

100km

TRAINING PROGRAMME

SUB4

Week 11



DAY	PHASE	TRAINING	ZONE
MONDAY	HIT	REST	
TUESDAY		90 min Recovery : Keep cadence > 90 throughout	Zone 2 Only
WEDNESDAY		Intervals: Warm up 60 min zone 2 and 3: Follow with 3 x 12 minutes zone 4 heart rate with 10 minutes rest between each repeat - zone 2. Warm down 45 min zone 2.	Zone 2, 3 and 4
THURSDAY		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!	Zone 2 Only
FRIDAY		2.5 Hours: Cadence > 90 throughout	Zone 2 Only
SATURDAY		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, 3 and 5
SUNDAY		4 Hours LSD: Cadence > 90 throughout	Zone 2 Only