

AUGUST 2024

AMASHOVA SUB- 4 HOUR TRAINING PROGRAMME

AIM:

🕒 Finish the 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

MORE DETAILS:

Please go to:
www.shova.co.za

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.

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
	26 am: Rest pm: 60km cycle. Easy effort – approx 23km/h av.	27 REST DAY	28 am: Hill work: 2 repeats of a 10 min climb pm: Stretchnig session or massage	1 / 29 am: Trainer session + CSE pm: 40km cycle. Medium effort - approx 25 km/hav.	2 / 30 REST DAY	3 / 31 am: Long easy ride.	4 am: Long ride or RACE. upto 3 hours depending on how you feel from previous day's ride
	5 am: rest pm: Stretching session or Yoga class or massage	6 am: Rest pm: High cadence riding. Flat course – 20km spinning 39-16 gear	7 am: Rest pm: Intervals: 4 * 5 min HARD efforts with 5 min easy cycle in between	8 am: Trainer session + CSE pm: Power riding – gradula incline riding (53-16) seated – repeat for 30 mins	9 REST DAY	10 am: Long ride. 2 Hours with no stops. Hilly course	11 am: Easy 10km, Hard km, Easy 10km
	12 am: rest pm: 40km cycle – easy gears, low HR	13 am: Rest pm: 70km cycle. Easy effort – approx 25km/h av.	14 am: Hill work 4 repeats of 12 min climb. pm: Stretchnig session or massage	15 am: Trainer session + CSE pm: 50km cycle. Medium effort - approx 30 km/h av.	16 REST DAY	17 am: 3 Hours long ride – flat course	18 am: 2 Hours long ride – hilly course
	19 am: Rest pm: 30km cycle. Medium effort - approx 35 km/h.	20 am: Trainer session + CSE pm: High cadence riding. Flat course – 20km spinning 39-16 gear	21 am: Rest pm: pm: Intervals: 4 * 8 min HARD efforts with 4 min easy cycle in between	22 am: Trainer session + CSE pm: Power riding – gradual incline riding (53-16) seated – repeat for 60 mins	23 REST DAY	24 am: Long ride. 2 Hours with no stops.	25 RACE 100km

NOTES:

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