

100km

TRAINING PROGRAMME

SUB4

Week 9



DAY	PHASE	TRAINING	ZONE
MONDAY	Intermediate	REST	
TUESDAY		90 min Recovery : Keep cadence > 90 throughout	Zone 2 Only
WEDNESDAY		Intervals: Warm up 60 min zone 2 and 3: Follow with 3 x 10 minutes zone 4 heart rate with 10 minutes rest between each repeat - zone 2. Warm down 45 min zone 2.	Zone 2, 3 and 4
THURSDAY		REST	
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