

SEPTEMBER 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

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