

SEPTEMBER 2019

TSOGO SUN AMASHOVA SUB- 4 HOUR TRAINING PROGRAMME

AIM:

⌚ Finish the Tsogo Sun Amashova in less than 4 hours
⌚ (12 weeks of training)

GOAL OF THIS PHASE:

⌚ Base work & Strength work

TRAINER SESSION:

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

Warm-up: 7 min spinning (Gear: 39 – 18)
3 min (Gear: 53- 21)

Build set: 3 min (53-18) starting cadence 80 then
90 then 100 (1 min each)

1 min easy
REPEAT

Main set: 6 min 53-16 HARD
2 min easy
REPEAT

Warm-down: 3 min spinning – easy gear
1 min easy

IMPORTANT NOTES:

⌚ If you are aiming for a sub-4 hour race it is presumed you have been cycling and are relatively fit. This programme is a suggested format and should not be used if a Professional has advised you otherwise.

⌚ 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 4 hours you need to be able to maintain an average speed of 30 km/h. The programme is designed to build up to maintaining this average.

NOTES:

CSE = Core Strength Exercises (All stomach exercises especially Swiss Ball exercises)

HR = Heart Rate

Mon	Tue	Wed	Thu	Fri	Sat	Sun
30 REST DAY						1 am: Easy 10km, Hard km, Easy 10km
2 am: rest pm: 40km cycle – easy gears, low HR	3 am: Rest pm: 70km cycle. Easy effort – approx 25km/h av.	4 am: Hill work 4 repeats of 12 min climb. pm: Stretchnig session or massage	5 am: Trainer session + CSE pm: 50km cycle. Medium effort - approx 30 km/h av.	6 REST DAY	7 am: 3 Hours long ride – flat course	8 am: 2 Hours long ride – hilly course
9 am: Rest pm: 30km cycle. Medium effort - approx 35 km/h.	10 am: Trainer session + CSE pm: High cadence riding. Flat course – 20km spinning 39-16 gear	11 am: Rest pm: pm: Intervals: 4 * 8 min HARD efforts with 4 min easy cycle in between	12 am: Trainer session + CSE pm: Power riding – gradual incline riding (53-16) seated – repeat for 60 mins	13 REST DAY	14 am: Long ride. 2 Hours with no stops.	15 RACE 100km
16 am: Rest pm: 60km cycle. Easy effort – approx 23km/h av.	17 REST DAY	18 am: Hill work: 2 repeats of a 10 min climb pm: Stretchnig session or massage	19 am: Trainer session + CSE pm: 40km cycle. Medium effort - approx 25 km/hav.	20 REST DAY	21 am: Long easy ride.	22 am: Long ride or RACE. upto 3 hours depending on how you feel from previous day's ride
23 am: rest pm: Stretching session or Yoga class or massage	24 pm: High cadence riding. Flat course – 20km spinning 39-16 gear	25 pm: Intervals: 4 * 5 min HARD efforts with 5 min easy cycle in between	26 am: Trainer session + CSE pm: Power riding – gradual incline riding (53-16) seated – repeat for 30 mins	27 REST DAY	28 am: Trainer session + CSE pm: Power riding – gradual incline riding (53-16) seated repeat 30 mins	29 am: Long ride. 2 Hours with no stops. Hilly course