

AMASHOVA SUB- 3 HOUR TRAINING PROGRAMME

AIM:



Finish the Amashova in less than 3 hours
(12 weeks of training) - 3 weeks left

GOAL OF THIS PHASE:



Race preparation

TRAINER SESSION:

Mins	H Rate	Intensity	Elapsed
10	Max HR - RHR	A2	10
	find a gear to stabilise above		10
5	1 gear harder	A2	15
5	1 gear harder	A2	20
5	1 gear easier	A3	25
5	2 gears harder	A3	30
5	75% (Max HR - RHR)	75%	35
5	2 gears harder	VT	40
5	1 gear easier	A3	45
5	2 gears harder	VT	50
10	Cool Down	A2	60

MORE DETAILS:

Please go to:

www.shova.co.za

IMPORTANT NOTES:

- Rest and recover well between sessions by eating good quality foods and drinking 2l of water daily.
- Stretch regularly and go for a weekly massage.
- Ensure your bike is race ready.

10'E-10'H-10'E means 10 min Easy – 10 min Hard – 10 min Easy continuously

JULY 2026

Mon	Tue	Wed	Thu	Fri	Sat	Sun
		1 am: Rest pm: 4 * 10 min hill climbs	2 am: Trainer session pm: Cycle – 60 mins easy	3 REST DAY or easy recovery ride	4 am: 2 hours easy ride	5 REST DAY
6 am: Rest pm: 10'E-10'H-10'E * 2	7 am: Trainer session pm: 8 mins at 40kmTT pace R1 min - then 2 mins at 10% faster. Repeat	8 am: 60km easy ride pm: Stretch	9 am: 4 Hours long ride – ideally do the race course	10 am: rest pm: 40km cycle – easy gears, low HR	11 am: 4 Hours long ride – ideally do the race course	12 am: CSE pm: Stretchnig session or massage
13 REST DAY or easy recovery ride	14 am: Rest pm: 70km cycle. Easy effort – approx 28km/h av	15 REST DAY	16 am: 60km easy ride pm: Stretch	17 am: Trainer session pm: Cycle – 60 mins easy	18 REST DAY	19 Amashova 106km