

100km

TRAINING PROGRAMME

SUB4

Week 12



DAY	PHASE	TRAINING	ZONE
MONDAY	TAPER	90 min Recovery : Keep cadence > 90 throughout	Zone 2 Only
TUESDAY		REST	
WEDNESDAY		2 Hours: Self selected cadence	Zone 2 and 3
THURSDAY		Intervals: 30 min warmup zone 2 and 3: 3 x 6min zone 4 hear rate (Not zone 5!). Rest 5 min in zone 2 between each harder effort. Warm down for 20 min in zone 2.	Zone 2, 3 and 4
FRIDAY		REST	Zone 2 Only
SATURDAY		1.5 Hours: Zone 2 and 3 with 4 x 2 minute accelerations to bring your heart rate up to zone 4 for the last 30 seconds of each acceleration (Use a relatively hard gear and lowish cadence (70-80). Rest for 5 min between each acceleration. (These are not supposed to be hard intervals)	Zone 2, 3 and 4
SUNDAY		RACE DAY!	