

# 100km

## TRAINING PROGRAMME

SUB5

Week 2



DAY	PHASE	TRAINING	ZONE
MONDAY	Preconditioning	REST	
TUESDAY		IMTG ride : 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		REST	
THURSDAY		1.5 Hours: Try to keep cadence high throughout(>90 RPM)	Zone 2 and 3
FRIDAY		Cross Training : 1 - 2 hours of Gym / pilates / core stability training	
SATURDAY		1.5 Hours: Self selected cadence	Zone 2 and 3
SUNDAY		1.5 Hours: Try to keep cadence high throughout (>90 RPM)	Zone 2 Only