

TSOGO SUN AMASHOVA SUB- 4 HOUR TRAINING PROGRAMME

AIM:

Finish the Tsogo Sun Amashova in less than 4 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

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
	1 am: Rest pm: High cadence riding. Flat course – 20km spinning 39-16 gear	2 REST DAY	3 am: CSE pm: 10'E-10'H-10'E * 2	4 am: Trainer session pm: 40km ride	5 am: CSE pm: 10'E-10'H-10'E * 2	6 REST DAY
7 am: Trainer session + CSE pm: 50km cycle. Medium effort - approx 30 km/h av.	8 am: CSE pm: Stretchnig session or massage	9 REST DAY	10 am: Trainer session pm: 40km ride	11 Easy recovery ride	12 am: 3 Hours long ride – flat course	13 am: Easy 10km, Hard km, Easy 10km
14 am: 1 hours easy ride	15 am: Easy 10km, Hard km, Easy 10km	16 REST DAY	17 am: Trainer session pm: Cycle – 60 mins easy	18 am: Rest pm: 4 * 10 min hill climbs	19 am: 1 hours easy ride	20 Tsogo Sun Amashova 106km