

# SEPTEMBER 2019

## TSOGO SUN AMASHOVA SUB- 3 HOUR TRAINING PROGRAMME

### AIM:

⚙️ Finish the Tsogo Sun Amashova in less than 3 hours  
(12 weeks of training) - 8 weeks left

### GOAL OF THIS PHASE:

⚙️ Pre-race preparation

### TRAINER SESSION:

Can be done on a stationary gym bike or home-trainer:

Warm-up: 5 min spinning (Gear: 39 – 18)

4 min (Gear 39-12)

3 min (Gear: 53- 21)

Build set: 3 min (53-18) cadence 90

30 sec Hard effort

Do above 3 times

Main set: 4 min 53-16 HARD

3 min easy

2 min 53-14 HARD

1 min easy

REPEAT

Warm-down: 3 min spinning – easy gear

1 min easy

### MORE DETAILS:

Please go to:

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

### IMPORTANT NOTES:

⚙️ If you are aiming for a sub-3 hour race it is presumed you have been cycling frequently, are relatively fit or have a training programme. This programme is a suggested format and should not be done in addition to or exclusively to your present programme.

⚙️ Always warm-up and warm-down before the suggested sessions including a stretching session. Stretching after your workout has many benefits and should be done regularly.

⚙️ In order to complete the race in less than 3 hours you need to be able to maintain an average speed of 35 km/h. The programme is designed to build up to maintaining this average.

Mon	Tue	Wed	Thu	Fri	Sat	Sun
<b>30</b> am: Long ride. 2 Hours with no stops. Ideally 3 hours. Hilly course						<b>1</b> am: Easy 10km, Hard km, Easy 10km - REPEAT
<b>2</b> am: rest pm: 40km cycle – easy gears, low HR	<b>3</b> am: Rest pm: 70km cycle. Easy effort – approx 28km/h av.	<b>4</b> am:10 * 1km hard efforts pm: Stretchnig session or massage	<b>5</b> am: Rest pm: 50km cycle. Medium effort - approx 32 km/h av.	<b>6</b> REST DAY	<b>7</b> am: 4 Hours long ride – ideally do the race course	<b>8</b> RACE or 80km cycle
<b>9</b> am: Rest pm: 30km cycle. Medium effort - approx 35 km/h.	<b>10</b> am: Trainer session + CSE pm: High cadence riding. Flat course – 20km spinning 39-16 gear	<b>11</b> am: Rest pm: pm: Intervals: 4 * 10 min HARD efforts with 1 min easy cycle in between	<b>12</b> am: Trainer session + CSE pm: Power riding – gradual incline riding (53-16) seated – repeat for 60 mins	<b>13</b> REST DAY	<b>14</b> am: Long ride. 2 Hours with no stops. Hilly course	<b>15</b> RACE or 80km cycle
<b>16</b> REST DAY	<b>17</b> am: Rest pm: 60km cycle. Easy effort – approx 25km/h av.	<b>18</b> am: CSE pm: Stretchnig session or massage	<b>19</b> am: Rest pm: Intervals: 4 * 5 mins Hard with 3 min easy riding between	<b>20</b> REST DAY	<b>21</b> am: Long easy ride. 3 hours	<b>22</b> am: Long ride upto 3 hours depending on how you feel from previous day's ride
<b>23</b> pm: Stretching session or Yoga class or massage	<b>24</b> am: Trainer session + CSE pm: High cadence riding. Flat course – 20km spinning 39-16 gear	<b>25</b> pm: Hill climbs: cycle 20km then do 4 * hill climbs at max effort – then 20km cycle	<b>26</b> am: Trainer session + CSE pm: 60km cycle. Easy effort – approx 25km/h av.	<b>27</b> REST DAY	<b>28</b> am: Trainer session + CSE pm: 60km cycle. Easy effort – approx 25km/h av.	<b>29</b> REST DAY