

# 100km

## TRAINING PROGRAMME

**SUB4**

*Week 8*



DAY	PHASE	TRAINING	ZONE
MONDAY	Recovery	90 min Recovery : Keep cadence > 90 throughout	Zone 2 Only
TUESDAY		REST	
WEDNESDAY		90 min Recovery : Keep cadence > 90 throughout	Zone 2 Only
THURSDAY	Intermediate	Intervals: Warm up 45 min zone 2 and 3: Followed by 3 x 8 minutes zone 4 with 10 minutes rest in zone 2 between repeats. Warm down 45 minutes zone 2.	Zone 2, 3 and 4
FRIDAY		2 Hours: High cadence (>90)	Zone 2 and 3
SATURDAY		Tempo: Warm up 30min zone 2 and 3: Follow with 30 minutes in zone 4. Warm down 30 min zone 2.	Zone 2, 3 and 4
SUNDAY		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 the seated position.	Zone 2, 3 and 4