

# 100km

## TRAINING PROGRAMME

**SUB4**

*Week 1*



DAY	PHASE	TRAINING	ZONE
MONDAY	Preconditioning	<b>2 Hours:</b> Try to keep cadence high throughout (>90 RPM)	Zone 2 and Zone 3
TUESDAY		<b>IMTG ride 60min :</b> (Fasted state: 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
WEDNESDAY		<b>Gym:</b> Strength training and core work.	
THURSDAY		<b>2 Hours:</b> Try to keep cadence high throughout (>90 RPM)	Zone 2 and Zone 3
FRIDAY		<b>Rest</b>	
SATURDAY		<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 seated position.	Zone 2 and Zone 3
SUNDAY		<b>3 Hours LSD:</b> Cadence > 90 throughout	Zone 2 only