINING PROGRAMME

SUB3

Week 9



DAY	PHASE	TRAINING	ZONE
MONDAY	RECOVERY	90 min Recovery : Keep cadence > 90 throughout	Zone 2 Only
TUESDAY		REST	
WEDNESDAY		90 min Recovery : Keep cadence > 90 throughout	Zone 2 Only
THURSDAY		REST	
FRIDAY	HIT	Intervals : Warm up 45 min zone 2 and 3: Followed by 5 x 4 minutes zone 5 heart rate with 2.5 minutes rest between repeats. Warm down 30 minutes zone 2.	Zone 2 and 3
SATURDAY		Climbing drills : Warm up 45 min zone 2 and 3: Follow with 5 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 seated position.	Zones 2 and 3
SUNDAY		4 Hours LSD: Cadence > 90 throughout	Zones 2 Only