

# 100km

## TRAINING PROGRAMME

### SUB4

Week 2



| DAY       | PHASE           | TRAINING   | ZONE              |
|-----------|-----------------|--|-------------------|
| MONDAY    | Preconditioning | REST   |                   |
| TUESDAY   |                 | <b>IMTG ride</b> : 60min (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>Inter vals</b> : Warm up 45 min zone 2 and 3; Follow with 6 x 4 minutes of one legged riding. Keep non working leg clipped in. Do 5 minutes of riding with both legs between each one leg repeat. Warm down 45 minutes - zone 2.  | Zone 2 and 3      |
| THURSDAY  |                 | REST   |                   |
| FRIDAY    |                 | <b>Gym</b> : Leg strength and core stability   |                   |
| SATURDAY  |                 | <b>2 Hours LSD</b> : High cadence (>90)  | Zone 2 and Zone 3 |
| SUNDAY    |                 | <b>Intervals</b> : Warm up for 60 min in zone 2 and 3; Follow this with 6 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). | Zone 2 and 3      |