

# MAY 2026

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

### NOTES:

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

HR = Heart Rate