

MAY 2026

AMASHOVA SUB- 3 HOUR TRAINING PROGRAMME

AIM:



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

GOAL OF THIS PHASE:



Base work & Strength work

TRAINER SESSION:

Can be done on a stationery 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 3 times
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-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
25 am: Rest pm: 60km cycle. Easy effort – approx 25km/h av	26 REST DAY	27 am: Hill work: 3 repeats of a 10 min climb pm: Stretchnig session or massage	1 / 28 am: Trainer session + CSE pm: 40km cycle. Medium effort - approx 30 km/hav.	1 / 29 REST DAY	2 / 30 am: Long easy ride. Minimum of 2 hours with no stops. Flat course Ideally 3 hours	3 / 31 am: Long ride or RACE. upto 3 hours depending on how you feel from previous day's ride
4 am: rest pm: Stretching session or Yoga class or massage	5 am: Trainer session + CSE pm: High cadence riding. Flat course – 20km spinning 39-16 gear	6 am: Rest pm: Intervals: 4 * 10 min HARD effrots with 3 min easy cycle in between	7 am: Trainer session + CSE pm: Power riding – gradula incline riding (53-16) seated – repeat for 60 mins	8 REST DAY	9 am: Long ride. 2 Hours with no stops. Ideally 3 hours. Hilly course	10 am: Easy 10km, Hard km, Easy 10km - REPEAT
11 am: rest pm: 40km cycle – easy gears, low HR	12 am: Rest pm: 70km cycle. Easy effort – approx 28km/h av.	13 am: Hill work 4 repeats of 12 min climb. pm: Stretchnig session or massage	14 am: Trainer session + CSE pm: 50km cycle. Medium effort - approx 32 km/h av.	15 REST DAY	16 am: 3 Hours long ride – flat course	17 am: Drive to Inchanga and do the climb twice from both directions
18 am: Rest pm: 30km cycle. Medium effort - approx 35 km/h.	19 am: Trainer session + CSE pm: High cadence riding. Flat course – 20km spinning 39-16 gear	20 am: Rest pm: pm: Intervals: 4 * 12 min HARD effrots with 2 min easy cycle in between	21 am: Trainer session + CSE pm: Power riding – gradual incline riding (53-16) seated – repeat for 60 mins	22 REST DAY	23 am: Long ride. 2 Hours with no stops. Hilly course	24 RACE 100km

NOTES: