

100km

TRAINING PROGRAMME

SUB4

Week 7



DAY	PHASE	TRAINING	ZONE
MONDAY		REST	Zone 2 Only
TUESDAY	Intermediate	Intervals: Warm up 45 min zone 2 and 3: Followed by 2 x 8 minutes zone 4 with 10 minutes rest in zone 2 between repeats. Warm down 45 minutes zone 2.	Zones 2, 3 and 4
WEDNESDAY		2 Hours: Cadence > 90 throughout	Zone 2 Only
THURSDAY		REST	
FRIDAY		Tempo: Warm up 30min zone 2 and 3: Follow with 60 minutes in high zone 3 and zone 4. Warm down 30 min zone 2.	Zone 2, 3 and 4
SATURDAY		Climbing drills : Warm up 45 min zone 2 and 3: Follow with 5 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 seated position.	Zone 2 and 3
SUNDAY		5 Hours LSD: Cadence > 90 throughout	Zone 2 Only