

OCTOBER 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 for full details and further explanations of the
programme

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.

Mon	Tue	Wed	Thu	Fri	Sat	Sun
	1 am: Long easy ride.	2 am: rest pm: Stretching session or Yoga class or massage	3 am: Rest pm: 20km cycle. Medium effort - approx 15 km/h av.	4 am: Rest pm: Intervals: 4 * 5 min HARD efforts with 5 min easy cycle in between	5 am: Trainer session + CSE pm: Rest	6 REST DAY
7 am: Hill work 2 repeats of 10 min climb. pm: Stretching session or massage	8 am: 1/2 Hours I – flat course	9 am: rest pm: Stretching session or Yoga class or massage	10 REST DAY	11 am: Easy 10km, Hard 10km, Easy 10km	12 am: rest pm: 40km cycle – easy gears, low HR	13 am: Long easy ride.
14 am: Long ride. 2 Hours with stops as needed	15 am: Easy 10km, Hard 10km, Easy 10km	16 am: rest pm: 40km cycle – easy gears, low HR	17 am: Rest pm: 30km cycle. Easy effort – approx 15km/h av.	18 am: Hill work 2 repeats of 10 min climb. pm: Stretching session or massage	19 am: 1/2 Hours I – flat course	20 Tsogo Sun Amashova 106km

NOTES:

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