

# SEPTEMBER 2024

## AMASHOVA SUB- 5 HOUR TRAINING PROGRAMME

### AIM:

🕒 Finish the 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 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  
Warm-down: 3 min spinning – easy gear  
1 min easy

### MORE DETAILS:

Please go to:  
[www.shova.co.za](http://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
	<b>30</b> am: rest  pm: 40km cycle – easy gears, low HR						<b>1</b>  am: Hill work 2 repeats of 10 min climb.  pm: Stretchnig session or massage
	<b>2</b> am: Trainer session + CSE  pm: 30km cycle. Medium effort - approx 20 km/h av.	<b>3</b>  REST DAY	<b>4</b> am: 2 Hours long ride – flat course	<b>5</b> am: 2 Hours long ride – hilly course	<b>6</b> am: Rest  pm: 30km cycle. Medium effort - approx 35 km/h.	<b>7</b> am: Trainer session + CSE  pm: 30km cycle. Medium effort - approx 20 km/h av.	<b>8</b> am: Rest pm: pm: Intervals:  4 * 8 min HARD effrots with 4 min easy cycle in between
	<b>9</b> am: Trainer session + CSE  pm: Rest	<b>10</b>  REST DAY	<b>11</b> am: Long ride. 2 Hours with no stops.	<b>12</b> am: Hill work: 2 repeats of a 10 min climb pm: Stretchnig session or massage	<b>13</b> am: Rest  pm: 40km cycle. Easy effort.	<b>14</b>  REST DAY	<b>15</b>  GOAL: Ride 100km
	<b>16</b> am: Trainer session + CSE  pm: 40km cycle. Medium effort - approx 15 km/hav.	<b>17</b>  REST DAY	<b>18</b> am: Long easy ride.	<b>19</b> am: Long ride depending on how you feel from previous day's ride	<b>20</b> am: rest  pm: Stretching session or Yoga class or massage	<b>21</b> am: Rest  pm: 20km cycle. Medium effort - approx 15 km/h av.	<b>22</b> am: Rest  pm: Intervals: 4 * 5 min HARD effrots with 5 min easy cycle in between
	<b>23</b> am: Trainer session + CSE  pm: Rest	<b>24</b>  REST DAY	<b>25</b> am: Trainer session + CSE  pm: Rest	<b>26</b> am: Long ride. 2 Hours with stops as needed	<b>27</b>  REST DAY	<b>28</b> am: Easy 10km, Hard 10km, Easy 10km	<b>29</b> am: Rest pm: 30km cycle. Easy effort – approx 15km/h av.