

# 100km

## TRAINING PROGRAMME

### SUB4

Week 3



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	Base and Strength	<b>2 Hours</b> : Self selected pace - Self selected cadence	
SATURDAY		<b>3 Hours</b> : Cadence > 90 throughout	Zone 2 Only
SUNDAY		<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 the seated position.	Zone 2 and 3