

SEPTEMBER 2024

AMASHOVA SUB- 3 HOUR TRAINING PROGRAMME

AIM:



Finish the 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

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

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