

100km

TRAINING PROGRAMME

SUB4

Week 4



DAY	PHASE	TRAINING	ZONE
MONDAY	Base and Strength	REST	
TUESDAY		Inter vals: Warm up for 60 min in zone 2 and 3; Follow this with 5 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 for 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
WEDNESDAY		Gym: Leg strength and core stability	
THURSDAY		REST	
FRIDAY		2.5 Hours LSD: Self selected pace - Self selected cadence	
SATURDAY		Climbing drills: Warm up 45 min zone 2 and 3; Follow with 4 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 Only
SUNDAY		3.5 Hours LSD: Cadence > 90 throughout	Zone 2 Only