

SEPTEMBER 2019

TSOGO SUN AMASHOVA SUB- 5 HOUR TRAINING PROGRAMME

AIM:

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

GOAL OF THIS PHASE:

🚲 Base work & Strength work

TRAINER SESSION:

Can be done on a stationery 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

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

MORE DETAILS:

Please go to:
www.shova.co.za

IMPORTANT NOTES:

🚲 If you are aiming for a sub-5 hour race it is presumed you are psychically capable and able to participate in a training programme. 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 5 hours you need to be able to maintain an average speed of 20 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 10km, Easy 10km
2 am: rest pm: 40km cycle – easy gears, low HR	3 am: Rest pm: 30km cycle. Easy effort – approx 15km/h av.	4 am: Hill work 2 repeats of 10 min climb. pm: Stretchnig session or massage	5 am: Trainer session + CSE pm: 30km cycle. Medium effort - approx 20 km/h av.	6 REST DAY	7 am: 2 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: 30km cycle. Medium effort - approx 20 km/h av.	11 am: Rest pm: pm: Intervals: 4 * 8 min HARD efforts with 4 min easy cycle in between	12 am: Trainer session + CSE pm: Rest	13 REST DAY	14 am: Long ride. 2 Hours with no stops.	15 GOAL: Ride 100km
16 am: Rest pm: 40km cycle. Easy effort.	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 15 km/hav.	20 REST DAY	21 am: Long easy ride.	22 am: Long ride depending on how you feel from previous day's ride
23 am: rest pm: Stretching session or Yoga class or massage	24 am: Rest pm: 20km cycle. Medium effort - approx 15 km/h av.	25 am: Rest pm: Intervals: 4 * 5 min HARD efforts with 5 min easy cycle in between	26 am: Trainer session + CSE pm: Rest	27 REST DAY	28 am: Trainer session + CSE pm: Rest	29 am: Long ride. 2 Hours with stops as needed