

# TSOGO SUN AMASHOVA SUB- 3 HOUR TRAINING PROGRAMME

## AIM:

Finish the Tsogo Sun Amashova in less than 3 hours  
(12 weeks of training) - 5 weeks left

## GOAL OF THIS PHASE:

Race preparation

## TRAINER SESSION:

Mins	H Rate	Intensity	Elapsed
10	Max HR - RHR	A2	10
	find a gear to stabilise above		10
5	1 gear harder	A2	15
5	1 gear harder	A2	20
5	1 gear easier	A3	25
5	2 gears harder	A3	30
5	75% (Max HR - RHR)	75%	35
5	2 gears harder	VT	40
5	1 gear easier	A3	45
5	2 gears harder	VT	50
10	Cool Down	A2	60

## MORE DETAILS:

Please go to:

[www.shova.co.za](http://www.shova.co.za)

## IMPORTANT NOTES:

- Rest and recover well between sessions by eating good quality foods and drinking 2l of water daily.
- Stretch regularly and go for a weekly massage.
- Ensure your bike is race ready.

10'E-10'H-10'E means 10 min Easy – 10 min Hard – 10 min Easy continuously

# OCTOBER 2019

Mon	Tue	Wed	Thu	Fri	Sat	Sun
	<b>1</b> am: Trainer session + CSE  pm: High cadence riding. Flat course – 20km spinning 39-16 gear	<b>2</b> am: CSE  pm: Stretchnig session or massage	<b>3</b> REST DAY	<b>4</b> am: Trainer session pm: Cycle – 60 mins easy	<b>5</b> am: Rest pm: 4 * 10 min hill climbs	<b>6</b> am: Trainer session  pm: Cycle – 60 mins easy
<b>7</b> REST DAY or easy recovery ride	<b>8</b> am: 2 hours easy ride	<b>9</b> REST DAY	<b>10</b> am: Rest pm: 10'E-10'H-10'E * 2	<b>11</b> am: Trainer session pm: 8 mins at 40kmTT pace R1 min - then 2 mins at 10% faster. Repeat	<b>12</b> am: 60km easy ride pm: Stretch	<b>13</b> am: 4 Hours long ride – ideally do the race course
<b>14</b> am: rest pm: 40km cycle – easy gears, low HR	<b>15</b> am: 4 Hours long ride – ideally do the race course	<b>16</b> am: CSE pm: Stretchnig session or massage	<b>18</b> am: Rest pm: 70km cycle. Easy effort – approx 28km/h av	<b>19</b> REST DAY	<b>20</b> am: 60km easy ride pm: Stretch	<b>21</b> <b>Tsogo Sun Amashova 106km</b>